



## TRICITIES STREET SURVIVAL GUIDE February 2026

<p><b>WHERE CAN I GET HELP?</b></p> <p><b>ACCESS Youth Outreach Services</b> Serves youth ages 12-23 yrs. Office: Mon–Fri 9 am – 4:30 pm Phone: 604-525-1888 Email: <a href="mailto:admin@accessyouth.org">admin@accessyouth.org</a></p> <p><b>BC Employment &amp; Income Assistance Office</b> B100-2099 Lougheed Hwy., Port Coquitlam Mon-Fri, 9 am-4 pm Phone: 1-866-866-0800</p> <p><b>BC 211 Shelter &amp; Street Help Line</b> Phone: 2-1-1 <a href="https://shelters.bc211.ca/bc211shelters">https://shelters.bc211.ca/bc211shelters</a></p> <p><b>Fraser Health Crisis Line</b> Phone: 604-951-8855 Provides 24/7 free and confidential emotional support, crisis information and community resource information</p> <p><b>Foundry Virtual BC</b> Serves youth ages 12-25 yrs. Drop-in counselling, peer support, groups and Workshops go to: <a href="http://www.foundrybc.ca/virtual">www.foundrybc.ca/virtual</a></p> <p><b>HealthLink BC (Nurse Line) 811</b> Phone: 8-1-1 Health information and advice <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a></p> <p><b>WHERE CAN I GET HELP?</b></p> <p><b>Hope for Freedom Outreach &amp; Advocacy</b> Mobile services in the Tri-Cities Phone: 604-830-1528 Email: <a href="mailto:hffoa@hopeforfreedom.org">hffoa@hopeforfreedom.org</a></p>	<p><b>WHERE CAN I GET GROCERIES?</b></p> <p><b>SHARE Society Food Bank Locations:</b></p> <p><b>Trinity United Church (SHARE)</b> 2211 Prairie Ave., Port Coquitlam</p> <p><b>Hillside Community Church (SHARE)</b> 1393 Austin Ave., Coquitlam</p> <p><b>Port Moody Food Bank (SHARE)</b> 2615 Clarke St., Port Moody (rear of building) For further information: <a href="http://www.sharesociety.ca">www.sharesociety.ca</a></p> <p><b>CityReach Tri-Cities</b> 1932 Cameron Ave, Port Coquitlam Every Thursday 3pm-5pm Check Pre-registration required: <a href="mailto:leilas@cityreach.org">leilas@cityreach.org</a></p> <p><b>WHERE CAN I GET A MEAL?</b></p> <p><b>CityReach Club Freedom BroadwayChurch</b> 1932 Cameron Ave, Port Coquitlam Sundays 5 pm – doors open at 4:30 pm Phone: 604-253-2700</p> <p><b>Trinity United Church</b> 2211 Prairie Ave, Port Coquitlam Wednesdays, 10 am to 1 pm No ID or proof of need required to have a meal; Access from the main doors off the church. No take-away and no access to washrooms</p>	<p><b>WHERE CAN I GET A SHOWER?</b></p> <p><b>City Centre Aquatic Complex</b> 1210 Pinetree Way, Coquitlam</p> <p><b>Poirier Sport &amp; Leisure Complex</b> 633 Poirier Street, Coquitlam</p> <p>Check in at Reception Desk required for entry, available daily during operating hours. Hygiene Kits available upon request, subject to availability.</p> <p><b>Port Coquitlam Community Centre</b> 2150 Wilson Ave, Port Coquitlam Check in at reception desk in main lobby</p> <p><b>WHERE CAN I GET FOOD FOR MY PET?</b></p> <p><b>Coquitlam Animal Shelter</b> 500 Mariner Way, Coquitlam Phone: 604-927-7387 Mon-Fri, 9 am-8 pm Sat., Sun., Holidays, 10 am-4 pm</p> <p><b>WHERE CAN I USE THE INTERNET?</b></p> <p><b>Public Libraries</b> 100 Newport Dr., Port Moody 2150 Wilson Ave., Port Coquitlam 1169 Pinetree Way, Coquitlam 575 Poirier St., Coquitlam</p> <p><b>WHERE CAN I FIND CLOTHING?</b></p> <p><b>Hope for Freedom Outreach &amp; Advocacy</b> Phone: 604-830-1528 Mon-Fri, 7:30 am-3:30 pm Email: <a href="mailto:hffoa@hopeforfreedom.org">hffoa@hopeforfreedom.org</a></p>
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Mon – Fri, 7:30 am-3:30 pm

**Integrated Homelessness Action Response Team**

Provides wrap-around services, connection to psychiatry, primary and wound care, MSD services

Phone: 236 332-6687

Email: [IHART.Tricities@fraserhealth.ca](mailto:IHART.Tricities@fraserhealth.ca)

**Port Moody Police**

Street Victim Services

3051 St. Johns Street, Port Moody

Phone: 604-461-3456

Victim Services: 604-937-1313

**RCMP Community Police Stations**

2581 Mary Hill Rd., Port Coquitlam

Phone: 604-927-2383

3312 Coast Meridian Rd., Port Coquitlam

Phone: 604-927-5451

1059 Ridgeway Ave., Coquitlam

Phone: 604- 933-6888

557 Emerson Road, Coquitlam

Phone: 604-949-5000

**SHARE Family & Community Services Referrals &**

**Rent Bank:** Phone: 604-540-9161

Email: [info@sharesociety.ca](mailto:info@sharesociety.ca)

