



NEW WESTMINSTER Survival Guide

October 2017

Drop-in & Food Services

Greater Vancouver Food Bank Society

Must provide valid identification of self and any dependents.

Thursday 10:30am - 12:30pm

613 Queen's Ave 604-876-3601

Holy Trinity Cathedral

Drop-in breakfast Thursday 8:00am - 9:00am

514 Carnarvon St 604-521-2511

Saint Barnabas Hall

Community Meal Thursday 11:00am

Food Cupboard Friday 10:00am - 12:00pm

1010 Fifth Ave 604-526-6646

Salvation Army

Community Lunch Sunday 12:30pm

(following the service)

Free Bread Mon - Fri 1:00pm - 3:00pm

(around back)

325 Sixth St Emergency Food 604-521-2421

Union Gospel Mission New Westminster

Services are Monday to Friday

Breakfast 8:30am - 9:30am

Soup 11:15am - 12:00pm

Drop-In 9:30am - 12:00pm

658 Clarkson St 604-525-8989

The Front Room Resource Centre (Surrey)

Provides a safe and welcoming environment for adults.

10667 - 135A St, Surrey 604-589-7777

Maida Duncan Women's Drop-In Centre

Showers, laundry, donations, food.

Mon - Fri 3:00 pm - 9:00 pm

Sat - Sun 10:00 am - 3:00 pm

(hours may vary from listed)

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

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.

555 Columbia St 604-529-2525

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)

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

New Westminster Employment & Income Assistance Office

Handles income assistance regarding employable people, people with disabilities, and the family maintenance program.

202-1015 Columbia St 604-660-8100

Service Canada Centre

ID: Social Insurance Number

Mon - Fri 8:30 am - 4:30 pm

201 - 620 Royal Ave 1-800-622-6232

Shelter & Housing

Shelter and Street Help Line

Designed to assist people who are affected by homelessness.

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

Covenant House (Vancouver)

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.

604-685-7474

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

Twelve beds for homeless families and single parents. *604-525-3929*

Lookout Society Emergency Shelter

Russell Housing Centre

Sixteen beds for homeless men.

740 Carnarvon St 604-593-9126

Maria Keary Cottage

Twenty beds for homeless men (entry at rear).

305 Carnarvon St 604-636-3590

Salvation Army Stevenson House

Fourteen bed emergency shelter for men.

32 Elliot St 604-526-4783

Servant Anonymous Society (Surrey)

Operates residential programs for sexually exploited women and youth. *604-590-2304*

WINGS Outreach Team

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

604-521-1888

Monarch Place Transition House

Twelve bed emergency shelter for women and children fleeing domestic abuse. *604-521-1888*

Health Services

New Westminster Mental Health Centre

Provides services for adults (+19) who have acute and/or persistent mental disorders. Services include assessment, individual and group treatment, case management, community living support, residential care, and referral/bridging to other community services.

Mon - Fri 8:30am - 4:30pm

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

After hours mental health: 1-877-384-8062

Fraser Health Crisis Line: 604-951-8855

Purpose Street Clinic & Resource Centre (Adults Only)

Free walk-in clinic to improve the health and well-being of people who may otherwise be unable to receive treatment.

Thu 9:00am - 1:00pm

40 Begbie St 604-526-2522

Royal Columbian Hospital

350 East Columbia St 604-520-4253