



Port Moody CRN Community Contact List

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

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(Name) (Phone) (Email)

EMERGENCY NUMBERS

| SERVICE | CONTACT NUMBER | NOTES |
|---|----------------|-----------------------------------|
| Police, Fire and Ambulance | 911 | |
| Fraser Health Crisis Line | (604) 951-8855 | |
| BC Drug & Poison Control | (604) 682-5050 | Located in Vancouver (BCCDC Bldg) |
| Kwikwetlem First Nations – Ron Geisbrecht | 604-345-2194 | |
| Lifeline Emergency Response Service | (604) 953-4960 | (Fraser Health) |
| Non-Emergency RCMP Coquitlam/Poco | (604) 945-1550 | Coquitlam, Port Coquitlam |
| 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 |

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| 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+ |

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|---|----------------|---|
| 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 | |

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

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| 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 |

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| | | for Seniors lost their funding in late 2015 - formerly hosted Grocery shopping, friendly visiting, and some transportation. |
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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 |
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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 | (604) 936-3900 | also runs Better at Home |
| SHARE Family and Community Services | | |
| Meal Delivery | (604) 942-7506 | |
| POCOMO Meals on Wheels | | |
| Grocery Delivery Smart City Foods | (604) 558-3663 | |
| Grocery Delivery Thrifty Foods | (604) 949-4251 | |

Others?

GOVERNMENT REPRESENTATIVES