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## 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*



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## **Canada Games Pool**

*65 East Sixth Ave - Need more information: Ask at Lookout, Purpose, E Fry, or Holy Trinity.*

Hot shower, comfort kit (including towel), shower items and snack, transit ticket and meal gift card.

*Women Only: Monday's 2-4 pm*

*Men: Wednesday/Friday 2-4 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*

## **Health Van**

*604-351-1885*

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

*Monday 11 am - midnight*

*Tuesday 11 am - midnight*

*Wednesday 11 am - midnight*

*Thursday 11 am - midnight*

*Friday 11 am - midnight*

*Saturday 6 pm - midnight*

*Sunday 6 pm - midnight*

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

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

Drop in 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

## **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



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## 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***

**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



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- STI information, examinations + treatment; and
- HIV education + testing.

No appointments necessary.

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

### 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*

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.



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**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)**

*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*

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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.

