



**Chinese Community Response Network**  
 华人社区响应网络  
 Seniors Living in Dignity  
 讓長者活得有尊嚴

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<https://bccrn.ca/bccrnnetwork/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**

Date Updated 更新日期: July 13, 2025  
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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」)   <a href="https://www.ecomm911.ca/chinese/">https://www.ecomm911.ca/chinese/</a>
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   <a href="https://www.ecomm911.ca/non-emergency-calls/find-your-local-non-emergency-numbers/">https://www.ecomm911.ca/non-emergency-calls/find-your-local-non-emergency-numbers/</a>
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   <a href="https://www.crisislines.bc.ca/mapcrisis-lines">https://www.crisislines.bc.ca/mapcrisis-lines</a>
Victim Link 卑詩受害人熱線 (Multilingual 設翻譯服務)	1-800-563-0808	<a href="https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc">https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc</a>
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   <a href="https://chimoservices.com/crisis-line-and-live-chat/">https://chimoservices.com/crisis-line-and-live-chat/</a>
Fraser Health Crisis Line 菲沙衛生局危機熱線	604-951-8855, 1-877-820-7444	<a href="https://www.options.bc.ca/program/fraser-health-crisis-line">https://www.options.bc.ca/program/fraser-health-crisis-line</a>
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 <a href="https://successbc.ca/counselling-crisis-support/services/help-lines/">https://successbc.ca/counselling-crisis-support/services/help-lines/</a>
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   <a href="http://www.dpic.org/">http://www.dpic.org/</a>
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   <a href="https://helpstartshere.gov.bc.ca/mental-health">https://helpstartshere.gov.bc.ca/mental-health</a>
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	<a href="https://988.ca/">https://988.ca/</a>
Racist Incident Helpline 種族歧視事件熱線	1 833 457-5463 (1 833 HLP-LINE)	<a href="https://racistincidenthelpline.ca/">https://racistincidenthelpline.ca/</a>

**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   <a href="https://www.fraserhealth.ca/health-topics-a-to-z/adult-abuse-and-neglect/getting-help-for-adult-abuse-and-neglect">https://www.fraserhealth.ca/health-topics-a-to-z/adult-abuse-and-neglect/getting-help-for-adult-abuse-and-neglect</a>
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   <a href="https://www.interiorhealth.ca/information-for/seniors/adult-abuse-and-neglect/report-adult-abuse-or-neglect">https://www.interiorhealth.ca/information-for/seniors/adult-abuse-and-neglect/report-adult-abuse-or-neglect</a>
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   <a href="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">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</a>
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   <a href="https://www.vch.ca/en/report-adult-abuse-and-neglect">https://www.vch.ca/en/report-adult-abuse-and-neglect</a> Designated Responder Coordinators: <a href="https://www.vch.ca/en/media/13066">https://www.vch.ca/en/media/13066</a>
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	<a href="https://www.islandhealth.ca/learn-about-health/adult-abuse-neglect/">https://www.islandhealth.ca/learn-about-health/adult-abuse-neglect/</a>
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   <a href="https://www.communitylivingbc.ca/contact/local-offices/">https://www.communitylivingbc.ca/contact/local-offices/</a>
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   <a href="https://seniorsfirstbc.ca/zh-tw/programs/sail/">https://seniorsfirstbc.ca/zh-tw/programs/sail/</a>
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   <a href="https://www.chinesecpc.com/zh-tw/programs/victim-services">https://www.chinesecpc.com/zh-tw/programs/victim-services</a>

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   <a href="https://vlfmss.ca/our-services/multicultural-outreach-services/">https://vlfmss.ca/our-services/multicultural-outreach-services/</a>
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   <a href="https://mosaicbc.org/our-programs/multicultural-victim-services/">https://mosaicbc.org/our-programs/multicultural-victim-services/</a>

## 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	<a href="http://411seniors.org">411seniors.org</a>
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   <a href="https://bc.211.ca/">https://bc.211.ca/</a>
BC Seniors' Guide 卑詩省長者指南	Order a copy 索取郵寄指南 1-877-952-3181	<a href="https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc_seniors_guide_12thed_chinese.pdf">https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc_seniors_guide_12thed_chinese.pdf</a>
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   <a href="https://www.chinesecpc.com/zh-tw">https://www.chinesecpc.com/zh-tw</a>
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 <a href="https://blockwatch.com/about-block-watch/community-contacts/">https://blockwatch.com/about-block-watch/community-contacts/</a>
Frog Hollow Neighbourhood House 青蛙鄰舍中心	236-858-2320	francescalim@froghollow.bc.ca   <a href="https://www.froghollow.bc.ca/seniors">https://www.froghollow.bc.ca/seniors</a>
RCRG Seniors Community Connections 列治文耆英資訊及轉介計劃	604-279-7020	info@rcrg.org   <a href="https://www.rcrg.org/docs/default-source/brochures/rcrg_seniorscommunitybroch_july18_chinese_email-rgb.pdf?sfvrsn=d6c65149_6">https://www.rcrg.org/docs/default-source/brochures/rcrg_seniorscommunitybroch_july18_chinese_email-rgb.pdf?sfvrsn=d6c65149_6</a>
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)   <a href="https://www.southvan.org/program_category/older-adults-and-seniors-programs/">https://www.southvan.org/program_category/older-adults-and-seniors-programs/</a>
S.U.C.C.E.S.S. Integrated Community Services for Seniors 中橋列治文華人長者社區資訊中心	604-241-8222	To connect Chinese speaking seniors aged 65+ and the caregivers in Richmond to the right health related services at the right time. 聯繫列治文市 65歲或以上講國粵英語的長者以及護老者合適的健康支援服務。Email電郵: icss@success.bc.ca
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@vsms.ca (Billy)   <a href="http://www.vsms.ca/test/chinese-outreach-program">http://www.vsms.ca/test/chinese-outreach-program</a>
Jewish Seniors Alliance 猶太長者聯盟	604-267-1555	Multilingual 多語言資訊及轉介熱線   <a href="http://jsalliance.org">jsalliance.org</a>

