



Maple Ridge Pitt Meadows Katzie Community Contact List

Name of CRN/Community: Maple Ridge / Pitt Meadows / Katzie

Date Submitted/Updated: June 29, 2026 Submitted By:

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(Name)

(Phone)

(Email)

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.

*****All of the information in this document can also be found in the Maple Ridge Pitt Meadows 2025-26 SENIORS 55+ Resource Directory which is published yearly and can be obtained by contacting Christina Shearme seniorsnetworkmpk@gmail.com

EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire, and Ambulance	911	
Fraser Health Crisis Line	(604) 951-8855 or 1-877-820-7444	
BC Drug & Poison Control	(604) 682-5050	Located in Vancouver (BCCDC Building)
Lifeline Emergency Response Service	(604) 953-4960	(Fraser Health)
Non-Emergency RCMP MR/PM	(604) 463-6251	Maple Ridge Pitt Meadows
Community RCMP Policing/Victim Services	(604) 467-6911 ext. 1237	
Metro Vancouver Crime Stoppers	1-800-222-8477	
Suicide/Crisis Line	1-800 -784-2433	1 800 SUICIDE
BC Mental Health Crisis Line	310-6789	**Don't add prefix

Emergency Electrical Calls BC Hydro	1-888-769-3766	
Natural Gas Leaks		

Fortis BC	1-800-663-9911	
Water /Sewer Emergency		
Maple Ridge	(604) 463-9581	
Pitt Meadows	(604) 465-2434 - (8:30 – 4:30)	
Pitt Meadows	After Hours (604) 465-2465	

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Fraser Health Adult Abuse and Neglect Crisis Reporting Line (REACT)	1-877-732-2808 1-877-REACT-08	react@fraserhealth.ca
MR PM Katzie Community Response Network	(604) 786-7404	seniorsnetworkmpk@gmail.com
RCMP	(604) 463-6251	
Seniors Abuse and Information Line (SAIL)	(604) 437-1940 (604) 428-3359	www.seniorsfirstbc.ca
Fraser Health Home Health	(604) 476-7100	
Fraser Health Geriatric Mental Health	(604) 476-7165	
Community Living BC	(604) 664-0101 1-877-660-2522	Lower Mainland Toll free Local: (606) 933-2000
		Domestic Violence, Crisis, Housing, Counseling, Family Support

Victim Link BC	1-800-563-0808	
HeretoHelp	www.heretohelp.bc.ca	FH has specifically trained staff who respond to and investigate reports of possible abuse and neglect of adults
Seniors Distress Line	(604) 872-1234	

Crime Victim Assistance Program	(604) 660-3888	Victim Link BC
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Community Based Victim Services		Local: (604) 467-6911 ext. 1227
Crime Stoppers	1 800 222 TIPS (8477)	

INFORMATION AND REFERRAL

SERVICE	CONTACT NUMBER	NOTES
Office of the Ombudsperson	1-800-567-3247	
Office of the Seniors Advocate	1-877-952-3181	
BC211--Community Referral Service	211	Lower Mainland only
LBGTQ Contact – Community	(604) 684-5307 1-800-566-1170	Toll Free
Identity Theft	1-888-495-8501	
Veterans Affairs Canada	1-866-522-2122	
Canadian Association for Retired Persons	1-800-363-9736	
Fair PharmaCare Plan	(604) 683-7151 1-800-663-7100	Vancouver Toll free
BC Nurse/Pharmacist Line HealthLinkBC	811	
BC Nurseline	(604) 215-4700	
Fraser Health Patient Care Quality Office	1-877-880-8823	
Find A Doctor Maple Ridge	(604) 476-7000	
Ridge Meadows Hospital	(604) 463-4111	
BC Ambulance Service	(604) 872-5151	
Online Medical Support – Medeo Need to see Doctor first	1-888-297-2973	
Affordable Family Counselling and Community Counsellors	(604) 467-6911 ext. 1423	
Alcohol and Drug Information and Referral Service	(604) 660-9382	
BC Gambling Support Line	1-888-795-6111	Free service 24/7

