A picture containing text, clipart

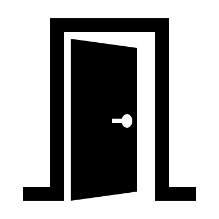
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Emergency Survival Guide

Disclaimer: Programs are subject to change.

Effective: January 2nd to February 29th, 2022

**Drop In**

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**Centennial Community Centre**

65 East Sixth Street

604-777-5100

• Shower: Friday 12:00pm-4:00pm (Last shower is at 4:30pm)

**Maida Duncan Women’s**

**Drop-In Centre**

402 East Columbia Street

(604-520-1166)

• Women only

•Food, showers, laundry, free clothing

**Lower Mainland Purpose Society**

40 Begbie Street.

• Rent Bank: assists people to remain in their homes by providing small loans

○ 604-526-2522

○ Monday-Friday 8:30am-5:00pm

• Health Contact Centre: overdose prevention

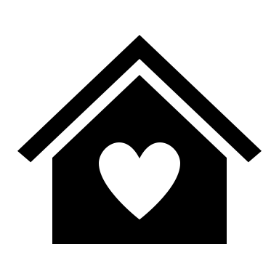
○ 604-366-5791

○ 7 days a week 3:30pm-10:30pm

• Personal Identification Services: assistance in applying for and storing personal identification

○ 604-526-2522

○ Monday-Friday 8:00am-5:00pm

**Housing and Shelters**

**All**

**Russell Housing Centre Extreme Weather Response**

740 Carnarvon Street

604-529-9126 (Call to confirm operation)

• Shelter operation hours: 8:30pm-8:00am

• Operational during extreme weather events, November 1 to March 31

• 15 mats

**Last Door Recovery House**

327 Eighth Street

1-866-247-9890

• Adult and youth addiction treatment programs for males

**Purpose Society Extreme Weather Response**

502 Columbia Street (Former Army & Navy Building) 604-526-2522 (8:30am-5:00pm) or

604-375-5792. (During shelter hours 8:00pm-8:00am)

• Must enter on Front Street only

• Operational during extreme weather events, November 1 to March 31

• 50 mats

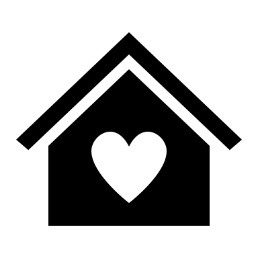
**Shelter and Street Help Line**

24 hours, 7 days a week

Call or text 2-1-1

•Designed to assist people to find available shelter beds and services in the Metro Vancouver

**Housing and Shelters**

**Women/ Women & Children/ Families**

**Monarch Place Transition House**

Confidential housing locations

604-521-1888. www.monarchplace.org

• Support services and housing for women and children fleeing abuse

**Fraserside Community Services Society Emergency Family Shelter**

Confidential housing location

604-525-3929

• Twelve beds for homeless families and single parents, please call first for placement

**Elizabeth Fry Society**

Confidential housing locations

604-520-1166 (Elizabeth Fry Society)

• Gurney’s Place Shelter (New Westminster)

604-524-0710

○ Twelve shelter units for women and children

• Pathways (New Westminster) 604-540-1985

○ Nine units of semi-independent housing for women

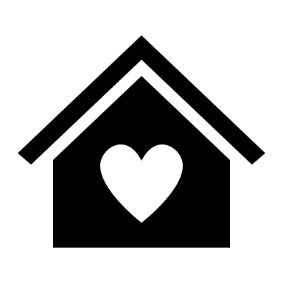
•Sheena’s House (North Surrey) 604-581-1538

○ Offers supportive shelter homes for homeless women

•Cynthia’s Place (North Surrey) 604-582-2456

○ For single women

**Housing and Shelters**

**Men Specific**

**Maria Keary Cottage**

305 Carnarvon Street

604-636-3590

• 20 beds for homeless men, please call first

**Lookout Housing Shelter**

740 Carnarvon Street

604-529-9126 (Extension 101)

• 16 beds for homeless men

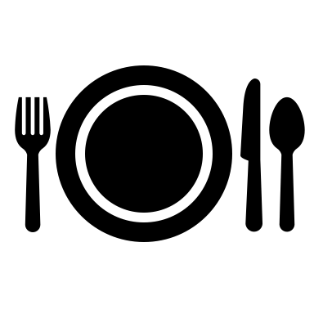
**Salvation Army Stevenson House**

32 Elliot Street

604-526-4783

• 24 hours, 7 days a week

• 14 emergency shelter beds for homeless men

 **Hot Meals & Food Hampers**

**Weekdays**

**St. Vincent de Paul**

740 Carnarvon Street

Located at The Russell Shelter (Enter on Alexander Street)

• Meal: Friday 5:00pm-6:00pm; 1st and 2nd Sunday of the month 12:00-1:00pm

**Greater Vancouver Food Bank Society**

613 Queens Avenue (At Olivet Baptist Church) 604-876-3601 (For the most-up-to-date information, please call)

• Thursday, 9:30am-12:30pm (Do not arrive before opening time)

