

Updated November 25, 2021

## **SURVIVAL RESOURCES GUIDE**

### ***Emergency Service Numbers***

In an Emergency, call 9-1-1

#### **New Westminster Police Service, Victim Services Unit**

Provides crisis and trauma response, emotional support and referral services.

#### **Crisis Intervention and Suicide Prevention Distress Line**

Confidential and non-judgemental.

*24 hours a day, 7 days a week*

Metro Vancouver: 604-872-3311

BC: 1-800-SUICIDE (1-800-784-2433)

### ***Laundry, Showers and Bathrooms***

#### **Maida Duncan Women's Drop-In Centre**

*Lower level, 402 East Columbia St 604-520-1166*

Showers, laundry, donations, food.

*Sunday 10 am-5 pm*

*Monday 10 am-3 pm*

*Tuesday 10 am-7 pm*

*Wednesday 12pm – 7pm*

*Thursday 10 am-6 pm*

*Friday 12 pm-6 pm*

*Saturday 10 am-3 pm*



Updated November 25, 2021

### Canada Games Pool

**Update: Free Showers:** Unfortunately due to an unexpected closure of Canada Games Pool, the Shower program will have to temporarily move to **Centennial Community Centre** (adjacent to the pool) and will only be available on *Friday's from 12 (noon) to 4:30 pm.*

### Purpose Society

*40 Begbie St 604-526-2522*

The front office is open for information and harm reduction supplies  
*Monday to Friday, 8:30 am – 5 pm*

### **Stride Program**

Case management, laundry and showers are available to Stride clients by appointment.

### **Health Van**

*604-351-1885*

The health van provides harm reduction supplies and food during the hours listed below:

<i>Monday</i>	<i>11 am - midnight</i>
<i>Tuesday</i>	<i>11 am - midnight</i>
<i>Wednesday</i>	<i>11 am - midnight</i>
<i>Thursday</i>	<i>11 am - midnight</i>
<i>Friday</i>	<i>11 am - midnight</i>
<i>Saturday</i>	<i>6 pm - midnight</i>
<i>Sunday</i>	<i>6 pm - midnight</i>

### **Vancouver Infectious Disease Centre Outreach Clinic**

*Wednesday's 12pm to 4pm at Purpose Society*

Drop in (new patients need to arrive by 1pm) or call 604-526-2522 to book an appointment.

- Point of care testing (HIV, HCV)
- Opioid Agonist Therapy, and other substance use treatment options
- Primary health care (basic wound care), physician attachment, and onsite lab



Updated November 25, 2021

## **Water Fountains**

*Water fountains are located at:*

Columbia and 8<sup>th</sup> Street, Hyack Park

Westminster Pier Park, 4<sup>th</sup> Street near the concession

## ***Outreach & Health Services***

### **Union Gospel Mission New Westminster**

*658 Clarkson Street*

Outreach services

*Monday to Friday, until 3 pm*

### **WINGS Outreach Team**

*604-521-1888*

Relocation and multicultural support for women and children fleeing domestic abuse.

### **Russell Housing Centre – Outreach & EWR Program**

Provides 10 Extreme Weather Response (EWR) mats during extreme weather events  
*until March 31, 2021*

*740 Carnarvon Street*

*604-529-9126 extension 101, 105 and 106*

*Sunday – Thursday 7:00 am – 5:30 pm*

*Friday – Saturday 9:30 am – 5:30 pm*

### **New Westminster Mental Health Centre**

*2nd floor, 403 Sixth St 604-777-6800*

Services for adults (+19) who have acute and/or persistent mental health conditions. Services include assessment, individual and group treatment, care coordination, rehabilitation services, family & peer support, residential care, and referral/bridging to other community services.

*Monday - Friday 8:30 am - 4:30 pm*



Updated November 25, 2021

**Fraser Health Crisis Line – 24 hours a day – everyday**

*604-951-8855 or Toll-free 1-877-820-7444*

**Purpose Youth Clinic**

*40 Begbie Street, 604-526-2522*

Provides the following services to youth 21 years or under:

- Access of free medical care
- birth control education & provision
- pregnancy testing + decision making
- STI information, examinations + treatment; and
- HIV education + testing.

No appointments necessary.

*Tuesdays 3 – 6 pm and Thursdays 4 – 7 pm*

**Purpose Health Contact Centre**

*40 Begbie Street, 604-526-2522 (Entrance behind the building on Alexander St)*

*Seven days a week, 3:30pm to 10:30pm*

- Witnessed consumption
- Drug testing
- Harm reduction supplies
- Take-Home Naloxone Kits
- Overdose response training
- Peer support
- Community referrals (health clinic, counselling, food programs, tech café, and more)

**Royal Columbian Hospital**

*350 East Columbia Street, 604-520-4253*

## ***Shelter & Housing***

**Shelter and Street Help Line – call 2-1-1**

Designed to assist people who are affected by homelessness.

*24 hours a day, 7 days a week*

**Covenant House (Vancouver)**

*604-685-7474*



Updated November 25, 2021

Helps youth aged 16 to 24 who have fled physical, emotional and/or sexual abuse; those who have been forced from their homes; and those who have aged out of foster care.

**Elizabeth Fry Society**

**Gurney's Place Shelter (New Westminster)**

Twelve units of emergency shelter for women and children *604-524-0710*

**Pathways (New Westminster)**

Nine units of second stage (18 months) housing for women. *604-540-1985*

**Sheena's House (North Surrey)**

For women and children. *604-581-1538*

**Cynthia's Place (North Surrey)**

For single women *604-582-2456*

**Extreme Weather Response Shelter**

Twenty mats for men and women. Operational during extreme weather only, *Nov 1 to Mar 31. 606 Clarkson St 604-523-9126, ext. 105*

**Fraserside Community Services Society Emergency Family Shelter**

*604-525-3929*

Twelve beds for homeless families and single parents.

**Lookout Housing and Health Society Emergency Shelter**

*740 Carnarvon St 604-523-9126*

Russell Housing Centre

Sixteen beds for homeless men.

**Maria Keary Cottage**

*305 Carnarvon St 604-636-3590*

Seventeen beds. At capacity.

**Monarch Place Transition House**

*604-521-1888*

Twelve bed emergency shelter for women and children fleeing domestic abuse.

**Salvation Army Stevenson House**

*32 Elliot St 604-526-4783*

Fourteen bed emergency shelter for men. At capacity.

**Servant Anonymous Society (Surrey)**



Updated November 25, 2021

604-590-2304

Operates residential programs for sexually exploited women and youth.

## ***Government Services***

### **BC 211**

Provides information on community, social or government services. Free, confidential and multilingual.

*24 hours a day, 7 days a week 2-1-1*

### **Ministry of Social Development and Poverty Reduction**

*202-1015 Columbia St, 1-866-866-0800*

Provides income assistance, disability assistance, and referral to employment services for individuals who are unemployed, underemployed, awaiting other income, or unable to work. *Monday to Friday, 9 am – 12 pm and 1 pm – 4 pm*

### **Ministry of Children and Family Development – New Westminster**

*201 – 1065 Columbia Street - call 604-660-9495*

Services to children, youth and their families (0-18 years), including:

- Child Protection
- Child, Youth and Family Services
- Child and Youth Mental Health
- Youth Justice

Indigenous Services – *call 604-660-9710*

Children and Youth with Special needs – *call 604-660-5900 press 1*

### **Service Canada Centre**

*201 - 620 Royal Ave*

Identification and Social Insurance Number

*Office closed. Call 1-800-622-6232 for information.*

Burnaby and Surrey offices are operating in limited capacity and are offering BC Service Card and BC eID.