HEALTH/MENTAL HEALTH

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

SERVICE	CONTACT NUMBER	NOTES
Public Health Unit	(604)476-7000	
Fraser Health Falls Prevention	(604)476-7000	
Maple Ridge Pitt Meadows Home Health & Community Care	(604) 476-7100	1-855-412-2121 Fraser Health Home Health Care
Home Health Intake	(604) 476-7171	
Assisted Living Registry	1-866-714-3378	
Home Health and Palliative Support	1-855-412-2121	
Adult Day Programs Creekside Day Program	604-463-4111	11666 Laity Street Maple Ridge, B.C. V2X 7G5
Mental Health Services		For older adults and adults with disabilities (Located at RMH) Eligibility is determined through local Home Health office 604-476-7100
Maple Ridge Mental Health Services	(604) 467-7165	Services provided by Fraser Health
Mental Health/Geriatric Outreach Geriatric Mental Health	(604) 467-7165	Through Maple Ridge Mental Health and Substance Use Mental Health/Geriatric Outreach

Alcohol and Drug information and Referral Service*	(604) 660-9382	*Funded by Ministry of Health / free service
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Affordable Family Counseling and Community Counselling**	(604) 467-6911 ext. 1423	www.comservice.bc.ca
Alouette Addictions Services	(604) 467-5179	www.alouetteaddictions.org
Seniors Distress Line	(604) 872-1234	24 hour free and confidential emotional support
Salvation Army Ridge Meadows	(604) 463-8296	Advocacy; referral or services;

Ministries		assistance with pension and income applications; emergency food hampers; vouchers for clothing from thrift store
Adult Mental Health Program Family Education and Support Centre	(604) 467-6055	
Seniors Activity and Inclusion Group (CEED Centre)	(604) 463-2229	All seniors welcome, including seniors with dementia and their caregivers
The Club Community Services	604-467-0544	Provides psychosocial environment for individuals living with mental health issues
The Happy Gang	(604) 4767165 ext.557163	Socialization group for seniors with Mental Health issues

Canadian Mental Health Association	(604) 688-3234	www.cmha.bc.org
Anxiety BC	(604) 525-7566	www.anxietybc.com
BC Schizophrenia Society	(604) 270-7841	www.bcscs.org www.mdabc.net
Mood Disorders Association of BC	(604) 873-0103	www.alzheimer.ca/en/bc/W e-can-help
Dementia Helpline Alzheimer Society of B.C.	1-800-936-6033	Women's Residential Treatment Centre, Maple Ridge
Hannah House	1-866-466-4215	

HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	(604) 433-2218 1-866-465-6873	Lower Mainland Toll Free www.bchousing.org

Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Shelter Aid for Elderly Renters (SAFER)	(604) 433-2218	www.bchousing.org
Home Adaptations for Independence Program (HAFI)	(604) 433-2218	www.bchousing.org/HAFI
Fraser Health Authority Home Health Care	(604) 777-7300	
Seniors Services Society	(604) 520-6621	
Long Term Care Assessment	1-855-412-2121	** if placement is required
Property Tax Deferment	(604) 660-2421	
Post Office (Canada Post)	1-800-267-1177	
COMMUNITY CARE FACILITIES FRASER HEALTH: Baillie House	(604) 476-7888	
OTHER CARE FACILITIES AND RETIREMENT RESIDENCES:		
Legion Housing	(604) 463-5101	www.legion88.com
Earl Haig Retirement Residence	(604) 463-5101	www.legion88.com
Fraserwood	(604) 451-6075	www.metrovancouver.org
Maple Towers	(604) 467-4013	www.baptisthousing.com

