



## Maple Ridge Pitt Meadows Katzie Community Contact List

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

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Submitted By: Christina Shearme, 778-241-2424, seniorsnetworkmpk@gmail.com

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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 2024-25 SENIORS 55+ Resource Directory** which is published yearly and can be obtained by contacting Christina Shearme [seniorsnetworkmpk@gmail.com](mailto: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	<a href="mailto:react@fraserhealth.ca">react@fraserhealth.ca</a>
MR PM Katzie Community Response Network	(604) 463-9860  (604) 786-7404	<a href="mailto:judithlmacrae@gmail.com">judithlmacrae@gmail.com</a>
RCMP	(604) 463-6251	
Seniors Abuse and Information Line (SAIL)	(604) 437-1940  (604) 428-3359	<a href="http://www.seniorsfirstbc.ca">www.seniorsfirstbc.ca</a>
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: (604) 933-2000
		Domestic Violence, Crisis, Housing, Counseling, Family Support
Victim Link BC	1-800-563-0808	
HeretoHelp	<a href="http://www.heretohelp.bc.ca">www.heretohelp.bc.ca</a>	<b>FH has specifically trained staff who respond to and investigate reports of possible abuse and neglect of adults</b>
Seniors Distress Line	(604) 872-1234	

Crime Victim Assistance Program

(604) 660-3888

Victim Link BC

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)

<b>SERVICE</b>	<b>CONTACT NUMBER</b>	<b>NOTES</b>
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		
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

Affordable Family Counseling and Community Counselling**	(604) 467-6911 ext. 1423	<a href="http://www.comservice.bc.ca">www.comservice.bc.ca</a>
Alouette Addictions Services	(604) 467-5179	<a href="http://www.alouetteaddictions.org">www.alouetteaddictions.org</a>
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	<a href="http://www.cmha.bc.org">www.cmha.bc.org</a>
Anxiety BC	(604) 525-7566	<a href="http://www.anxietybc.com">www.anxietybc.com</a>
BC Schizophrenia Society	(604) 270-7841	<a href="http://www.bcss.org">www.bcss.org</a> <a href="http://www.mdabc.net">www.mdabc.net</a>
Mood Disorders Association of BC	(604) 873-0103	<a href="http://www.alzheimer.ca/en/bc/We-can-help">www.alzheimer.ca/en/bc/We-can-help</a>
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 <a href="http://www.bchousing.org">www.bchousing.org</a>

Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Shelter Aid for Elderly Renters (SAFER)	(604) 433-2218	<a href="http://www.bchousing.org">www.bchousing.org</a>
Home Adaptations for Independence Program (HAFI)	(604) 433-2218	<a href="http://www.bchousing.org/HAFI">www.bchousing.org/HAFI</a>
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	
<b>OTHER CARE FACILITIES AND RETIREMENT RESIDENCES:</b>		
Legion Housing	(604) 463-5101	<a href="http://www.legion88.com">www.legion88.com</a>
Earl Haig Retirement Residence	(604) 463-5101	<a href="http://www.legion88.com">www.legion88.com</a>
Fraserwood	(604) 451-6075	<a href="http://www.metrovancouver.org">www.metrovancouver.org</a>
Maple Towers	(604) 467-4013	<a href="http://www.baptisthousing.com">www.baptisthousing.com</a>
Maple Ridge Towers	(604) 467-1366	<a href="http://www.affordablehsg.com">www.affordablehsg.com</a>

Cottonwood Park	(604) 431-9225	<a href="http://www.reddoorhousing.com">www.reddoorhousing.com</a>
Fenstaston Place	(604) 431-9225	<a href="http://www.reddoorhousing.com">www.reddoorhousing.com</a>
Devonshire Court Co-op	(604) 463-4568	
Haney Pioneer Village	(604) 463-2289	<a href="http://www.haneypioneererville.com">www.haneypioneererville.com</a>
St. Georges Seniors Housing Co-op	(604) 463-2334	<a href="http://www.stgeorgesvillage.ca">www.stgeorgesvillage.ca</a>
The Maple Housing Co-op	(604) 434-9185	
Ford Road Housing Co-op	(604) 465-6611	<a href="http://www.fordroadcoop.ca">www.fordroadcoop.ca</a>

Harris Road Housing Co-op	(604) 465-1938	
Meadow Highlands Mobile Home Co-op	(604) 465-8244	<a href="http://www.paradesquare.ca/MHC">www.paradesquare.ca/MHC</a>
Meadowlands Housing Co-Op	(604) 465-1613	
Legion House	(604) 463-5101	
<b>PRIVATE FACILITIES</b>		
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	
<b>SHELTERS:</b>		
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

