

## INCOME & EMPLOYMENT ASSISTANCE

**Income Assistance:** 1-866-866-0800

**Service Canada:** 1-800-277-9914

(For support with: OAS, GIS, CPP, DISABILITY, SPOUSE/SURVIVOR ALLOWANCE, SENIOR SUPPLEMENT, DEATH BENEFIT, EI)

**Canada Revenue Agency:** 1-800-959-8281

**Veterans:** 604-853-1711

**TTY (TELE TYPEWRITER):** 1-833-921-0071

**WorkBC:** 778-314-1003

**Stride for Older Workers:** 604-557-3690

## MEDICAL EQUIPMENT

**Abbotsford Red Cross Loan Program:**  
604-556-3526

**BC Rebate for Accessible Home Adaptations (RAHA):** 1-800-257-7756

## AGING AT HOME

**Fraser Health Home Health:** 1-855-412-2121

**Better at Home:** 604-859-7681

**Abbotsford Aging at Home:** 778-982-1041

**Fraser Valley Virtual Care:** 1-800-314-0999

**Telus Mobility for Good:** 1-866-558-2273

**Telus Internet for Good:** 1-888-811-2323

**Telus Health for Good:** 1-855-909-2250

**Rogers Connected for Good:** 1-888-793-2441

## MEDICAL CARE

**Abbotsford Public Health:** 604-864-3400

**Urgent and Primary Care:** 604-870-3325

**Seniors Clinic (REFERRAL REQUIRED):**  
604-851-4775

## MENTAL HEALTH SUPPORT

**Older Adult Mental Health:** 604-870-7800

**Telecare Crisis and Caring Line:** 604-852-9099

**Alzheimer Society Helpline:** 1-800-936-6033

## TRANSPORTATION

**Archway Community Services Van:** 604-743-0354

**handyDART:** 604-855-0080

**BC Transit:** 250-382-6161

## WHERE TO CALL FOR HELP

**City of Abbotsford:** 604-853-2281

**Abbotsford Fire Rescue Service (NON-EMERGENCY):** 604-853-3566

**Abbotsford Police Department (NON-EMERGENCY):** 604-859-5225

**Fraser Health Crisis Line:** 1-877-820-7444

**Fraser Health Service Line:** 1-855-412-2121

**Seniors First BC and Seniors Abuse & Information Line:** 1-866-437-1940

**Seniors' Community Connectors:** 604-743-1209



**SCAN** to access  
**BC 211** directory



**SENIORS CARD**  
Resources & Services

**IN CASE OF EMERGENCY CALL 911**

FOR HELP FINDING SERVICES CALL 211

FOR MEDICAL SUPPORT CALL 811

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Feedback and updates please email [abbotsfordaccess@abbotsford.ca](mailto:abbotsfordaccess@abbotsford.ca)

## ADDICTION SERVICES

**Alano Club:** 604-859-1601

**Alcoholics Anonymous 24/7:** 604-615-2911

**Abbotsford Addiction Centre:** 604-850-5106

**Gambling Helpline BC:** 1-888-795-6111

**Rapid Access to Addiction Care Clinic:**  
604-851-3752

## ADVOCACY / LEGAL

**Legal Advocacy Centre (ARCHWAY):**  
604-743-0345

**Public Guardian & Trustee:** 604-660-4444

**Office of the Seniors Advocate:** 1-877-952-3181

**BC Community Response Networks (BCCRN)  
(Older Adult Abuse, Neglect and Self-Neglect):**  
info@bccrn.ca

## COMMUNITY GROUPS

**Abbotsford Association for Healthy Aging:**  
604-854-1733

**South Asian Social Program:** 778-201-3745

**BC Old Age Pensioners Branch #69:** 604-756-0348

**Elder College Chilliwack:** 604-702-2611

**Archway Community Services:** 604-870-3763

**South Asian Day Program:** 236-380-0556

**Fraser Valley Métis Association:** 236-622-1717

**City of Abbotsford Parks, Recreation & Culture:**  
604-853-2281

**Clearbrook Library:** 604-859-7814

**Royal Canadian Legion:** 604-853-1711

## COUNSELLING & SUPPORT

**Archway Community Services:** 604-859-7681

**Abbotsford Peer Support for Seniors:**  
604-850-0011

**Abbotsford Hospice Society:** 604-852-2456

## FOOD OR SHOPPING ASSISTANCE

**Archway Food Bank:** 604-859-5749

**Meals on Wheels:** 604-870-3764

**Better Meals:** 604-299-1877

**SEVA Food Pantry (CULTURALLY PREFERRED  
FOOD HAMPERS):** 604-866-1559

**Better at Home:** 604-870-3772

**Aging at Home:** 778-982-1041

## HEALTH AND WELLNESS

**Parkinson Society BC Support Line:**  
1-800-668-3330

**Alzheimer Society Helpline:** 1-800-936-6033

**Abbotsford Regional Hospital:** 604-851-4700

**Fraser Health Lab:** 604-870-7555

**LifeLabs:** 1-800-431-7206

**HealthLink:** 811

**MSP/Pharmacare:** 604-683-7151

**Canada Dental Benefit:** 1-800-715-8836

**Valley Medical Imaging:** 604-855-0109

**Medical Health Centre:** 604-870-7800

**Valley Alert Lifeline Society:** 604-854-5991

## ACTIVITIES AND SOCIAL CONNECTION

**Abbotsford Peer Support Friendly Visiting:**  
604-850-0011

**Abbotsford Association for Healthy Aging:**  
604-854-1733

**Abbotsford Recreation Centre:** 604-853-4221

**Matsqui Recreation Centre:** 604-855-0500

**Abbotsford Social Activity Association:**  
604-853-5151

**Archway Lunch with the Bunch:** 604-870-3764

## HOUSING AND SHELTER

**BC Housing Programs for Seniors:** 1-800-257-7756

**Residential Tenancy Branch:** 604-660-1020

**Property Tax Deferral Program:** 1-888-355-2700

**Sparrow Community Care Society:** 604-798-7332