Maple Ridge Towers	(604) 467-1366	www.affordablehsg.com
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Cottonwood Park	(604) 431-9225	www.reddoorhousing.com
Fenstaton Place	(604) 431-9225	www.reddoorhousing.com
Devonshire Court Co-op	(604) 463-4568	
Haney Pioneer Village	(604) 463-2289	www.haneypioneervillage.com
St. Georges Seniors Housing Co-op	(604) 463-2334	www.stgeorgesvillage.ca
The Maple Housing Co-op	(604) 434-9185	
Ford Road Housing Co-op	(604) 465-6611	www.fordroadcoop.ca

Harris Road Housing Co-op	(604) 465-1938	
Meadow Highlands Mobile Home Co-op	(604) 465-8244	www.paradesquare.ca/MHC
Meadowlands Housing Co-Op	(604) 465-1613	
Legion House	(604) 463-5101	
PRIVATE FACILITIES		
Chartwell Willow Retirement Community	Chartwell Willow Retirement Community	
Greystone Manor	(604) 467-2808	

Maple Ridge Seniors Village	(604) 466-3053	
Sunwood Senior Living Community	(604) 463-5527	

Rosewood Cottage	(604) 463-1078	
The Wesbrooke Seniors Living Community	(604) 460-7006	
Holyrood Manor	(604) 467-8831	
PRIVATELY OWNED SENIORS RESIDENCES (ADULTS ONLY)		
Legion Gardens	(604) 463-5101	
Legion Manor	(604) 463-5101	
Fraserview Village	(604) 463-2902	

Panorama by ECRA	(604) 591-6060	
SHELTERS:		
The Salvation Army	Day (604) 463-8296 Night (604) 807-8290	
Affordable Housing Society	(604) 433-2218	
Cooperative Housing Federation of BC	(604) 879-5111	
Independent Living BC	(604) 433-2218	
Seniors Services Society	(604) 520-6621	
Fraser Health	(604) 587-4600	
Residential Tenancy Branch	(604) 660-2421	
Disability Assistance and Trust	(604) 879-5111 ext. 140	

The Community Housing Land Trust Foundation		To be part of a coop persons on disability and unable to pay for their shares may receive assistance by providing a loan with no fee or interest
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Domestic Violence Relief Fund	(604) 879-5111 ex 103	Helps women who are experiencing abuse or at risk of abuse to pay for shares in housing coop with loans for no fee or interest.
PUBLIC RETIREMENT COMMUNITIES:		
Royal Crescent Gardens	(604) 463-6077	Cost Income based. Accessed through a case manager. www.optimaliving.ca/optima-communities/royal-crescent-gardens

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home Seniors Outreach and Home Support Program	(604) 467-6911 ext.1232	www.comservice.bc.ca
Fraser Health Home Health Care	(604)476-7100	

	1 855-412-2121	
Meals on Wheels	(604) 467-6911 ext. 1218	
<u>Fee for Service:</u>		
Access Health Services	(604)467-1135	

Aging My Way Home Care	(604) 290-8331	
Caring Touch Health Care Services	(604)477-7748	
Big Hearts Homecare	778-788-5578	
Comfort Keepers	(604) 689-8609	
Helping Hands and Heart	(604)785-5355	

Home instead Senior Care	(604) 552 3324	
Independence Matters	(604) 339-6134	
Just Like Family	(604) 704-5115	
Qualicare Family Homecare	778-730-0225	
Safe Care Home Support	(604)945-5005	
We Care Home Health Services	(604)283-9945	
Grocery Shopping & Delivery		see Food Services below
PJ Styling Mobile Hair Care Service	(604) 466-5879	

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
FOOD HAMPERS:		
Friends in Need Food Bank Maple Ridge	(604) 466-3663	www.friendsneedfood.com Tuesday – Friday 9am – 12:15

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Friends in Need Food Bank, Pitt Meadows	(604) 460-4619	Tues 9-12:30 Wed 9-12 noon
Salvation Army Ridge Meadows Ministries		Emergency Hampers only. You must be registered with Friends in Need food bank
FOOD CUPBOARDS:		
Many churches have food cupboards that members are welcome to use.		CAN OFTEN PROVIDE EMERGENCY SUPPORT
FREE MEALS:		
Anishnaabe Place Community Services	(604) 467-6911 Ext. 1217	Open to all persons of Native Ancestry