## 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	<a href="http://Canada.ca/dental">Canada.ca/dental</a>
Fair PharmaCare / MSP 卑詩公平藥物補助醫療保健計劃	604-683-7151, 1-800-663-7100	<a href="https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover/fair-pharmacare-plan">https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover/fair-pharmacare-plan</a>
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   <a href="http://patienteduc.fraserhealth.ca/file/fraser-health-virtual-care-764274.pdf">patienteduc.fraserhealth.ca/file/fraser-health-virtual-care-764274.pdf</a>
HealthLink BC 8-1-1 卑詩省811 健康熱線	811(Translation available 設翻譯服務)	<a href="https://www.healthlinkbc.ca/">https://www.healthlinkbc.ca/</a>
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)	<a href="http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/macstc">www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/macstc</a>
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   <a href="https://alzheimer.ca/bc/en/help-support/programs-services/support-chinese-communities">https://alzheimer.ca/bc/en/help-support/programs-services/support-chinese-communities</a>
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   <a href="https://successbc.ca/counselling-crisis-support/services/counselling/">https://successbc.ca/counselling-crisis-support/services/counselling/</a>
CCM Linkage Counseling Service 中信中心靈機輔導	604-629-2266	Cantonese, English & Mandarin 國粵英語服務 linkage@ccmcanada.org   <a href="https://centre.vancouver.ccmcanada.org/靈機輔導">https://centre.vancouver.ccmcanada.org/靈機輔導</a>
Pathways Cluhouse 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於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   <a href="https://pathwaysclubhouse.com/">https://pathwaysclubhouse.com/</a>
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)	<a href="http://www.bccancer.bc.ca/Documents/Chinese%20MBSR%20Poster%20Oreg%20link%20+%20QR%20code%20v2024July.pdf">http://www.bccancer.bc.ca/Documents/Chinese%20MBSR%20Poster%20Oreg%20link%20+%20QR%20code%20v2024July.pdf</a>
BC Gambling Support 卑詩省賭博支援計劃	1-888-795-6111	<a href="https://www.gamblingsupportbc.ca/">https://www.gamblingsupportbc.ca/</a>
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)   <a href="http://www.yarrowsociety.ca">www.yarrowsociety.ca</a>
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)   <a href="https://www.selfmanagementbc.ca/uploads/Common/CDSMPChinese_IntroSchedule_%20Apr-Jul%202025.pdf">https://www.selfmanagementbc.ca/uploads/Common/CDSMPChinese_IntroSchedule_%20Apr-Jul%202025.pdf</a>
ICON 安康中文健康資訊網	--	<a href="https://chinese.iconproject.org/">https://chinese.iconproject.org/</a>

