



## Tricities Community Resource List 2011-2012

### Municipal Services

<b>Coquitlam City Hall</b>	3000 Guildford Way, Coq.	604-927-3000	<a href="http://www.coquitlam.ca">www.coquitlam.ca</a>
		604-469-4500	
<b>Port Moody City Hall</b>	100 Newport Dr. P.M.	<a href="http://www.cityofportmoody.com">www.cityofportmoody.com</a>	
		604-927-5499	
<b>Port Coquitlam City Hall</b>	2580 Shaughnessy St. PoCo	<a href="http://www.portcoquitlam.ca">www.portcoquitlam.ca</a>	
<b>Village of Anmore</b>	2697 Sunnyside Rd., Anmore	604-469-9877	<a href="http://www.anmore.com">www.anmore.com</a>
<b>Village of Belcarra</b>	4084 Bedwell Bay Rd., Belcarra	604-937-4100	<a href="http://www.belcarra.ca">www.belcarra.ca</a>

### Libraries

		604-927-3561	
<b>Coquitlam City Centre Branch</b>	3001 Burlington Dr., Coq.	<a href="http://www.library.coquitlam.bc.ca">www.library.coquitlam.bc.ca</a>	
		604-937-4144	
<b>Poirier Branch</b>	575 Poirier St., Coq.	<a href="http://www.library.coquitlam.bc.ca">www.library.coquitlam.bc.ca</a>	
<b>Terry Fox Library</b>	2470 Mary Hill Road	604-927-7999	<a href="http://www.fvrl.bc.ca">www.fvrl.bc.ca</a>
		604-469-4577	
<b>Port Moody Library</b>	Civic Centre, Newport Dr. P.M.	<a href="http://www.library.portmoody.ca">www.library.portmoody.ca</a>	

### Parks and Recreation

<b>Coquitlam Parks and Recreation</b>	1260 Pinetree Way, Coq.	604-927-6000	<a href="http://www.coquitlam.ca">www.coquitlam.ca</a>
<b>Pinetree Community Centre</b>	1260 Pinetree Way, Coq.	604-927-6960	<a href="http://www.coquitlam.ca">www.coquitlam.ca</a>
<b>Poirier Community Centre</b>	630 Pinetree Way, Coq.	604-927-6523	<a href="http://www.coquitlam.ca">www.coquitlam.ca</a>
<b>Centennial Activity Centre</b>	570 Poirier St., Coq.	604-933-6143	<a href="http://www.coquitlam.ca">www.coquitlam.ca</a>
<b>Dogwood Pavilion</b>	624 Poirier St., Coq.	604-927-6089	<a href="http://www.coquitlam.ca">www.coquitlam.ca</a> Recreation Centre for adults 50 yrs. and over
<b>Summit Community Centre</b>	1450 Parkway Blvd.	604-927-6960	<a href="http://www.coquitlam.ca">www.coquitlam.ca</a>
<b>Glen Pine Pavilion</b>	1200 Glen Pine Ct.	604-927-6940	<a href="http://www.coquitlam.ca">www.coquitlam.ca</a> Recreation programs for adults and seniors.

<b>Place Maillardville</b>	1200 Cartier Ave., Coq.	604-933-6166 www.placemaillardville.ca
<b>Port Moody Parks and Recreation</b>	300 loco Road, P.M.	604-469-4556 www.cityofportmoody.com
<b>Kyle Centre</b>	125 Kyle St., P.M.	604-469-4561 www.cityofportmoody.com
<b>Heritage Mountain Community C</b>	200 Panorama Place, P.M.	604-469-4552 www.cityofportmoody.com
<b>Westhill Youth Centre</b>	200 Block Westhill, P.M.	604-936-9000 www.cityofportmoody.com
<b>Port Coquitlam Parks and Recreation</b>	2150 Wilson Ave., PoCo	604-927-7970 www.portcoquitlam.ca
<b>Port Coquitlam Recreation Centre</b>	2150 Wilson Ave., PoCo	604-927-7970 www.portcoquitlam.ca
<b>Hyde Creek Recreation Centre</b>	1379 Laurier Ave., PoCo	604-927-7946 www.portcoquitlam.ca