Community Meal Fridays (Maple Ridge Community Church)	778-628-9107	Maple Ridge Community Church. Fridays at 6 pm. Free dinner people of all ages. www.mrchurch.com
Community Dinner Saturdays (Golden Ears United Church)		Golden Ears United Church. 6:30 pm. No cost. All welcome .www.goldenearsunited.ca
Katzie Elders		Lunch program open to Katzie Elders.
Salvation Army Ridge Meadows Ministries	604-463-8296	www.ridgemeadowssa.ca Monday Wednesday Friday Saturday Sunday Lunch served (12-1) (only Lunch) Tuesdays ad Thursday Dinner served 5-6pm (only Dinner)
LOW COST MEALS		
Maple Ridge Secondary School	(604) 463-4175	Thursday evenings. doors open at 4:30. Buffet 5-6. Call to make reservation. Assistance is available for people with mobility issues. Take-out meals and gift certificates also available.
Maple Ridge Seniors Centre (Maple Ridge)	(604) 467-4993	www.rmssseniors.org Lunch served Mon – Fri. Takeout is also available.

Pitt Meadows Seniors Activity Centre	(604)457-4771	Soup, sandwich and desserts Mon – Fri 11:30 – 12:45. Frozen takeout soup also available
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Samuel Robertson Technical School	(604) 466-8409	www.srtss.ca Tuesday- Thursday from 5-6 pm
FROZEN MEALS		
Batch. Food	778-882-7214	www.batchfood.com
Better Meals	(604) 299-1877	www.bettermeals.com
Real Meals	(604) 375-9990	www.eatrealmeals.com
MEAL DELIVERY:		

Meals on Wheels	(604)467-6922 Ext.1218	www.comservice.bc.ca
MEAL PREPARATION		
Community Kitchens	(604) 283-9893	Contact Candace Gordon ciegordon@gmail.com
Shopping Transportation	(604) 460-4619	
Dairyland Home Service	1-877-341-8700	
Grocery Delivery Save On Foods	1-800-242-9229	
Grocery Delivery Thrifty Foods	1-800-667-8280	

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
HandyDART	(604) 575-6600	www.translink.ca
BC Bus Pass for Seniors Program	1-866-866-0800	
Compass Card	(604) 398-2042	Bus, Skytrain, Seabus, West Coast Express
TransLink Services Trip Planner	(604) 953-3333	
Alouette Taxi	(604) 463-8888	
West Coast Express BC	(604) 488-8906	

Ferries	(604) 467-2420	Seniors travel free Mon-Thurs
Parking Permit (disabled) SPARC BC	(604) 718-7744	www.sparcbc.ca
Drivers' Licenses	(604) 661-2255	
BC License Plates for Veterans	(604) 770-3498	
Ridge Meadows Senior Society Driving Service	(604) 467-4993	www.rmssseniors.org
Better at Home Seniors Outreach and Home Support Program	(604) 467-6911 ext. 1232	www.comservcie.bc.ca

Elder Transportation Program	1 -800-990-2432	
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RECREATION AND LEISURE ACTIVITIES

SERVICE	CONTACT NUMBER	NOTES
The ACT Arts Centre and Theatre	(604) 476-2781	
Golden Ears Winter Club (Curling)	(604) 463-1813	www.gewc.ca
Lawn Bowling Club	(604) 467-0755	
Maple Ridge Leisure Center	(604) 467-7322	www.mapleridge.ca
Pitt Meadows Family Recreation Centre	(604) 465-2452	www.pittmeadows.bc.ca
Red Hat Society	(604) 442-1196 Call Elaine	Women 55 plus for social activities
Ridge Meadows Seniors Society	(604) 467-4993	www.rmssseniors.org
Pitt Meadows Seniors Activity Centre	(604) 457-4771	www.rmssseniors.org
Seniors Activity Program (Party Bus)	(604) 467-6911 ext. 1405	www.commservice.bc.ca
Royal Canadian Legion Branch 88	(604) 463-5101	Aids Veterans regarding services and programs offered through Veterans Affairs Canada

