



Tri-Cities
Homelessness
& Housing
Task Group

TRICITIES STREET SURVIVAL GUIDE May 2026

WHERE CAN I GET HELP?

ACCESS Youth Outreach Services

Serves youth ages 12-23 yrs.
Office: Mon-Fri 9 am - 4:30 pm
Phone: 604-525-1888
Email: admin@accessyouth.org

BC Employment & Income Assistance

Office B100-2099 Lougheed Hwy., Port Coquitlam Mon-Fri, 9 am-4 pm
Phone: 1-866-866-0800

BC 211 Shelter & Street Help Line

Phone: 2-1-1
<https://shelters.bc211.ca/bc211shelters>

Fraser Health Crisis Line

Phone: 604-951-8855
Provides 24/7 free and confidential emotional support, crisis information and community resource information

Foundry Virtual BC

Serves youth ages 12-25 yrs.
Drop-in counselling, peer support, groups and Workshops go to:
www.foundrybc.ca/virtual

HealthLink BC (Nurse Line) 811

Phone: 8-1-1
Health information and advice
www.healthlinkbc.ca

Arsh Singh

Outreach | Tri-Cities
Progressive Housing Society
Email: Asingh@progressivehousing.net
Phone: 604-862-4417

Lyndsay Elliott (She/ Her/ Hers)

Community Integration Specialist - Port Coquitlam
Community Integration Services Branch
Ministry of Social Development and Poverty Reduction
Cell: 604-803-4108

Hope for Freedom Outreach & Advocacy

Mobile services in the Tri-Cities
Phone: 604-830-1528 Email: hffoa@hopeforfreedom.org

WHERE CAN I GET GROCERIES?

SHARE Society Food Bank Locations:

Trinity United Church (SHARE)
2211 Prairie Ave., Port Coquitlam

Hillside Community Church (SHARE)

1393 Austin Ave., Coquitlam

Port Moody Food Bank (SHARE)

2615 Clarke St., Port Moody (rear of building)
For further information: www.sharesociety.ca

CityReach Tri-Cities

1932 Cameron Ave, Port Coquitlam
Every Thursday 3pm-5pm
Check Pre-registration required: leilas@cityreach.org

WHERE CAN I GET A MEAL?

CityReach Club Freedom

Broadway Church
1932 Cameron Ave, Port Coquitlam
Sundays 5 pm - doors open at 4:30 pm
Phone: 604-254-CITY (2489)

Trinity United Church

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

WHERE CAN I GET A SHOWER?

City Centre Aquatic Complex

1210 Pinetree Way, Coquitlam

Poirier Sport & Leisure Complex

633 Poirier Street, Coquitlam

Check in at Reception Desk required for entry, available daily during operating hours.

Hygiene Kits available upon request, subject to availability.

Port Coquitlam Community Centre

2150 Wilson Ave, Port Coquitlam Check in at reception desk in main lobby

WHERE CAN I GET FOOD FOR MY PET?

Coquitlam Animal Shelter

500 Mariner Way, Coquitlam
Phone: 604-927-7387
Mon-Fri, 9 am-8 pm
Sat., Sun., Holidays, 10 am-4 pm

WHERE CAN I USE THE INTERNET?

Public Libraries

100 Newport Dr., Port Moody
2150 Wilson Ave., Port Coquitlam
1169 Pinetree Way, Coquitlam
575 Poirier St., Coquitlam

WHERE CAN I FIND CLOTHING?

Hope for Freedom Outreach & Advocacy

Phone: 604-830-1528
Mon-Fri, 7:30 am-3:30 pm
Email: hffoa@hopeforfreedom.org

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

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

Community Counselling Program

SHARE Family & Community Services

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

intake@sharesociety.ca

Tri-Cities Mental Health & Substance Use Centre

#1-2232 Elgin St., Port Coquitlam

WHERE CAN I 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

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 ALCOHOL AND/OR DRUG USE?

Hope for Freedom Outreach & Advocacy

Phone: 604-830-1528

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

Email: hfoa@hopeforfreedom.org

SHARE Family & Community Services Substance Use Services

2615 Clark Street, Port Moody

Phone: 604-540-9161 press "1"

CityReach Care Society

The HOPE Project Case Management

The HOPE Project is a homelessness prevention initiative that helps housing-insecure individuals and families with case management services.

Email: isaaci@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

WHERE CAN I GET MEDICAL ATTENTION?

Port Coquitlam Urgent and Primary Care Centre

820 Village Dr. #150, Port Coquitlam

Phone: 604-587-7853 7 days a week, 9 am - 8 pm

Port Moody 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

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.tricityshomelessness.ca
Correction or update:
tricityshomelessness@gmail.com**