**Community Counselling Program**

SHARE Family & Community Services Intake:

Phone: 604-540-9161 ext.230 Email:

[intake@sharesociety.ca](mailto:intake@sharesociety.ca)

**Tri-Cities Mental Health & Substance Use Centre**

#1-2232 Elgin St., Port Coquitlam

**WHERE CAN GET HARM REDUCTION SUPPLIES FREE NOXALONE KITS & TRAINING?**

**Purpose Society Mobile Health Van**

Call or text 604-351-1885

7 days/week 6 pm-1 am

Drug checking, hygiene supplies, snacks and blankets also available

**Select Pharmacies (naloxone kits and training only)**

<http://towardtheheart.com/site-finder>

**NaloxHome Information, training and support**

**Tri-Cities/Newport Public Health Unit**

#200-205 Newport Drive, Port Moody

Call for hours

Phone: 604-949 7200

Email: [info@naloxhome.com](mailto:info@naloxhome.com)

**WHERE CAN I SAFELY DISPOSE OF SHARPS?**

**SHARE Family & Community Services**

2615 Clarke St, Port Moody

Blue sharps disposal bin (mailbox size) located outside against the west wall of the building

**WHERE CAN I FIND HELP WITH MY ALOCHOL AND/OR DRUG USE?**

**Hope for Freedom Outreach & Advocacy**

Phone: 604-830-1528

Mon-Fri, 7:30 am-3:30 pm

Email: [hffoa@hopeforfreedom.org](mailto:hffoa@hopeforfreedom.org)

**SHARE Family & Community Services Substance Use Services**

2615 Clark Street, Port Moody

Phone: 604-540-9161 press “1”

**CityReach Care Society**

Case Managers, Homelessness Prev. & Basic Needs

Stephen Forsyth

Phone:778-848-4159

Email: [stephenf@cityreach.org](mailto:stephenf@cityreach.org)

Main Office

Phone: 604-254-2489 Sun-Thur 9 am-5 pm

**WHERE CAN I FIND EMERGENCY SHELTER?**

**Coquitlam Emergency Shelter (RainCity Housing)**

Call to determine availability of space

Phone: 604-474-0435

**Joy’s Place (Tri-City Transitions Society) Adult**

women and their dependent children victims or at risk of domestic violence

Phone: 604-492-1700

**Tri-Cities Winter Shelter (Progressive Housing Society)**

Overnight Shelter Jan 7- Apr 30

For shelter info, please call 604-209-1587

Enquiries and Pick-up locations

[wintershelterstaff@progressivehousing.net](mailto:wintershelterstaff@progressivehousing.net)

Note: No Walk-ups

**WHERE CAN I GET MEDICAL ATTENTION?**

**Tri-Cities Urgent and Primary Care Centre 3105**

Murray Street, Port Moody

Phone: 604-469-3123 7 days a week, 9 am – 8 pm

**Real Canadian Superstore Walk-in Clinic**

3000 Lougheed Hwy., Coquitlam

Mon, Wed, Thurs, Fri 9 am-3 pm

**All Care Walk-in Clinic**

#111-1465 Salisbury Ave., Port Coquitlam

Call for hours Phone: 604-942-2266

Mon-Fri, 8:30 am-4:30 pm  
Phone: 604-777-8400

**WHERE CAN I REPORT A BAD DATE?**

**In Emergency 911**

RCMP Coquitlam/Port  
Coquitlam  
604-945-1550  
Port Moody Police  
604-461-3456

**Victim Link BC** 24 hr crisis support  
Phone: 1-800-563-0808

**Purpose Society Mobile Health Van**

Call or text 604-351-1885, 7 days/week 6 pm-1 am

**WISH Drop-In Centre Society**

For women and gender-diverse persons who are current  
or former sex workers  
Phone: 604 669 9474  
Email: info@wishdropincentre.org

**Tri-Cities Opioid Agonist Treatment Clinic**

#1-2232 Elgin Avenue, Port Coquitlam Phone: 604 777-8433  
Fax 604-777-8766  
Mon – Fri, 8:30 am-4:30 pm

**Tri-City Transitions Society**

#402-2071 Kingsway Avenue  
Mon-Fri, 9 am-4:30 pm  
Phone: 604-941-7111  
Victim Link BC 24 hr crisis support  
1-800-563-0808  
[www.tricitytransitions.com](http://www.tricitytransitions.com)

**WHERE CAN I GET HELP TO FIND GETTING A JOB?**

**WorkBC Employment Services Centres:** Services provided  
through phone, email and online.

#221 - 3030 Lincoln Ave., Coquitlam  
Phone: 778-730-0174  
Email: centre-coquitlam@workbc.ca

#206 - 2540 Shaughnessy Ave., Port Coquitlam  
Phone: 778-730-0171  
Phone: Email: centre-portcoquitlam@workbc.ca

#301-130 Brew Street, Port Moody  
604-917-0286  
Email: centre-portmoody@workbc.ca

**Eagle Ridge Hospital Emergency**

475 Guildford Way, Port Moody  
Open 24/7  
Phone: 604-461-2022

**Please copy this guide as  
required.  
Download at:  
[www.tricityhomelessness.ca](http://www.tricityhomelessness.ca)  
Correction or update:  
[tricityhomelessness@gmail.com](mailto:tricityhomelessness@gmail.com)**