Fraser Health Urgent and Primary Care Centres 菲沙衛生局緊急及初級護理中心	--	<a href="https://www.fraserhealth.ca/Service-Directory/Services/primary-care-services/urgent-primary-care-centre">https://www.fraserhealth.ca/Service-Directory/Services/primary-care-services/urgent-primary-care-centre</a>
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   <a href="http://www.vch.ca/en/location/north-vancouver-urgent-and-primary-care-centre">www.vch.ca/en/location/north-vancouver-urgent-and-primary-care-centre</a>
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   <a href="http://www.vch.ca/en/location/richmond-city-centre-urgent-and-primary-care-centre">www.vch.ca/en/location/richmond-city-centre-urgent-and-primary-care-centre</a>
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 Hornby Street, Ground Floor, Vancouver   <a href="http://www.vch.ca/en/location/city-centre-urgent-primary-care-centre">www.vch.ca/en/location/city-centre-urgent-primary-care-centre</a>
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   <a href="http://www.vch.ca/en/location/northeast-urgent-and-primary-care-centre-upcc">www.vch.ca/en/location/northeast-urgent-and-primary-care-centre-upcc</a>
REACH Urgent and Primary Care Centre REACH 緊急及初級護理中心	604-216-3138	1145 Commercial Drive, Vancouver   <a href="http://www.vch.ca/en/location/reach-urgent-and-primary-care-centre">www.vch.ca/en/location/reach-urgent-and-primary-care-centre</a>
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   <a href="http://www.vch.ca/en/location/southeast-urgent-and-primary-care-centre">www.vch.ca/en/location/southeast-urgent-and-primary-care-centre</a>
BC Hepatitis Clinics 肝炎診所	--	<a href="http://www.bccdc.ca/health-info/prevention-public-health/bc-hepatitis-clinics">www.bccdc.ca/health-info/prevention-public-health/bc-hepatitis-clinics</a>
Health Connect Registry 健康連結登記系統-家庭醫生分配服務	--	<a href="https://www.healthlinkbc.ca/health-connect-registry">https://www.healthlinkbc.ca/health-connect-registry</a>
HealthLink BC Directory 診所搜索名錄	--	<a href="https://www.healthlinkbc.ca/health-services/search-services-your-area">https://www.healthlinkbc.ca/health-services/search-services-your-area</a>
Pathways Medical Care Directory 線上或電話護理諮詢醫護人員名錄	--	<a href="https://pathwaysmedicalcare.ca/">https://pathwaysmedicalcare.ca/</a>
Find a Doctor BC 尋找卑詩省家庭醫生	--	<a href="https://www.findadoctorbc.ca/">https://www.findadoctorbc.ca/</a>
Medimap-walk-in clinics 網上搜尋不用預約診所	--	<a href="https://medimap.ca/">https://medimap.ca/</a>
Find a dentist 搜尋接受新症牙醫	--	<a href="https://www.yourdentalhealth.ca/visiting-your-dentist/find-a-dentist">https://www.yourdentalhealth.ca/visiting-your-dentist/find-a-dentist</a>
Reduced Cost Dental Clinics in BC 卑詩省低廉牙科診所	--	<a href="https://www.yourdentalhealth.ca/visiting-your-dentist/reduced-cost-clinics/">https://www.yourdentalhealth.ca/visiting-your-dentist/reduced-cost-clinics/</a>
Find BC Dietitians 搜尋營養師	--	<a href="https://bcdietitians.ca/british-columbia/">https://bcdietitians.ca/british-columbia/</a>
Doctor of Optometry clinics 搜尋驗光師	--	<a href="https://members.optometrists.bc.ca/membership/find-a-doctor.html">https://members.optometrists.bc.ca/membership/find-a-doctor.html</a>
Find an optician 搜尋配鏡師	(可根據語言搜索)	<a href="https://www.opticianry.ca/memberroster/memberroster.aspx?orgid=COBC&amp;FirstGivenName=&amp;surname=">https://www.opticianry.ca/memberroster/memberroster.aspx?orgid=COBC&amp;FirstGivenName=&amp;surname=</a>
Foot Care Nurse Directory 搜尋足部護理護士	--	<a href="https://www.peded.ca/peded-alumni/">https://www.peded.ca/peded-alumni/</a>
Find a Podiatrist 搜尋足科醫生	Cantonese 廣東話	<a href="https://www.bcpodiatrists.ca/find-a-podiatrist?do=search&amp;firstname=First+Name&amp;lastname=&amp;city=&amp;gender=&amp;language=Cantonese&amp;new=&amp;wheelchair=">https://www.bcpodiatrists.ca/find-a-podiatrist?do=search&amp;firstname=First+Name&amp;lastname=&amp;city=&amp;gender=&amp;language=Cantonese&amp;new=&amp;wheelchair=</a>
	Mandarin 普通話	<a href="https://www.bcpodiatrists.ca/find-a-podiatrist?do=search&amp;firstname=First+Name&amp;lastname=&amp;city=&amp;gender=&amp;language=Mandarin&amp;new=&amp;wheelchair=">https://www.bcpodiatrists.ca/find-a-podiatrist?do=search&amp;firstname=First+Name&amp;lastname=&amp;city=&amp;gender=&amp;language=Mandarin&amp;new=&amp;wheelchair=</a>
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)	--	<a href="https://drive.google.com/file/d/13iwVf34niaM59_uECZ4yfyFFAXhdSeBi/view?usp=sharing">https://drive.google.com/file/d/13iwVf34niaM59_uECZ4yfyFFAXhdSeBi/view?usp=sharing</a>
Reduced-Cost Counselling Options in Vancouver 溫哥華低廉輔導服務名錄	--	<a href="https://willowtreecounselling.ca/wp-content/uploads/resources/reduced-cost-counselling.pdf">https://willowtreecounselling.ca/wp-content/uploads/resources/reduced-cost-counselling.pdf</a>
The Psychology Today Directory - Find a Counsellor 搜尋心理輔導員/諮詢師	Cantonese 廣東話	<a href="https://www.psychologytoday.com/ca/therapists/bc/vancouver?category=cantonese">https://www.psychologytoday.com/ca/therapists/bc/vancouver?category=cantonese</a>
	Mandarin 普通話	<a href="https://www.psychologytoday.com/ca/therapists/bc/vancouver?category=mandarin">https://www.psychologytoday.com/ca/therapists/bc/vancouver?category=mandarin</a>