• Must provide valid identification of self and any dependents

**Salvation Army**

325 Sixth Street

604-521-2421

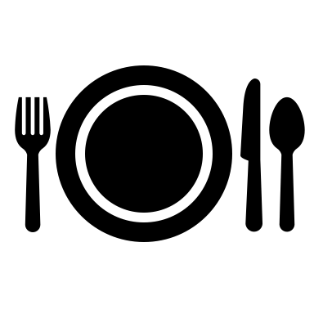
• Food bank: Monday and Friday 12:30pm-2:00pm

(Registration required); Wednesday (Drop-in). 12:00pm-1:30pm

**St. Barnabas Church**

1015 Fifth Avenue (At church courtyard) 604-526-6646

• Emergency groceries: Wednesday 1:00-2:30pm

 **Hot Meals & Food Hampers**

**Weekdays**

**Union Gospel Mission**

658 Clarkson Street

604-525-8989

• Breakfast service: Monday-Friday 8:30am-9:30am

• Hot lunch: Monday-Friday 11:00am-12:00pm

**Gurdwara**

347 Wood Street

604-537-8300

• Takeout brunch: Monday-Sunday

11:00am-12:00pm, 5:00pm-7:30pm

**Lower Mainland Purpose Society**

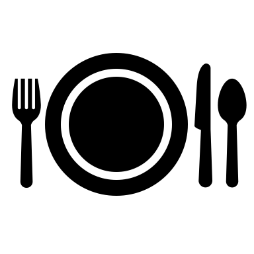
40 Begbie Street

604-526-2522

•No barrier food hamper: Friday 12:00pm (Arrive early, supplies only last for 20 minutes)

•Food hamper: Monday-Friday 8:00am-5:00pm (Registration required, call for more Information)

**Hot Meals & Food Hampers**

**Weekends**

**Holy Trinity Cathedral**

514 Carnarvon Street

604-521-2511

• Takeout brunch: Saturday 11:00am-12:00pm

**Queensborough Fire Hall**

1011 Ewen Avenue

604-836-8400

• Food hamper: Saturday 1:00pm-1:30pm

**St. Aidan’s Church**

1320 Seventh Avenue (Enter at Fourteenth Street)

604-526-4914

• Food hamper: Saturday 12:30pm-1:00pm

**Gurdwara**

347 Wood Street

604-537-8300

•Takeout brunch: Monday-Sunday. (11:00am-12:00pm)

(5:00pm-7:30pm)

**Aunt Leah’s (Youth 15 to 25)**

816 Twentieth Street

604-525-1204

• Meal and food hamper: Sunday 3:00pm-4:00pm

**St. Vincent de Paul**

740 Carnarvon Street

Located at The Russell Shelter (Enter on Alexander Street)

• Meal: Friday 5:00pm-6:00pm;

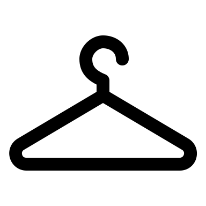
1st and 2nd Sunday of the month 12:00-1:00pm

**Knox Church**

403 East Columbia Street

604-524-6712

• Food hamper: Saturday 1:15pm-1:45pm

**Clothing**

**Salvation Army Emergency Clothing**

774 Columbia Street

604-521-0319

• Monday-Friday 9:00am-11:30am, 2:00pm-3:30pm

• Clothing for homeless adults

• Appointments preferred but not required

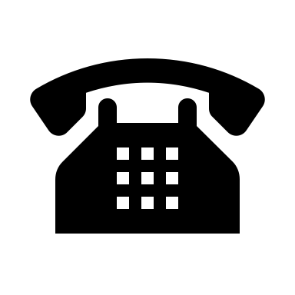
**Saint Barnabas Thrift Shop**

1010 Fifth Avenue

778-917-8013

•Wednesday, Friday, Saturday

11:00am-4:00pm

** Emergency Service Numbers**

**Royal Columbian Hospital**

330 East Columbia Street

604-520-4253 (24 hours, non-emergency line)

• In an emergency, call 9-1-1

**New Westminster Police Department**

555 Columbia Street

604-525-5411 (Monday-Friday 8:00am-4:00pm, non-emergency line)

• In an emergency, call 9-1-1

**Crisis Centre**

12:00pm-1:00am

• Suicide crises line: 1-800-784-2433

• Youth crises line: 604-872-3311

• Seniors’ distress line: 604-872-1234

Confidential and non-judgmental

**HealthLinkBC**

• Call 8-1-1

• Provides 24 hours, confidential health information and advice

• Translation services available

**Kids Help Phone**

1-800-668-6868

• 24-hours, 7 days a week

• Provides free, anonymous and confidential professional counselling service for children and youth

**Help Line for Children**

• 310-1234 (No area code needed)