LEGAL

SERVICE	CONTACT NUMBER	NOTES
BC CEAS (SAIL) Legal Advocacy Program and Elder Law Clinic	604-437-1940 1-866-437-1940	Lower Mainland Toll free
Legal Aid Office (Port Coquitlam Courthouse) Legal Services Society of BC Provincial Call Center	(604) 472-0634 1-866-577-2525	Low income individuals can apply for free legal aid
NIDUS – Representation Agreements	(604) 408-7414	Voice mail

Personal Planning Resource Centre	1-877-267-5552	Toll free
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Public Guardian and Trustee of BC	(604) 660-4444	www.trustee.bc.ca
Peoples Law School	(604) 331-5400 (604) 822-5791 (604) 687-3221	
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	
BC Old Age Pensioners Organization		www.bcoapo.ca
Council of Senior Citizens Organizations of BC (COSCO)		www.cosco.bc.org
Canadian Grandparents Rights Association		www.canadiangrandparentsrightsassociation.com
Family Law Advocacy	(604) 467-6911 ext. 1249	www.comservice.bc.ca

SUPPORT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Alzheimer Society of Canada Alzheimer Society of B.C.	1-800-321-1433 (604) 298-0780	www.alzheimerbc.org
First Link Dementia Help Line Dementia Info and Support in Maple Ridge	1-800 936-6033 (604) 298-0780	
Purple Angel Dementia Support*	(604) 477-9628	*Call Myrna for more information Helps people with dementia if they go missing
Medic Alert Safely Home	1-855-581-3794	
Personalized Dementia Solutions	1-888-502-1321	Works with families 1-1
Diabetes Health Centre (Public Health)	(604) 476-7056	
Dietician Services at HealthLink BC www.healthlinkbc.ca/healthyeating	8-1-1	

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Cancer Connection (Canadian Cancer Soc.)	1-888-939-3333	
Parkinson's Support Group	(604)463-6018	

Provincial Respiratory Outreach Program	1-866-326-1245	
Tri-Cities Caregiver Support & Education Program	(778) 789-1496	
Arthritis Answers Line	1-800-21-1433	
Arthritis Society	(604) 714-5550	
Arthritis Support Group (Delia)	(604) 464-2890	
BC Seniors Line	1-800-465-4911	
Hear Canada	(604) 466-3277	
Quit Now	(604)731-5864	Free Program
Caregivers Connect	(604) 380-0616	www.rmssseniors.org
Begin Again Widows Support Group	(604) 466-1173 Donna (604) 467-7183 Sheila	
Stroke Recovery Branch Maple Ridge	(604) 688 -3603	
Maple Ridge Mental Health Office	(604) 476-7165	
Ridge Meadows Hospice Society	(604) 463-7722	
Self-Management BC	(604) 940-1273	www.selfmanagementbc.ca
Senior Peer Support	(604) 380-0516	www.rmssseniors.org
Nurse Next Door	(604) 468-2273	
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	
Parkinson Support Group	(604) 463-6018	
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	
Grandparents Raising Grandchildren Support Line	(604) 558-4740	

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Band Office Katzie First Nation	604) 465-1861	
Anishnaabe Place Community Services	(604) 467-6911 ext. 1217	Open to all persons of native ancestry. Meal programs
Katzie Health Care Centre	604) 465-8921	
Fraser River Indigenous Society	(604) 458-0151	
BC Association of Aboriginal Friendship Centers	1-800-990-2432	Elder Transportation to annual gatherings
Katzie Elders	(604) 465 8921 ext. 25	Lunch program open for Katzie Elders

IMMIGRANT SERVICES / MULTICULTURAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Citizenship & Immigration Canada	1-888-242-2100	
Hello Canada		HelloCanadaESL">www.fbme>HelloCanadaESL
Immigrant Services of BC Settlement Program	778-284-7026	www.issbc.org
LINC (Language Instruction for Newcomers to Canada)	(604) 942-1277	Free English instruction for 17 and older linc@issbc.org
Family Education and Support Center	(604) 467-6055	www.familyed.ca