### Medical Services

<b>Port Coquitlam Health Unit</b>	2266 Wilson Ave., PoCo	604-777-8700 www.fraserhealth.ca
<b>Tricities Health Unit</b>	300 - 205 Newport Dr. P.M.	604-949-7200 www.fraserhealth.ca
<b>Walk In Clinics - search</b>		<a href="http://find.healthlinkbc.ca/search.aspx?">http://find.healthlinkbc.ca/search.aspx?</a>
<b>Eagle Ridge Hospital</b>	475 Guildford Way, P.M.	604-461-2022

### Emergency Services

<b>BC 211</b>	330-111 West Hastings St. Van.	211 www.bc211.ca	Free, confidential, multilingual information and referral to a full range of community, social, and government services 24 hours/day, 7 days/week.
<b>BC Poison Control</b>		604-682-5050 or 1-800-567-8911 www.dpic.org	24 hour poison information line
<b>Ambulance, Fire, Police</b>		911	
<b>Helpline for Children</b>		310-1234 www.mcf.gov.bc.ca	24 hour help line for children reporting abuse, or for adults reporting suspected or imminent abuse of children.
<b>Kids Help Phone</b>		1-800-668-6868 www.kidshelpphone.ca	24 hour access to counsellors for children to discuss anything troubling them.

<b>Fraser Health Crisis Line</b>	604-951-8855 or 1-877-820-7444 www.fraserhealth.ca	24 hour crisis line serves all of Fraser Health region. Free, confidential and immediate emotional support.
<b>Youth in BC Distress Hotline</b>	604-872-3311 or 1-866-661-3311 www.youthinbc.com	24 hour crisis intervention though online chat, or through phone from 12 noon to 1 a.m.
<b>Coquitlam Victim Services</b>	604-945-1585 www.coquitlam.rcmp.ca	Services for victims of crime or disaster.
<b>Port Moody Police Victim Services</b>	604-937-1313 www.portmoodypolice.com	Assistance for victims of crime.
<b>Provincial Emergency Programme</b>	1-800-663-3456 www.emergencyinfo.gov.bc.ca	Information about alerts and emergencies in BC.
<b>MCFD Child Protection After Hours Emergencies</b>	604-660-8180 www.mcf.gov.bc.ca	
<b>MCFD Youth Services</b>	604-927-2616 www.mcf.gov.bc.ca	
<b>VictimLINK</b>	1-800-563-0808 www.victimlink.bc.ca	Information and referral services to all victims of crime, and immediate crisis support to victims of family and sexual violence.
<b>Child Find</b>	1-888-689-3463 www.childfindbc.com	Network of not for profit organizations that deliver services to families whose children go missing unexpectedly.

## Strengthening Families

### Strong Start Programs [www.sd43.bc.ca/strongstart](http://www.sd43.bc.ca/strongstart)

Free drop-in programs for Caregivers with their children aged 0-5.

<b>Riverview Park Elementary</b>	700 Clearwater Way, Coq.	604-945-7004	A.M. program 8:45 - 11:45
<b>Roy Stibbs Elementary</b>	600 Fairview St., Coq.	604-939-2486	P.M. program 12:45 - 3:45
<b>Coquitlam River Elementary</b>	4250 Shaughnessy St., PoCo	604-942-0241	A.M. program 8:45 - 11:45
<b>James Park Elementary</b>	1760 Westminster Ave., PoCo	604-942-6658	P.M. program 12:45 - 3:45
<b>Maillard Middle School</b>	1300 Rochester Ave., Coq.	604-931-3574	A.M. program 8:45 - 11:45
<b>Nestor Elementary</b>	1266 Nestor St., Coq.	604-464-9422	P.M. program 12:45 - 3:45
<b>Walton Elementary</b>	2960 Walton Ave. Coq.	604-941-1962	A.M. program 8:45 - 11:45
<b>Moody Elementary</b>	2717 St. John's St. P.M.	604-936-0478	A.M. program 8:45 - 11:45
<b>Central Community School</b>	2260 Central Ave., PoCo	604-941-0355	A.M. program 8:45 - 11:45
<b>Seaview Community School</b>	1215 Cecile Dr. P.M.	604-936-9991	A.M. program 8:45 - 11:45
<b>Mundy Rd. Elementary</b>	2200 Austin Ave., Coq.	604-936-4271	P.M. program 12:45 - 3:45
<b>Pleasantide Elementary</b>	195 Barber St., P.M.	604-469-9288	P.M. program 12:45 - 3:45
<b>Cedar Dr. Elementary</b>	3150 Cedar Dr. PoCo	604-941-0355	A.M. program 8:45 - 11:45

