



LBGTQ Contact	604-684-5307 1-800-566-1170	Toll free

## INFORMATION AND REFERRAL

(Local services – often grouped in one multi-service agency – listed below)

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach		
Community Services		
Geriatric and Other programs for Seniors		
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral		
Veterans Affairs Canada	1-866-522-2122	

## HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach		
Mental Health and Addiction Services		
Home and Community Health		
Adult Day programs		
Hospital		
MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
BC Nurse/Pharmacist Line	811	
Assisted Living Registry	1-866-714-3378	
Online Medical Support - Medeo	1-888-297-2973	

## HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	604-433-1711 1-866-465-6873	Vancouver Toll Free
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Advocacy and Appeals re Housing		

## HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home		
Grocery Shopping		
Home repairs and Maintenance		Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling		
Friendly Visiting		

## TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card		
Health Connections – bus service		
Bus Pass Program		
Taxi (s)		
Parking Permit (disabled)		
Translink Trip Planner	604-953-3333	Lower Mainland

## LEGAL

SERVICE	CONTACT NUMBER	NOTES
BC CEAS (SAIL)	604-437-1940 1-866-437-1940	Legal Advocacy Program and Elder Law Clinic
Legal Aid	1-866-577-2525	
Family Justice Clinic		
Crown Counsel		
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services		
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services		

## SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA		
NA		
Al-Anon		
Nar-Anon		
Alzheimer Society of BC		
Caregiver support groups		
MS Society		
Arthritis		
Diabetes		
Deaf and Hard of Hearing		

### FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre		
Band Office		
Métis Services		
First Nations Health Authority		

### IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services		
Settlement Services		
Translation Services		

### MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities		
Parks and Recreation - programs		
Library(s)		

### INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada

Employment and Income Assistance		Service BC
Community Volunteer Income Tax Prep.		

### DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice		
Grief Counselling		

### FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank		
Grocery Delivery		
Meal Delivery		

### GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
		MLA
		MP
Services Canada	1-800-622-6332	

Forward to:  
15008 – 26<sup>th</sup> Avenue  
Surrey, BC V4P 3H5  
[arlene.johnston@bccrns.ca](mailto:arlene.johnston@bccrns.ca)  
Tel: 778-952-1405  
Fax: 604-531-9498