## 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 <a href="https://www.bchousing.org/housing-assistance/rental-housing/how-to-apply">https://www.bchousing.org/housing-assistance/rental-housing/how-to-apply</a> Online application portal 網上申請 <a href="https://housingapplication.bchousing.org/olf/faces/welcome">https://housingapplication.bchousing.org/olf/faces/welcome</a> Program Upload Form 上載申請表 <a href="https://puf.bchousing.org/ProgramUploadForm/Start">https://puf.bchousing.org/ProgramUploadForm/Start</a> Shelter Aid for Elderly Renters (SAFER) 耆英租金補助 <a href="https://www.bchousing.org/housing-assistance/rental-assistance-programs/SAFER">https://www.bchousing.org/housing-assistance/rental-assistance-programs/SAFER</a> Priority Placement Program 優先安置 <a href="https://www.bchousing.org/housing-assistance/women-fleeing-violence/priority-placement-program">https://www.bchousing.org/housing-assistance/women-fleeing-violence/priority-placement-program</a>
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	<a href="https://www.seniorsadvocatebc.ca/quickfacts/location/">https://www.seniorsadvocatebc.ca/quickfacts/location/</a>
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   <a href="https://successbc.ca/zh-tc">https://successbc.ca/zh-tc</a>
Assisted Living Registry 支援式生活房屋登記名冊	1-866-714-3378	<a href="https://www2.gov.bc.ca/gov/content/health/assisted-living-in-bc/finding-an-assisted-living-residence">https://www2.gov.bc.ca/gov/content/health/assisted-living-in-bc/finding-an-assisted-living-residence</a>

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   <a href="https://www.gvcss.bc.ca/supportedhousing.htm">https://www.gvcss.bc.ca/supportedhousing.htm</a>
BC Rebate for Accessible Home Adaptations 卑詩省無障礙家居改造補助計劃	604-433-2218	<a href="https://www.bchousing.org/housing-assistance/BC-RAHA">https://www.bchousing.org/housing-assistance/BC-RAHA</a>
Tenant Resource & Advisory Centre 租務資源與諮詢中心	604-255-0546 1-800-665-1185	<a href="https://tenants.bc.ca/">https://tenants.bc.ca/</a>
BC Rent Bank 卑詩省租金借庫	236-597-2976	<a href="https://bcrentbank.ca/contact/">https://bcrentbank.ca/contact/</a>
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   <a href="https://www.seniorsservicesociety.ca/housing-finder">https://www.seniorsservicesociety.ca/housing-finder</a>
Find a Co-operative 尋找合作社居所	604-879-5111	<a href="https://www.chf.bc.ca/find-co-op">https://www.chf.bc.ca/find-co-op</a>
Lookout Society 臨時居所	604-255-0340	<a href="https://lookoutsociety.ca">https://lookoutsociety.ca</a>
RainCity Housing 臨時居所	604-662-7023	<a href="https://www.raincityhousing.org">https://www.raincityhousing.org</a>
Community Living BC 卑詩省社區生活局	1-877-660-2522	<a href="https://www.communitylivingbc.ca">https://www.communitylivingbc.ca</a>
Women's Shelters Canada: Shelter Safe 搜尋卑詩省庇護所	--	<a href="https://sheltersafe.ca/british-columbia/">https://sheltersafe.ca/british-columbia/</a>
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	--	<a href="https://bcsth.ca/directory-of-member-programs-services/">https://bcsth.ca/directory-of-member-programs-services/</a>
Transition House 臨時庇護所		BC Housing Transition Houses & Safe Homes List   <a href="https://www.bchousing.org/housing-assistance/women-fleeing-violence/transition-houses-safe-homes">https://www.bchousing.org/housing-assistance/women-fleeing-violence/transition-houses-safe-homes</a>
Second-Stage Housing 第二階段庇護所	211 (Translation available 設翻譯服務)	BC Housing Second-Stage Housing Providers List   <a href="https://www.bchousing.org/housing-assistance/women-fleeing-violence/second-stage-housing-providers">https://www.bchousing.org/housing-assistance/women-fleeing-violence/second-stage-housing-providers</a>
Emergency Shelter 緊急收容所		BC211 Shelter List   <a href="https://bc.211.ca/shelter-lists">https://bc.211.ca/shelter-lists</a> BC Housing Emergency Shelter Program   <a href="https://www.bchousing.org/housing-assistance/homelessness-services/emergency-shelter-program">https://www.bchousing.org/housing-assistance/homelessness-services/emergency-shelter-program</a>