## Parent and Child Drop-In

<b>Step by Step Child Development Society</b>	Harbour View School 960 Lillian St., Coq.	604-936-1977 www.step-by-step.ca	Mon. and Wed. 9:30 - 11:30
	Old Orchard Hall 646 Bentley Rd. P.M.	604-936-1977 www.step-by-step.ca	Tues. and Thurs. 9:30 - 11:30
<b>Tri-City Family Place</b>	3435 Victoria Dr., Coq.	604-945-0048 or 604-942-4672	Daily 9:00 - 1:00 p.m. Tues. - Fri. 9:30 - 1:00, Sat. 9:30 - 12:30 Sept. - June
	2062 Manning Ave. PoCo	604-945-0048 or 604-942-4672	
<b>New Beginnings</b>	Share Mountainview FRP 699 Robinson St., Coq.	604-839-7868 www.sharesociety.ca	Drop in program for Government Assisted Refugee families with children under 6 yrs. old.
<b>Share Society Family Resource Program</b>	Mountainview School, 740 Smith Ave., Coq.	604-937-6971 www.sharesociety.ca	Free, parent participation drop in for children 5 and under. Mon., Wed., Fri. 9:00 - 11:30
	Clarke St. Family Resource Ctr., 2615 Clarke St. P.M.	604-936-6971 www.sharesociety.ca	Free, parent participation drop in for children 5 and under. Wed., 9:30 - 2:00
<b>Korean Mothers Together</b>	Share Mountainview FRP 699 Robinson St., Coq.	604-937-6971 www.sharesociety.ca	Parent led program for Korean speaking mothers and their children aged 0 - 5yrs. Wed. 12:00 - 2:00.
<b>S.U.C.C.E.S.S. Tri City Office</b>	Henderson Place #2058 1163 Pinetree Way, Coq.	604-468-6000 www.success.bc.ca	Free parent and tot drop in with services in Cantonese, Mandarin, Korean, and Farsi. Mon., Wed., Fri. 9:00 - 12:00 Tues., Fri. 12:30 - 2:00.
<b>Family Circle</b>	40 Begbie St., N.W.	604-526-2522 www.purposesociety.ca	Drop in program for parents or caregivers and children aged 0 - 5 yrs. who are residents of Bby, N.W. or the Tricities.
<b>Family Drop In</b>	Place Maillardville 1200 Cartier Ave., Coq.	604-933-6166 www.placemaillardville.ca	Mon. and Wed. 9:15 - 11:15 Sat. 10:00 - 12:00 Newborns to 5 years old and their guardians. Free play, circle time, crafts. Free. Call to confirm closures.
<b>Family Sports Drop In at Alderson</b>	Alderson Elementary 825 Gauthier Ave., Coq.	604-933-6166 www.placemaillardville.ca	For 3 - 5 year olds. Introduction to a variety of sports through cooperative play. Parent participation. Call to confirm days and times.

