

Fraser Northwest Division of Family Practice

OLDER ADULT COMMUNITY RESOURCES

NEW WESTMINSTER, COQUITLAM, PORT
COQUITLAM, PORT MOODY, ANMORE &
BELCARRA



Please note: Services listed in red may not be operational, or may be operating at a decreased capacity, as a result of COVID-19.



Support Services

Family Caregivers
of BC 1.877.520.3267

Seniors Services
Society 604.520.6621

Encore Careers 604.777.6147

Law Advocacy
Program 604.336.5653

Tri-Cities Planning
Network 604.529.5118

Transportation

Bus Pass Program 1.866.866.0800

HandyDART 604.575.6600

Driving Miss Daisy 778.237.7433

Royal City Taxi 604.526.6666

General Information

BC Hydro 1.800.224.9376

MSP 604.683.7151

Old Age Security 1.800.277.9914

Service Canada 1.800.567.6868

ServiceBC 604.660.2421

Veterans Affairs 1.866.522.2122

Emergency & 24-hr Services

Police, Fire, Ambulance 911

For more information on community services in your area, please visit:

WWW.PATHWAYSBC.CA/FRASER-NORTHWEST

&

WWW.FRASERHEALTH.CA/SENIORS

Crisis/Suicide Line 1.800.784.2433

HealthlinkBC

Poison Control 604.682.5050

Red Cross 604.709.6600

Non-Emergency

RCMP

Coquitlam 604.945.1550

New Westminster 604.525.5411

Royal Columbian
Hospital 604.520.4253

Eagle Ridge Hospital 604.461.2022

Community Services

Crime Stoppers 1.800.222.8477

BC VictimLink 1.800.563.0808

Housing & Home Care

Route 65 604.409.8165

Medical Services:

Fraser Health Home Health

Tri-Cities 604.777.7300

New Westminster 604.777.6700

Home Instead
Senior Care 604.552.3324

Safe Care Home
Support 604.945.5005

Comfort Keepers 604.200.7893

Nurse Next
Door 877.588.8609

Non-Medical Services:

Home Adaptations 604.433.2218

Better at Home

Tri-Cities 604.937.6991

New Westminster 604.520.6621

Meals on Wheels 604.942.7506

Better Meals 604.299.1877

Counselling & Mental Health

SHARE 604.937.6969

Community Mental Health

Tri-Cities 604.777.8400

New Westminster 604.777.6800

Seniors Distress
Line 604.872.1234

Seniors Abuse and
Information Line 604.437.1940

Exercise & Gentle Movement

Active Aging Program 604.937.6992

Get up and Go!

Coquitlam 604.927.6940

Port Coquitlam 604.927.7529

Port Moody 604.469.4556

New Westminister 604.519.1066

Minds in Motion

Coquitlam 604.927.6098

New Westminister 604.519.1066

Community Health & Education

Diabetes Education

Tri-Cities 604.949.7771

New Westminister 604.523.8800

FirstLink (Dementia) Help Line 1.800.936.6033

CNIB (Vision Loss) 604.431.2121

Deaf & Hard of Hearing Seniors Outreach Program 604.736.7391

Social & Recreation

Community Centres:

Centennial 604.777.5100

Century House 604.519.1066

Dogwood Pavillion 604.927.6098

Glen Pine Pavillion 604.927.6940

Wilson Centre 604.927.7529

S.U.C.C.E.S.S 604.468.6000

Friendly Callers 604.519.1062