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.
<b>PUBLIC RETIREMENT COMMUNITIES:</b>		
Royal Crescent Gardens	(604) 463-6077	Cost Income based. Accessed through a case manager. <a href="http://www.optimaliving.ca/optimaliving.ca/optimaliving.ca/communities/royal-crescent-gardens">www.optimaliving.ca/optimaliving.ca/communities/royal-crescent-gardens</a>

## HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home Seniors Outreach and Home Support Program	(604) 467-6911 ext.1232	<a href="http://www.comservice.bc.ca">www.comservice.bc.ca</a>
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
<b>FOOD HAMPERS:</b>		
Friends in Need Food Bank Maple Ridge	(604) 466-3663	<a href="http://www.friendsneedfood.com">www.friendsneedfood.com</a> Tuesday – Friday 9am – 12:15

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
<b>FOOD CUPBOARDS:</b>		
Many churches have food cupboards that members are welcome to use.		● CAN OFTEN PROVIDE EMERGENCY SUPPORT
<b>FREE MEALS:</b>		
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. <a href="http://www.mrchurch.com">www.mrchurch.com</a>
Community Dinner Saturdays (Golden Ears United Church)		Golden Ears Untied Church. 6:30 pm. No cost. All welcome <a href="http://www.goldenearsunited.ca">www.goldenearsunited.ca</a>
Katzie Elders		Lunch program open to Katzie Elders.
Salvation Army Ridge Meadows Ministries	604-463-8296	<a href="http://www.ridgemeadowssa.ca">www.ridgemeadowssa.ca</a>  Monday Wednesday Friday Saturday Sunday Lunch served (12-1) (only Lunch) Tuesdays ad Thursday Dinner served 5- 6pm (only Dinner)
<b>LOW COST MEALS</b>		
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	<a href="http://www.rmssseniors.org">www.rmssseniors.org</a> 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

Samuel Robertson Technical School	(604) 466-8409	<a href="http://www.srtss.ca">www.srtss.ca</a> Tuesday- Thursday from 5-6 pm
<b>FROZEN MEALS</b>		
Batch. Food	778-882-7214	<a href="http://www.batchfood.com">www.batchfood.com</a>
Better Meals	(604) 299-1877	<a href="http://www.bettermeals.com">www.bettermeals.com</a>
Real Meals	(604) 375-9990	<a href="http://www.eatrealmeals.com">www.eatrealmeals.com</a>
<b>MEAL DELIVERY:</b>		

Meals on Wheels	(604)467-6922 Ext.1218	<a href="http://www.comservice.bc.ca">www.comservice.bc.ca</a>
MEAL PREPARATION		
Community Kitchens	(604) 283-9893	Contact Candace Gordon <a href="mailto:ciegordon@gmail.com">ciegordon@gmail.com</a>
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	<a href="http://www.translink.ca">www.translink.ca</a>
BC Bus Pass for Seniors Program	1-866-866-0800	
Compass Card TransLink Services Trip Planner	(604) 398-2042 (604) 953-3333	Bus, Skytrain, Seabus, West Coast Express
Alouette Taxi West Coast Express BC Ferries	(604) 463-8888 (604) 488-8906 (604) 467-2420	Seniors travel free Mon-Thurs
Parking Permit (disabled) SPARC BC	(604) 718-7744	<a href="http://www.sparcbc.ca">www.sparcbc.ca</a>
Drivers' Licenses	(604) 661-2255	
BC License Plates for Veterans	(604) 770-3498	
Ridge Meadows Senior Society Driving Service	(604) 467-4993	<a href="http://www.rmssseniors.org">www.rmssseniors.org</a>
Better at Home Seniors Outreach and Home Support Program	(604) 467-6911 ext. 1232	<a href="http://www.comservcie.bc.ca">www.comservcie.bc.ca</a>

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	<a href="http://www.gewc.ca">www.gewc.ca</a>
Lawn Bowling Club	(604) 467-0755	
Maple Ridge Leisure Center	(604) 467-7322	<a href="http://www.mapleridge.ca">www.mapleridge.ca</a>
Pitt Meadows Family Recreation Centre	(604) 465-2452	<a href="http://www.pittmeadows.bc.ca">www.pittmeadows.bc.ca</a>
Red Hat Society	(604) 442-1196 Call Elaine	Women 55 plus for social activities
Ridge Meadows Seniors Society	(604) 467-4993	<a href="http://www.rmsseniors.org">www.rmsseniors.org</a>
Pitt Meadows Seniors Activity Centre	(604) 457-4771	<a href="http://www.rmsseniors.org">www.rmsseniors.org</a>
Seniors Activity Program (Party Bus)	(604) 467-6911 ext.1405	<a href="http://www.commservice.bc.ca">www.commservice.bc.ca</a>
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