## 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   <a href="https://betterathome.ca/map-search/#">https://betterathome.ca/map-search/#</a>
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	<a href="https://www.vch.ca/en/health-topics/home-community-care">https://www.vch.ca/en/health-topics/home-community-care</a>
Fraser Health Home Health Service Line 菲沙衛生局家居及社區護理服務	1-855-412-2121	<a href="https://www.fraserhealth.ca/health-topics-a-to-z/home-and-community-care">https://www.fraserhealth.ca/health-topics-a-to-z/home-and-community-care</a>
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	<a href="https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/health-offices-by-community.pdf">https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/health-offices-by-community.pdf</a>
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	<a href="https://www.interiorhealth.ca/health-and-wellness/home-and-community-care">https://www.interiorhealth.ca/health-and-wellness/home-and-community-care</a>
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	<a href="https://www.islandhealth.ca/learn-about-health/home-care-assisted-living-long-term-care">https://www.islandhealth.ca/learn-about-health/home-care-assisted-living-long-term-care</a>
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   <a href="http://cn.carebc.ca/family-respite-centre.html">http://cn.carebc.ca/family-respite-centre.html</a>
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   <a href="https://www.peaceportalalliance.com/local-global-engagement">https://www.peaceportalalliance.com/local-global-engagement</a>
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)	<a href="https://www.telus.com/en/social-impact/connecting-canada/seniors/application#SM4G">https://www.telus.com/en/social-impact/connecting-canada/seniors/application#SM4G</a>
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	<a href="https://www.fraserhealth.ca/Service-Directory/Services/Seniors---Community-Services/lifeline">https://www.fraserhealth.ca/Service-Directory/Services/Seniors---Community-Services/lifeline</a>

## 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	<a href="https://minorucentre.ca/seniors-services/shopping-bus/">https://minorucentre.ca/seniors-services/shopping-bus/</a>
TransLink 連聯 Handy Dart/Taxi Saver	604-575-6600	<a href="https://www.translink.ca/rider-guide/transit-accessibility/handydart">https://www.translink.ca/rider-guide/transit-accessibility/handydart</a>

BC Transit 卑詩運輸 Handy Dart/Taxi Saver	604-855-0080	<a href="https://bctransit.com/central-fraser-valley/riderinfo/handydart/taxi-saver">https://bctransit.com/central-fraser-valley/riderinfo/handydart/taxi-saver</a>
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   <a href="https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc">https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc</a>
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)	<a href="https://www2.gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass">https://www2.gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass</a>
Yellow Cab 黃的士電召服務	604-681-1111	<a href="https://www.yellowcabonline.com/">https://www.yellowcabonline.com/</a>
Vancouver Taxi 溫哥華的士電召服務	604-871-1111, 604-255-5111	<a href="https://vancouvertaxi.ca/">https://vancouvertaxi.ca/</a>
Richmond Taxi 列治文的士電召服務	604-272-1111	<a href="https://richmondtaxi.com/">https://richmondtaxi.com/</a>
SPARC BC 殘疾人士停車許可證 Parking Permit (person with disability)	604-718-7744 1-888-718-7794	<a href="https://www.sparc.bc.ca/parking-permits/">https://www.sparc.bc.ca/parking-permits/</a>
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   <a href="https://www.rcdrichmond.org/Parking/Parking%20Permit%20Info%20Sheet_2024%20v_Chi.pdf">https://www.rcdrichmond.org/Parking/Parking%20Permit%20Info%20Sheet_2024%20v_Chi.pdf</a>
Translink Trip Planner 公共交通行程規劃	604-953-3333	<a href="https://www.translink.ca/trip-planner">https://www.translink.ca/trip-planner</a>

## LEGAL

## 法律諮詢

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵   LINK 連結
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   <a href="https://seniorsfirstbc.ca/zh-tw/programs/sail/">https://seniorsfirstbc.ca/zh-tw/programs/sail/</a>
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   <a href="https://mosaicbc.org/our-programs/legal-help-for-immigrants-and-refugees/">https://mosaicbc.org/our-programs/legal-help-for-immigrants-and-refugees/</a>
Community Legal Assistance Society – CLAS 社區法律協助(非牟利)	604-685-3425	contact@clasbc.net   <a href="https://clasbc.net/">https://clasbc.net/</a>
	604-673-3143, 1-888-685-6222	Stand Informed Legal Advice 性侵犯公益法律諮詢 standinformed@clasbc.net   <a href="https://clasbc.net/get-legal-help/stand-informed-legal-advice-services/">https://clasbc.net/get-legal-help/stand-informed-legal-advice-services/</a>
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   <a href="https://dialalaw.peopleslawschool.ca/">https://dialalaw.peopleslawschool.ca/</a>
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。   <a href="https://legalaid.bc.ca/general/provincialCallCentre">https://legalaid.bc.ca/general/provincialCallCentre</a>
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   <a href="https://justiceeducation.ca/ask-jes-multilingual">https://justiceeducation.ca/ask-jes-multilingual</a>
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   <a href="https://www.accessprobono.ca/our-programs/lawyer-referral-service">https://www.accessprobono.ca/our-programs/lawyer-referral-service</a>
Everyone Legal Clinic 定額/低廉可負擔法律服務	778-200-4478	intake@everyonelegal.ca   <a href="https://everyonelegal.ca/services-for-everyone">https://everyonelegal.ca/services-for-everyone</a>
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)   <a href="https://www.lslap.bc.ca/">https://www.lslap.bc.ca/</a>
Peoples Law School 人民法律學校	604-331-5400	<a href="https://www.peopleslawschool.ca/">https://www.peopleslawschool.ca/</a>
Public Guardian and Trustee 公共監護及受託人	604-660-4444	mail@trustee.bc.ca   <a href="https://www.trustee.bc.ca/">https://www.trustee.bc.ca/</a>
Rise Women's Legal Centre 婦女法律中心	236-317-9000	clc@womenslegalcentre.ca   <a href="https://www.womenslegalcentre.ca/for-clients">https://www.womenslegalcentre.ca/for-clients</a>
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   <a href="https://www.nidus.ca">https://www.nidus.ca</a>