<b>Circle of Friends</b>	James Park School 1730 Coquitlam Ave., PoCo	604-931-3400	www.vanymca.org	Free drop in program for parents and caregivers with children aged 0 - 5 yrs. Tues, Thurs., 9:00 - 12:00
	Central School 2260 Central Ave., PoCo	604-934-3400	www.vanymca.org	Free drop in program for parents and caregivers with children aged 0 - 5 yrs. Mon., Wed., Fri., 9:00 - 12:00
<b>Spirit of the Children</b>	James Park School 1730 Coquitlam Ave., PoCo	604-584-9113	Ext. 2234 www.sotcs.ca	Free drop in program for aboriginal families with preschool aged children. Wed. 10:00 - 12:00.
<b>Parent and Tot Opyen Gym</b>	Pinetree Community Centre 1260 Pinetree Way, Coq.	604-927-4836	www.coquitlam.ca	Fri. 9:45 - 11:45 Free play with large muscle equipment. \$1.00
<b>Tree Tots Drop In</b>	Pinetree Community Centre 1260 Pinetree Way, Coq.	604-927-4836	www.coquitlam.ca	Tues, Thurs. 9:15 - 11:15 Drop in with your child. Play, crafts and circle time. \$1.00.
<b>Daycare Drop In</b>	Hyde Creek Recreation Centre, 1379 Laurier Ave. PoCo	604-927-5182	www.portcoquitlam.ca	Thurs. 9:30 - 11:00 Sports equipment and active play toys for larger groups of children. \$2.50 per child
<b>Time for Gym</b>	Hyde Creek Recreation Centre, 1379 Laurier Ave. PoCo	604-927-5182	www.portcoquitlam.ca	Fri. 9:30 - 11:30 Active play in the gym. \$2.50 per child
<b>Playmates</b>	Port Coquitlam Rec Complex 2150 Wilson Ave., PoCo	604-927-7470	www.portcoquitlam.ca	Tues., Thurs. 9:30 - 11:30 Toys and crafts. \$2.50 per child.
<b>Jungle Gym Time Drop In</b>	Port Moody Rec Centre, 300 loco Rd., P.M.	604-469-6556	www.cityofportmoody.com	Mon. 10:30 - 2:00, Tues. 12:00 - 1:00, Wed. 11:30 - 2:00, Thurs. 10:30 - 12:45, Fri. 10:30 - 2:00, Sat. 1:00 - 3:00, Sun. 9:30 - 11:30. Newborn to 5 yrs. Parent-led open gym. \$2.50 per child.

### Family Support

<b>YMCA Child Care Resource and Referral</b>	1130 C Austin Ave., Coq.	604-931-3400	www.vanymca.org	Child care referrals, information about child care and community resources, Child Care Subsidy assistance.
<b>Child Care Licensing</b>	200 - 205 Newport Dr., P.M.	604-949-7700	www.fraserhealth.ca	Responsible for the licensing of child care facilities in the Tricities.
<b>Westcoast Family Resource Society</b>	2062 Manning Ave. PoCo	604-944-2500	www.westcoastfamily.org	Not for profit society offering programs to families experiencing difficulties.

				Not for profit society offering programs to individuals who have experienced abuse. Also, lay counselling, parenting programs.
<b>Tri City Transitions Society</b>	200 - 2540 Shaughnessy St. PoCo	604-941-7111 www.tricitytransitions.com		
<b>Ministry of Children and Family Development</b>	1st Floor, Unit 5 - 2601 Lougheed Hwy. Coq.	604-927-4429 www.mcf.gov.bc.ca		
<b>Tri Cities ECD Committee</b>	c/o PoCo Health Unit, 2266 Wilson Ave., PoCo	604-777-8706 http://tricitysecd@citysoup.ca		
<b>MCFD Client Relations</b>		1-877-387-7027 www.mcf.gov.bc.ca		General ministry inquiries.
<b>Share Family and Community Services</b>	200 - 25 King Edward St., Coq.	604-540-9161 www.sharesociety.ca		Not for profit organization offering many programs and groups aimed at strengthening families in the Tricities and New Westminster.
<b>Simon Fraser Society for Community Living</b>	204 Blue Mtn. St., Coq.	604-525-8242 www.sfscl.org		Early intervention and family support services for children and youth who are at risk for or who experience a developmental delay or disability.
<b>Child Care Subsidy</b>		1-888-338-6622 www.mcf.gov.bc.childcare		Provincial government program that offers child care subsidies to families who qualify.
<b>Rental Assistance Program</b>		1-800-257-7756 www.bchousing.org		Provincial government program that offers rental assistance for families who qualify.
<b>Family Justice Centre</b>	2610 Mary Hill Rd., Poco	604-927-2217 www.ag.gov.bc.ca/family-justice/index.htm		Staffed by family justice counsellors who can assist you with issues related to separation and divorce. Free.
<b>Parents Together Support Group</b>		604-325-0556 www.bgc.gov.bc.ca		Education and support program for parents experiencing challenges parenting a teen.
<b>New Beginnings - Tri Cities Refugee Family Integration Project</b>	699 Robinson St., Coq.	604-839-7868 www.sharesociety.ca		Support program for Government Assisted Refugee families living in the Tricities with children under age 6.