Public Guardian and Trustee of BC	(604) 660-4444	<a href="http://www.trustee.bc.ca">www.trustee.bc.ca</a>
Peoples Law School	(604) 331-5400  <del>(604) 822-5791</del> <del>(604) 687-3221</del>	
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		<a href="http://www.bcoapo.ca">www.bcoapo.ca</a>
Council of Senior Citizens Organizations of BC (COSCO)		<a href="http://www.cosco.bc.org">www.cosco.bc.org</a>
Canadian Grandparents Rights Association		<a href="http://www.canadiangrandparentsrightsassociation.com">www.canadiangrandparentsrightsassociation.com</a>
Family Law Advocacy	(604) 467-6911 ext. 1249	<a href="http://www.comservice.bc.ca">www.comservice.bc.ca</a>

## SUPPORT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Alzheimer Society of Canada Alzheimer Society of B.C.	1-800-321-1433 (604) 298-0780	<a href="http://www.alzheimerbc.org">www.alzheimerbc.org</a>
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
Medic Alert Safely Home	1-855-581-3794	Helps people with dementia if they go missing
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 <a href="http://www.healthlinkbc/healthyeating">www.healthlinkbc/healthyeating</a>	8-1-1	
	(	
Cancer Connection (Canadian Cancer Soc.)	1-888-939-3333	
Parkinsons 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	<a href="http://www.rmssseniors.org">www.rmssseniors.org</a>
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	<a href="http://www.selfmanagementbc.ca">www.selfmanagementbc.ca</a>
Senior Peer Support	(604) 380-0516	<a href="http://www.rmssseniors.org">www.rmssseniors.org</a>
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		<a href="http://www.fbme/HelloCANadaESL">www.fbme/HelloCANadaESL</a>
Immigrant Services of BC Settlement Program	778-284-7026	<a href="http://www.issbc.org">www.issbc.org</a>
LINC (Language Instruction for Newcomers to Canada)	(604) 942-1277	Free English instruction for 17 and older <a href="mailto:linc@issbc.org">linc@issbc.org</a>
Family Education and Support Center	(604) 467-6055	<a href="http://www.familyed.ca">www.familyed.ca</a>

## 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	<a href="http://www.trustee.bc.ca">www.trustee.bc.ca</a>
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

City of Maple Ridge Parks, Recreation & Culture	(604)467-7325 ext. 1	<a href="http://www.mapleridge.ca/1544/Volunteer">www.mapleridge.ca/1544/ Volunteer</a>
City of Pitt Meadows	(604) 465-5285	<a href="http://www.pittmeadows.bc.ca">www.pittmeadows.bc.ca</a>

Community Services	(604) 467-6911 Ext.1218,1232	<a href="http://www.pittmeadows.bc.ca">www.pittmeadows.bc.ca</a>
Friends of the Library		<a href="http://www.fvrl.ca">www.fvrl.ca</a>
Community Response Network	(604) 463-9860	<a href="mailto:mrpmkatziecrn@gmail.com">mrpmkatziecrn@gmail.com</a>
Pitt Meadows Public Library		
Friends in Need Food Bank	(604) 466-FOOD (3663)	<a href="http://www.friendsneedfood.com">www.friendsneedfood.com</a>
Ridge Meadows Seniors Society	(604) 380-0517	<a href="http://www.rmssseniors.org">www.rmssseniors.org</a>
Volunteer Maple Ridge/Pitt Meadows	(604) 467-6911 ext.1230	<a href="http://www.comservice.bc.ca">www.comservice.bc.ca</a>
<b>EMPLOYMENT:</b>		
Douglas College – Encore Careers	(604) 777-6147	<a href="http://www.douglascollege.ca">www.douglascollege.ca</a> 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
Bob D'Eith MLA	(604) 476-4530	MLA – Maple Ridge /Mission
Marc Dalton MP	(604) 466-2761	<a href="https://www.marcdaltonmp.com">https://www.marcdaltonmp.com</a>
Service Canada	1-800-277-9914	
Canada Benefits	1-800 622-6232	<a href="http://www.canadabenefits.gc.ca">www.canadabenefits.gc.ca</a>
Veterans Affairs Canada	1-866-522-2122	<a href="http://www.veterans.gc.ca">www.veterans.gc.ca</a>
Seniors BC		<a href="http://www.seniorsbc.ca">www.seniorsbc.ca</a>
Seniors Homeowners Grant Maple Ridge	(604) 463-5221	
Seniors Homeowners Grant Pitt Meadows	(604) 465-5454	
BC Seniors Advocate	1-877-952-3181	<a href="http://www.seniorsadvocatebc.ca">www.seniorsadvocatebc.ca</a>