

## WHERE TO CALL FOR HELP



**SCAN** to access complete BC 211 Directory on your mobile device.

**VictimLinkBC** 1-800-563-0808 call or text **24/7**

**Fraser Health Crisis Line** **24/7** 604-951-8855 or 1-877-820-7444

**Suicide Crisis Helpline** 9-8-8 **24/7**

**BC Crime Victim Assistance Program** 1-866-660-3888

**First Nations Health Authority** 866-925-4419 **24/7**

**Indian Residential School Survivors Society** 800-721-0066 **24/7**

**Métis Crisis Line** 1-833-638-4722

**Help Line for Children** 310-1234 / TDD: 1-866-660-0505 **24/7**

**Kids Help Phone** 1-800-668-6868 TXT CONNECT to 686868 **24/7**

**Youth Against Violence Line** 1-800-680-4264 **24/7**

**START (Short Term Assessment Response Treatment)** in-community family-centred mental health and substance use support (ages 6-18) 1-844-782-7811

**Seniors Abuse and Information Line (SAIL)** 1-866-437-1940 8-8 M-F except holidays, 10-5:30 Sa Sun

**S.M.A.R.T. Surrey Mobile Assault Response** 604-583-1295 **24/7**

**Battered Women's Support Services Crisis Line** CALL 1-855-687-1868 TXT 604-652-1867 **24/7**

**Rape Crisis Centre's Crisis and Information Line** CALL 604-255-6344 TXT 604-245-2425 **24/7**

## OUTREACH

**Lookout Harm Reduction Outreach** 604-308-8296

**CEDAR Outreach** 604-835-5225

**Salvation Army Outreach** 604-302-7205

**Lookout Health Contact Centre** 778-201-8029

**Intensive Case Management (ICM)** 604-851-4700

**Integrated Homelessness Action Response Team (IHART)**

604-613-8964

**Assertive Community Treatment (ACT) Team**

604-851-3750

**Ground Zero Ministries** 604-751-6458

**Lotus Humanitarian Society** 604-226-1163

**5&2 Ministries** 604-613-4432

**Youth Resource Centre Street Outreach** 604-870-4972

**BEAP** 1-800-397-0260

**Union Gospel Mission** 604-612-0527 or 604-833-1402

**FH Overdose Outreach Team (OOT)** 236-332-4857

## SERVICES FOR WOMEN

**SARA for Women Outreach** 604-855-3363 Harm Reduction: 604-217-7471 HIV: 604-226-6596

**Elizabeth Fry Society** 604-520-1166

**Nisa Foundation** 1-888-456-8043 ext 402

**Peardonville House** 604-856-3966

**L.I.F.E. Recovery** 604-855-4440

## SUBSTANCE USE SUPPORT

**123 OAT Clinic** 604-755-4408 Outreach: 604-615-6008

**Abbotsford Addictions** 604-850-5106 202-31943 S Fraser W

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

M-F 9-5 102-32463 Simon Avenue

**Hub Medical** 604-556-8515 8:30-4:30 M-F

32883 S Fraser Way

**Matsqui-Abby Impact Society YOUTH** 1-800-397-0260

**Drug War Survivors (DWS)** 1-800-397-0260

**Midtown Health Centre** 604-746-7868 101-2359 Clearbrook

**McCallum Health Centre** 604-744-5016 105-2481 McCallum

**Abbotsford Health Centre** 604-870-9925 33634 Busby Rd

**Ground Zero Ministries** 604-751-6458

## RECOVERY AND TREATMENT

**LIFE Recovery Women** 19+ 604-855-4440

**Kinghaven Peardonville House Society** 604-864-0039

**Abbotsford Addictions** 604-850-5106 202-31943 S Fraser W

**Elizabeth Fry Society Women** 19+ 604-520-1166

**Raven's Moon Resource Society** 604-751-4631

**Joshua House Men** 19+ only 778-241-1499

**Salvation Army Next Steps Men** 19+ 604-852-9305 ext 131

## MENTAL HEALTH SUPPORT

**Abbotsford Mental Health** 604-870-7800 8:30-4:30 M-F

11-32700 George Ferguson Way

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

**Family Support Services, Fraser Health** 1-833-898-6200

**BeMorr Society** bemorrssociety@gmail.com

**Abbotsford Hospice & Grief Support Society** 604-852-2456

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

M-F 8:30 - 4:30 11-32700 George Ferguson Way

**Early Psychosis Intervention Program Fraser Health**

1-866-870-7847 101-32555 Simon Ave

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

**NEW RESOURCE:** HelpStartsHere.gov.bc.ca

## INCOME, EMPLOYMENT, LEGAL, ID RECOVERY

**Social Development and Poverty Reduction** 1-866-866-0800

**Abbotsford Community Hub** 604-854-1101

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

**Salvation Army** 604-852-9305 ext 199

**Community Legal Advocacy Centre** 604-743-0345

**EMBERS Staffing Solutions** 604-226-0106

**Credit Counselling Society** 1-888-951-5407

**Tenant Resource & Advocacy Centre** 1-800-665-1185

**WorkBC** 778-314-1003

## YOUTH SUPPORTS

**The Foundry** 12-24yrs 604-746-3392 M-F 32555 Simon Ave

**Youth Resource Centre** 12-18yrs 604-870-4972 2420

Montrose Ave

**Cyrus Centre** 12-24yrs 604-856-5773 12:30-7:30pm 7d/w

2616 Ware St

**Matsqui-Abby Impact Society YOUTH** 1-800-397-0260

**Child and Youth Mental Health** 12-18 yrs 604-870-8880 M-F

9-4, Tuesday Walk-In 2820 Cruickshank St