## SUPPORT GROUPS

## 互助小組

SERVICE 服務	PHONE 電話號碼	NOTES備註 / EMAIL電郵   LINK 連結
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@alzheimercb.org   <a href="https://alzheimercb.ca/bc/en/help-support/programs-services/support-chinese-communities">https://alzheimercb.ca/bc/en/help-support/programs-services/support-chinese-communities</a>
BC Cancer Agency 卑詩癌症局	---	Online Cantonese Support Group 在線粵語互助小組   <a href="https://redcap.bccrc.ca/surveys/?s=H4KDW3KLXFLA8FDK">https://redcap.bccrc.ca/surveys/?s=H4KDW3KLXFLA8FDK</a>
		Online Mandarin Support Group 在線國語互助小組   <a href="https://redcap.bccrc.ca/surveys/?s=L4ETHHA3N4XYR7L">https://redcap.bccrc.ca/surveys/?s=L4ETHHA3N4XYR7L</a>
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@burnabybh.ca   <a href="https://burnabybh.ca/get-involved-seniors/">https://burnabybh.ca/get-involved-seniors/</a>
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   <a href="https://www.ccssociety.ca/our-program/intergenerational-programs/#senior">https://www.ccssociety.ca/our-program/intergenerational-programs/#senior</a>
Greater Vancouver Chinese Parkinson's Society 大溫華人柏金遜互助小組	604-294-4971	<a href="http://gvpcps.org">http://gvpcps.org</a>
Pain BC 卑詩省疼痛協會	---	supportgroups@painbc.ca   <a href="https://painbc.ca/zh-hans/support-group">https://painbc.ca/zh-hans/support-group</a>

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   <a href="https://pathwaysclubhouse.com/what-we-do/chinese-support/">https://pathwaysclubhouse.com/what-we-do/chinese-support/</a>
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   <a href="https://rcdrichmond.org/chi_pages/chi_home_1.php">https://rcdrichmond.org/chi_pages/chi_home_1.php</a>
Richmond Stroke Recovery Centre 列治文中風康復小組	604-671-8823	rsrbc@gmail.com   <a href="http://rsrc.ca">http://rsrc.ca</a>
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   <a href="https://www.chineseprostate.com/">https://www.chineseprostate.com/</a>
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	<a href="https://forms.office.com/Pages/ResponsePage.aspx?id=dnrF-GX2ekaQHXMibaWcs4DS-_u2yghBknB5QDD79ptUMkZESTVYVERZWTM3WFQ2NTBHSDI2V0tWRyQICN0PWcu">https://forms.office.com/Pages/ResponsePage.aspx?id=dnrF-GX2ekaQHXMibaWcs4DS-_u2yghBknB5QDD79ptUMkZESTVYVERZWTM3WFQ2NTBHSDI2V0tWRyQICN0PWcu</a>   <a href="http://strokerecoverybc.ca/community-navigation/#chinese">strokerecoverybc.ca/community-navigation/#chinese</a>

## 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	--	<a href="https://ircc.canada.ca/english/newcomers/services/index.asp">https://ircc.canada.ca/english/newcomers/services/index.asp</a>
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@dcrs.ca   <a href="https://www.dcrs.ca/languages/mandarin/">https://www.dcrs.ca/languages/mandarin/</a>
Impact North Shore	604-988-2931	Chinese, North Vancouver 北溫區內中文服務 tigr@nsms.ca   <a href="https://impactnorthshore.ca/mandarin/">https://impactnorthshore.ca/mandarin/</a>
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) <a href="https://anhbc.org/about-us/neighbourhood-houses-camp">https://anhbc.org/about-us/neighbourhood-houses-camp</a>

