



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

### Port Moody CRN Community Contact List

Name of CRN/Community: Port Moody CRN/Port Moody, Anmore, Belcarra

Date Submitted/Updated: August 2025

Submitted By: Verla Scoffins 604-551-5756 (home & cell) [verla@shaw.ca](mailto:verla@shaw.ca)  
(Name) (Phone) (Email)

### EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire and Ambulance	<b>911</b>	
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
Non-Emergency Port Moody Police	(604) 461-3456	Port Moody
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
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	
Port Moody Police	(604) 461-3456	
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	(604)939-5991 (604)939-4654	

Dufferin Care Centre	(604)552-1166	
Eagle Ridge Manor	(604)461-2022	
Foyer Maillard	(604)937-5578	
Hawthorne Seniors Care Centre	(604)941-4051	
Lakeshore Care Centre	(604)939-9277	
The Madison	(604)936-9231	
Other Care Facilities & Retirement Residences		
Astoria Retirement Residence	(604) 944-2341	
Earl Haig Retirement Residence	(604) 937-3790	
L.J. Christmas Manor	(604) 936-8122	
Mayfair Terrace Retirement Residence	(604) 552-5552	
Nicola Lodge	(604) 945-0058	
Parkwood Manor	(604) 941-7651	
Residences at Belvedere	(604) 939-1930	
RJ Kent the Residences	(778) 285-5554	
Shaughnessy Care Centre	(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	(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	
		Note: long running CVSS Community Volunteer Services

		for Seniors lost their funding in late 2015 - formerly hosted Grocery shopping, friendly visiting, and some transportation.
--	--	-----------------------------------------------------------------------------------------------------------------------------

## 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

## TRANSPORTATION

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.

## 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 Kwikwetlem First Nation	(604) 540-0680	

**IMMIGRANT SERVICES**

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	

**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	

**Others?**

## GOVERNMENT REPRESENTATIVES

[illegible]