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
Service Canada	1-800-277-9914 English 1-800-277-9915 French	
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) 466-7470	
Deaf and Hearing Impaired	(604) 775-0303	
Senior's Supplement	1-866-866-0800	Ministry of Social Service and Poverty Reduction
Funeral Costs	1-866-866-0800	Ministry of Social Service and Poverty Reduction
Canada Revenue Agency	1-800-959-8281	
TIPS – Tax Information Phone Service	1-800-267-6999	
Public Guardian and Trustee of BC	(604) 660-4444	www.trustee.bc.ca
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
Ridge Meadows Hospice Society	(604) 463-7722	
Begin Again Widows Support Group	(604) 466-1173 Donna (604) 467-7183 Sheila	

VOLUNTEER OPPORTUNITIES

SERVICE	CONTACT NUMBER	NOTES
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City of Maple Ridge Parks, Recreation & Culture	(604)467-7325 ext. 1	www.mapleridge.ca/1544/Volunteer
City of Pitt Meadows	(604) 465-5285	www.pittmeadows.bc.ca

Community Services	(604) 467-6911 Ext.1218,1232	www.pittmeadows.bc.ca
Friends of the Library		www.fvrl.ca
Community Response Network	(604) 463-9860	mrpmkatziecrn@gmail.com
Pitt Meadows Public Library		
Friends in Need Food Bank	(604) 466-FOOD (3663)	www.friendsneedfood.com
Ridge Meadows Seniors Society	(604) 380-0517	www.rmssseniors.org
Volunteer Maple Ridge/Pitt Meadows	(604) 467-6911 ext.1230	www.comservice.bc.ca
EMPLOYMENT:		
Douglas College – Encore Careers	(604) 777-6147	www.douglascollege.ca Job search for individuals 55 plus to assist with identifying skills/ retirement planning and career bridging. Free Service.

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Maple Ridge City Hall	(604) 463-5221	
Pitt Meadows City Hall	(604) 465-5454	
Maple Ridge Leisure Center	(604) 467-7322	
Pitt Meadows Family Recreation Centre	(604) 465-2452	
Emergency Electrical Calls	1-888-769-3766	BC Hydro
Natural Gas Leaks	1-800-663-9911(	Fortis BC

Water Sewer Emergency Maple Ridge	(604) 463-9581	24 hours
Water/Sewer Emergency Pitt Meadows	(604) 465-2434	**after 4:30 pm (604) 465-2465
Maple Ridge Library	(604) 467-7417	

Pitt Meadows Library	(604) 465-4113	
Fraser Valley Regional Library Outreach	(604) 859-7141	*For those who can't come to library
Maple Ridge Pitt Meadows Katzie Literacy Committee (CEED Centre)	(604) 721-3728	
Fire (non-emergency) Maple Ridge	(604) 463-5880	
Fire (non-emergency) Pitt Meadows	(604) 465-2401	
Property Tax Deferment Maple Ridge	(604) 467-7316	

Pitt Meadows	(604) 465-2418	
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GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Lisa Beare MLA	(604) 465-9299	MLA – Pitt Meadows / Maple Ridge MLA – Maple Ridge East
Lawrence Mok	(604) 476-4530	
MLA		
Marc Dalton MP	(604) 466-2761	https://www.marcdaltonmp.com
Service Canada	1-800-277-9914	
Canada Benefits	1-800 622-6232	www.canadabenefits.gc.ca
Veterans Affairs Canada	1-866-522-2122	www.veterans.gc.ca
Seniors BC		www.seniorsbc.ca
Seniors Homeowners Grant Maple Ridge	(604) 463-5221	
Seniors Homeowners Grant Pitt Meadows	(604) 465-5454	
BC Seniors Advocate	1-877-952-3181	www.seniorsadvocatebc.ca