## 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 <a href="https://www2.gov.bc.ca/gov/content/home/get-help-with-government-services/tc">https://www2.gov.bc.ca/gov/content/home/get-help-with-government-services/tc</a> 簡體 <a href="https://www2.gov.bc.ca/gov/content/home/get-help-with-government-services/sc">https://www2.gov.bc.ca/gov/content/home/get-help-with-government-services/sc</a>
City of Burnaby 本拿比	604-294-7944	<a href="https://www.burnaby.ca/Our-City-Hall/Contacts-and-Location.html">https://www.burnaby.ca/Our-City-Hall/Contacts-and-Location.html</a>
City of Coquitlam 高貴林	604-927-3000	<a href="https://www.coquitlam.ca/">https://www.coquitlam.ca/</a>
City of Delta 三角洲	604-946-4141	<a href="https://www.delta.ca/">https://www.delta.ca/</a>
City of Langley 蘭里	604-514-2800	<a href="https://city.langley.bc.ca/">https://city.langley.bc.ca/</a>
City of Maple Ridge 楓樹嶺	604-463-5221, 604-463-9581	<a href="https://www.mapleridge.ca/">https://www.mapleridge.ca/</a>
City of New Westminster 新西敏/二埠	604-521-3711	<a href="https://www.newwestcity.ca/">https://www.newwestcity.ca/</a>
City of North Vancouver 北溫	604-985-7761	<a href="https://www.cnv.org/">https://www.cnv.org/</a>
City of Pitt Meadows 匹特草原	604-465-5454	<a href="https://www.pittmeadows.ca/">https://www.pittmeadows.ca/</a>
City of Port Coquitlam 高貴林港	604-927-5440	<a href="https://www.portcoquitlam.ca/">https://www.portcoquitlam.ca/</a>
City of Port Moody 滿地寶	604-469-4500	<a href="https://www.portmoody.ca/en/index.aspx">https://www.portmoody.ca/en/index.aspx</a>
City of Richmond 列治文	604-276-4000	<a href="https://www.richmond.ca">https://www.richmond.ca</a>
City of Surrey 素里	604-591-4011	<a href="https://www.surrey.ca">https://www.surrey.ca</a>
City of Vancouver 溫哥華	3-1-1, 604-873-7000	<a href="https://vancouver.ca/your-government/contact-the-city-of-vancouver.aspx">https://vancouver.ca/your-government/contact-the-city-of-vancouver.aspx</a>
District of West Vancouver 西溫	604-925-7000	<a href="https://westvancouver.ca/">https://westvancouver.ca/</a>
City of White Rock 白石	604-541-2100	<a href="https://www.whiterockcity.ca/">https://www.whiterockcity.ca/</a>
Vancouver Public Library 溫哥華圖書館中文查詢	604-331-3757 (Chinese 中文)	<a href="https://www.vpl.ca/chinese-language">https://www.vpl.ca/chinese-language</a>

## 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	<a href="https://www.canada.ca/en/services/benefits/publicpensions.html">https://www.canada.ca/en/services/benefits/publicpensions.html</a>
Employment and Income Assistance - Service BC 就業與收入資助	1-866-866-0800	<a href="https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance">https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance</a>
Supports for Seniors 政府援助長者詳情	--	<a href="https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/supports-for-seniors">https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/supports-for-seniors</a>

Benefits Finder 線上搜尋福利		<a href="https://srv138.services.gc.ca/daf/q?id=31d39b99-5958-4593-9557-f7ad479f0e61&amp;goctemplateculture=en-ca">https://srv138.services.gc.ca/daf/q?id=31d39b99-5958-4593-9557-f7ad479f0e61&amp;goctemplateculture=en-ca</a>
Find a tax clinic 搜尋社區免費報稅服務	--	<a href="https://apps.cra-arc.gc.ca/ebcl/oevc/external/prot/cli_srch_01_ld.action">https://apps.cra-arc.gc.ca/ebcl/oevc/external/prot/cli_srch_01_ld.action</a>

**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   <a href="https://www.vch.ca/en/service/palliative-and-end-life-care-hospices">https://www.vch.ca/en/service/palliative-and-end-life-care-hospices</a>
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   <a href="http://www.vch.ca/Documents/Nancy-Chan-Palliative-Care-Ambulatory-Clinic-About-Chinese.pdf">http://www.vch.ca/Documents/Nancy-Chan-Palliative-Care-Ambulatory-Clinic-About-Chinese.pdf</a>
Hospice Providers Directory 寧養院名錄	--	<a href="https://bchpca.org/member-directory">https://bchpca.org/member-directory</a>
Canadian Virtual Hospice Living My Culture 網上臨終關懷資訊 活我文化	Cantonese 粵語	<a href="https://livingmyculture.ca/language/cantonese/">https://livingmyculture.ca/language/cantonese/</a>
	Mandarin 國語	<a href="https://livingmyculture.ca/language/mandarin/">https://livingmyculture.ca/language/mandarin/</a>
BC Bereavement Helpline 喪親支援熱線	604-738-9950, 1-877-779-2223	<a href="https://www.bcbh.ca">https://www.bcbh.ca</a>
Living Through Loss Counselling 喪親輔導	604-873-5013	<a href="https://livingthroughloss.ca">https://livingthroughloss.ca</a>