<b>Children of the Street</b>	208 - 1130 Austin Ave., Coq.	604-777-7510 www.childrenofthestreet.com	Dedicated to preventing the sexual exploitation of children and youth in BC through education, public awareness initiatives, and family support.
<b>Spirit of the Children</b>	201 - 768 Columbia St. N.W.	604-524-9113 www.sotcs.ca	Aboriginal family support programs throughout Bby, N.W. and the Tricities.
<b>BC Council for Families</b>	204 - 2590 Granville St., Van.	604-678-8884 www.bccf.ca	Education, training and research for the healthy development of families.
<b>S.U.C.C.E.S.S.</b>	#2058 Henderson Place, 1163 Pinetree Way	604-468-6000 www.success.bc.ca	Multicultural organization offering support to immigrants.
<b>BC Aboriginal Child Care Society</b>	#708 - 100 Park Royal South	604-913-9128 www.acc-society.bc.ca	Support and resources for Aboriginal early childhood.

### Parent Education

<b>YMCA Child Care Resource and Referral</b>	1130 C Austin Ave., Coq.	604-931-3400 www.vanymca.org	Workshops primarily for child care providers, but welcoming parents. Topics cover many aspects of child development, guidance and discipline, art, music, etc.
<b>Tri City Transitions Society</b>	200 - 2540 Shaughnessy St. PoCo	604-941-7111 www.tricitytransitions.com	Parenting programs, support programs

### Early Intervention

<b>Step by Step Child Development Society</b>	960 Lillian St., Coq.	604-931-1977 www.step-bystep.ca	Serves typically developing children and children with special needs and their families.
<b>Infant Development Program - Simon Fraser Society</b>	204 Blue Mtn. St. Coq.	604-525-8242 www.sfscl.org	Provides service to families of children birth to age 3 who may be at risk or may have a developmental delay. Self referrals are accepted.
<b>Share Early Intervention Services</b>	200 - 25 King Edward St., Coq.	604-525-8242 www.sharesociety.ca	Occupation therapy, physical therapy and speech-language pathology and speech therapy.
<b>Supported Child Development Program</b>	204 Blue Mtn. St. Coq.	604-525-8242 www.sfscl.org	For families whose children require support in their preschool or child care setting.

<b>Public Health Nurse Port Coquitlam Health Unit</b>	2266 Wilson Ave., PoCo	604-777-8700 www.fraserhealth.ca	Tricities Preventative Services
<b>Public Health Nurse Tricities Health Unit</b>	300 - 205 Newport Dr. P.M.	604-949-7200 www.fraserhealth.ca	Tricities Preventative Services, Speech and Language program.
<b>Autism Community Training</b>	24 - 2450 Boundary Rd. Bby.	604-205-5467 www.actcommunity.net	Information and referral service created to support families with Autism Spectrum Disorder in British Columbia. Provincial network and voice for persons with Learning Disabilities and those who support them.
<b>Learning Disabilities Association - Fraser North</b>	Minnekhada Middle School, Room # 9A - 1390 Laurier Ave. PoCo	604-916-9602 www.ldafn.ca	

### Prenatal, Perinatal

<b>Healthy Babies Program</b>	2266 Wilson Ave., PoCo	604-777-8718 www.fraserhealth.ca	Serves high risk pregnant women, and new mothers with infants up to 6 months old. Provides counselling, support and education. Sites include Mountainview Elem., Trinity United Church, and Blue Mtn. Baptist Church.
<b>Moms and Babes Drop In</b>	Kyle Centre, 125 Kyle St., P.M.	604-306-7052	Drop in program for moms and babies under 1 year.. Socialize, share joys and concerns.
<b>Baby's First Year Drop In</b>	Place Maillardville 1200 Cartier Ave. Coq.	604-933-6146 www.placemaillardville.ca	Free drop in for parents, grandparents and babies 0-1 yr. old. Information, conversations and guest speakers.
<b>Baby and Me</b>	2266 Wilson Ave., PoCo	604-777-8700 www.fraserhealth.ca	Weigh your baby, talk to the public health nurse.
<b>Prenatal Classes</b>	Douglas College, 1250 Pinetree Way, Coq.	604-527-5472 www.douglascollege.ca	
<b>Pacific Post Partum Support Society</b>	200 - 7342 Winston St. Bby.	604-255-7999 www.postpartum.org	Offers telephone support and support groups for women suffering from depression after giving birth/adopting a child.