**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	--	<a href="https://vancouver.ca/files/cov/emergency-meal-program-map.pdf">https://vancouver.ca/files/cov/emergency-meal-program-map.pdf</a>   <a href="https://maps.vancouver.ca/foodmap/">https://maps.vancouver.ca/foodmap/</a>
Greater Vancouver Foodbank 大溫食物銀行	604-876-3601	<a href="https://foodbank.bc.ca/">https://foodbank.bc.ca/</a>
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)	--	<a href="https://www.richmond.ca/_shared/assets/noorlowcostcommunitymealsandfoodprograms62706.pdf">https://www.richmond.ca/_shared/assets/noorlowcostcommunitymealsandfoodprograms62706.pdf</a>
Richmond Food Bank 列治文食物銀行	604-271-5609	<a href="https://richmondfoodbank.org/">https://richmondfoodbank.org/</a>
Burnaby Chinese Meals on Wheels 本拿比送中餐服務	604-299-5754	<a href="http://burnabymeals.ca/">http://burnabymeals.ca/</a>
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   <a href="http://cn.carebc.ca/guidelines.html">http://cn.carebc.ca/guidelines.html</a>
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   <a href="https://www.carebc.ca/north-shore-mow.html">https://www.carebc.ca/north-shore-mow.html</a>
North Vancouver Meal Program 北溫哥華膳食服務計劃	604-980-2474	Silver Harbour Centre info@silverharbourcentre.com   <a href="https://silverharbourcentre.com/project/meal-program">https://silverharbourcentre.com/project/meal-program</a>
Richmond Grocery Shopping and Delivery 列治文義工購物服務	604-279-7020	RCRG   <a href="https://www.rcrg.org/docs/default-source/brochures/rcrg_seniorscommunitybroch_july18_chinese_email-rgb.pdf?sfvrsn=d6c65149_6">https://www.rcrg.org/docs/default-source/brochures/rcrg_seniorscommunitybroch_july18_chinese_email-rgb.pdf?sfvrsn=d6c65149_6</a>
Minoru Centre hot lunch 列治文長者活動中心堂食廉價午餐	604-233-6225	<a href="https://minorucentre.ca/cafeteria">https://minorucentre.ca/cafeteria</a>
West Vancouver Food service 西溫哥華膳食及食品送遞服務	604-925-7280	Seniors' Activity Centre   <a href="https://westvancouver.ca/parks-recreation/recreation-programs-services/seniors-services">https://westvancouver.ca/parks-recreation/recreation-programs-services/seniors-services</a>
Better Meals 更好膳食送餐服務	604-299-1877, 1-888-838-1888	<a href="https://www.bettermeals.ca/">https://www.bettermeals.ca/</a>
Quest Food Exchange 廉價食物市場	604-602-0186	info@questoutreach.org   <a href="https://www.questoutreach.org">https://www.questoutreach.org</a>

**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   <a href="https://www.ourcommons.ca/Members/en/constituencies?caucusId=all&amp;province=BC">https://www.ourcommons.ca/Members/en/constituencies?caucusId=all&amp;province=BC</a>
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   <a href="https://www.leg.bc.ca/members/mla-by-community">https://www.leg.bc.ca/members/mla-by-community</a>
Service Canada 加拿大政府服務部	1-800-622-6232	<a href="https://www.canada.ca">https://www.canada.ca</a>

**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	<a href="https://nomoredebts.org/canada-credit-counselling/bc">https://nomoredebts.org/canada-credit-counselling/bc</a>
Equifax credit report disputes 信貸報告爭議	--	<a href="https://www.equifax.ca/personal/dispute-credit-report/">https://www.equifax.ca/personal/dispute-credit-report/</a>
TransUnion credit report disputes 信貸報告爭議	1-800-663-9980	<a href="https://www.transunion.ca/assistance/credit-report-disputes">https://www.transunion.ca/assistance/credit-report-disputes</a>
Licensed Insolvency Trustee directory 持牌破產信託人名錄	--	<a href="https://www.ic.gc.ca/app/scr/tds/web/?lang=eng">https://www.ic.gc.ca/app/scr/tds/web/?lang=eng</a>
	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)	<a href="https://www.bmo.com/asia/chinese/speak_with_us_can.html">https://www.bmo.com/asia/chinese/speak_with_us_can.html</a>
CIBC 帝國商業銀行	1-888-898-2828 (Cantonese 粵語) 1-888-298-8822(Mandarin國 語)	<a href="https://www.cibc.com/en/contact-us.html">https://www.cibc.com/en/contact-us.html</a>
RBC 皇家銀行	1-888-769-2598 (國粵語)	<a href="https://www.rbc.com/contact-us.html">https://www.rbc.com/contact-us.html</a>
Scotiabank 豐業銀行	1-800-830-8800(Cantonese 粵語) 1-800-830-8080 (Mandarin國 語)	<a href="https://www.scotiabank.com/ca/en/personal/contact-us/by-phone.html">https://www.scotiabank.com/ca/en/personal/contact-us/by-phone.html</a>
TD 道明銀行	1-800-387-2828 (粵語 選擇1; 普通話 選擇2)	<a href="https://zt.td.com/ca/en/personal-banking/contact-us">https://zt.td.com/ca/en/personal-banking/contact-us</a>
Bank of China 中國銀行	604-683-1088, 1-844-669- 5566	<a href="https://www.bankofchina.com/ca/en/aboutus/ab5/201111/t20111128_3123906.html">https://www.bankofchina.com/ca/en/aboutus/ab5/201111/t20111128_3123906.html</a>
ICBK (Canada) 中國工商銀行	1-877-779-5588	<a href="https://www.icbk.ca/TW_new/關於我行/聯繫我們/分行地址">https://www.icbk.ca/TW_new/關於我行/聯繫我們/分行地址</a>