## Food Resources

<b>Fraser Health Nutrition Information</b>	200 - 205 Newport Dr., P.M.	604-949-7200 www.fraserhealth.ca	Speak to a nutritionist.
<b>Share Society Food Banks</b>	535 Marmont St. Coq.  2211 Prairie Ave., PoCo.  2615 Clarke St., P.M.	604-931-2451 www.sharesociety.ca	Provides a weekly bag of groceries to low income families and singles.  6 - 8 families come together at various locations to prepare low-cost, nutritious meals to take home.
<b>Westcoast Family Resources Budget Gourmet</b>	2062 Manning Ave.	604-944-2500 www.westcoastfamily.org	

## Health and Wellness

<b>Healthlink BC</b>		811 www.healthlinkbc.ca 604-777-8700	Provides 24 hr., confidential, non-emergency health information and advice. Translation services available.
<b>Port Coquitlam Health Unit</b>	2266 Wilson Ave. PoCo	www.fraserhealth.ca 604-949-7200	
<b>Tri Cities Health Unit</b>	300 - 205 Newport Dr., P.M.	www.fraserhealth.ca	
<b>Tricities Youth Clinic</b>	2nd floor, 205 Newport Dr. P.M.	604-614-7688 www.fraserhealth.ca	Wednesdays 3:00 - 7:00 p.m. No care card or appointment needed. Free referrals, support services, birth control, STD testing. Drop in ages 22 and under.
<b>Children and Adults with A.D.D.</b>		604-222-4043 www.vcn.bc.ca/chaddvan/	Resources and education for people with A.D.D.
<b>The F.O.R.C.E.</b>	2062 Manning Ave. PoCo	604-944-2500 www.bckidsmentalhealth.org	Advocacy, education, and support for families dealing with children with mental health issues.
<b>Asante Centre FASD Intervention Services</b>	103 - 22356 McIntosh Ave. Maple Ridge	604-467-7101 www.asantecentre.org	Support for individuals and caregivers affected by Fetal Alcohol Spectrum Disorder.
<b>Options for Sexual Health</b>	2266 Wilson Ave. PoCo	604-731-4252 www.optionsforsexualhealth.org	Not for profit society which is a significant provider of reproductive health information and education. Provides clinical services.

<b>BC Centre for Disease Control</b>	655 - 12th Ave. W., Van.	604-660-0584 www.bccdc.org	Agency of provincial health services who is mandated to educate and monitor health.
<b>Share Family and Community Services</b>	2615 Clarke St. P.M. 200 - 25 King Edward, Coq.	604-936-3900 www.sharesociety.ca 604-937-6969 www.sharesociety.ca	Intake for all Share Society counselling programs. Intake for all Share Society counselling programs.
<b>Act II Society Child and Family Services</b>	1034 Austin Ave., Coq.	604-937-7776 www.act2.ca	Specialized assistance to children and families who have experienced crisis, violence, or abuse.
<b>Battered Women's Support Services</b>	P.O. Box 21503, 1424 Commercial Dr., Van.	604-687-1868 www.bwss.org	Counselling and advocacy, support groups, education. My Sister's Closet.

## Multicultural Organizations

<b>BC Aboriginal Child Care Society</b>	#708 - 100 Park Royal South, West Van.	604-913-9128 www.acc-society.bc.ca	Support and resources for Aboriginal Early Childhood Programs.
<b>S.U.C.C.E.S.S. Tri Cities Office</b>	# 2058 Henderson Place, 1163 Pinetree Way, Coq.	604-468-6000 www.success.bc.ca	Family resource program, parent education, referral services, etc.
<b>S.U.C.C.E.S.S. Burnaby - Coquitlam Office</b>	435 B North Road, Coq.	604-936-5900 www.success.bc.ca	
<b>E.L.S.A.</b>	#202-7337 137th St., Surrey	604-507-4150 www.elsanet.org	English Language Services for Adults. Free language training for people who qualify. Tricities residents should apply to Surrey location. Services offered in several local schools.
<b>MOSAIC</b>	1720 Grant St., Van.	604-254-9626 www.mosaicbc.com	Multilingual not for profit organization dedicated to addressing issues that affect new immigrants.
<b>ISSBC</b>	#501 - 333 Terminal Ave. Van	604-684-2561 www.issbc.org	Provides immigration services, delivers educational programs, and advocates for clients and communities.