**Abbotsford Hospice and Grief Support Society** ages 3

and up, along with families 604-852-2456

## SENIORS SUPPORTS

**Archway Seniors Service** 604-870-3763

**Abby Association for Healthy Aging** 604-854-1733

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

**Seniors Clinic Abbotsford Hospital** 604-851-4775

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

**South Asian Day Program for Older Adults** 778-201-3745

## INDIGENOUS SUPPORTS

**XyóiheméyIh** 604-858-0113

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

**Métis Nation British Columbia** 604-557-5851

**Pacific Community Resources Society** 604-795-5994

**YYPER Cultural Nights** 1-800-397-0260

# STREET CARD

Resources & Services

**CITY OF ABBOTSFORD**  
updated JUNE 2024

**In case of emergency call 911**  
For help finding services call 211  
For medical support call 811



All questions, edits, updates email [abbotsfordaccess@abbotsford.ca](mailto:abbotsfordaccess@abbotsford.ca)

## PERMANENT SHELTERS

**Centre of Hope** Men & women 19+ Walk In 34081 Gladys Ave Phone: 604-852-9305 [24/7](#)

**Lonzo Shelter** Men & women 19+ Walk In [24/7](#) Intake before 9pm 34520 Lonzo Rd Phone: 236-500- 0966

**Lighthouse Shelter** Men & women 19+ referral only Phone: 604-744-1221 [24/7](#)

**Sumas Shelter** Men & women 19+ referral only Phone: 604-334-4911 [24/7](#)

**Cyrus Centre** Youth up to 24 years Walk In 2616 Ware St Phone: 604-859-5773 [24/7](#)

**Penny's Place** Women 19+ Intake before 10pm Phone: 604-746-3301 [24/7](#)

**Sparrow Older Adult Shelter** Men & women 50+ Phone: 604-991-6937 [24/7](#)

### Upcoming Homeless Count

This October Abbotsford will be participating in the Nationally-Coordinated Point-in-Time Count in Canadian Communities. For more info visit [\\*\\*\\*QR CODE\\*\\*\\*](#)

[www.homelessnesslearninghub.ca](http://www.homelessnesslearninghub.ca)

### Extreme Heat Response

Planning is underway to make sure there is a coordinated response to the upcoming hot weather. Questions? Ideas? Want to participate? Email [jessewegenast@mccbc.ca](mailto:jessewegenast@mccbc.ca)

## MEDICAL CARE

**Salvation Army - Medical Clinic** 604-852-9305 M-Th 8am-4pm, F 8am-12pm 34081 Gladys Ave

**Hub Medical** 778-856-0516 8:30am-4:30pm M-F 32883 S Fraser Way

**Hub Pharmacy** 604-556-8515 8:30-4:30 M-F 8:30-2:30 Sat and Sun 32883 S Fraser Way

**Arukah Hepcure Society** 604-768-8454 #7-2168 McCallum Rd Monday to Friday 9am-5pm

**The Foundry** 12-24yrs 604-746-3392 M-F 32555 Simon Ave

**ER Wait times:** [www.edwaittimes.ca](http://www.edwaittimes.ca)

## DROP IN RESOURCE CENTRES

**Abbotsford Community Hub** 604-854-1101 8:30am-4:30pm M-F 32883 S Fraser Way Front of the building

**The Prevention Assessment Referral Clinic & Supervised Consumption Site - Phoenix Society** 604-504-1791 8am-5:30pm 7 d/w 32883 S Fraser Way Back of the Building

**Cyrus Centre** - youth up to 24 yrs 604-856-5773 12:30-7:30pm 7 d/w 2616 Ware St

**The Foundry** - youth up to 24 yrs 604-746-3392 M-F hours vary 32555 Simon Ave

## HOUSING

### SUPPORTIVE (TEMPORARY OR SEMI PERMANENT)

**SARA for Women** 604-855-3363

**Raven's Moon Resource Society** 604-751-4631

**Lookout Health and Housing Society** 604-776-2424

**Archway Community Services** 604-776-5060

**EMBERS Staffing Solutions** 604-226-0106

**Kinghaven Peardonville House Society** 604-226-4791

**Elizabeth Fry Society** 604-520-1166

**Food For The Soul** 236-887-3870

### YOUTH

**Cyrus Centre** 604-859-5773

**Archway Community Services** 604-870-4972

### EMERGENCY RENT SUPPORT

**Salvation Army** 604-852-9305 ext 199

**Connective Support Society** 604-852-1226

**Lookout Housing and Health Society** 604-776-2424

**CEDAR Outreach Prevention & Diversion** 604-309-1293

**Cyrus Centre YOUTH** up to age 24 604-859-5773

**Archway Community Services** 236-380-0575

**Rent Bank - MCC** 604-851-7726

**SAFER (Shelter Aid For Elderly Renters)** 1-800-257-7756

## SHOWERS & LAUNDRY

**The Prevention Assessment Referral Clinic - Phoenix Society** 604-504-1791 8am-5:30pm 7 d/w 32883 S Fraser Way Back of the Building

**Centre of Hope - Salvation Army** 604-852-9305 M-F 34081 Gladys Ave

**Refresh Mobile Shower** Thursdays 4:30-6:30pm 33633 Gladys Ave 604-859-6316

## FOOD - Groceries and Hampers

**Archway Food Banks** 604-859-5749 Hampers & self-selected groceries for all, satellite location all around Abbotsford

**SEVA Food Pantry** - Culturally preferred food hampers 604-866-1559

**Salvation Army Food Cart** 604-853-9305 Self-selected groceries & pet food M-Sat 12-1pm 34081 Gladys Ave

**Blue Bus (Lifeline Outreach Society)** 604-728-7551 Self-selected groceries & hampers 2nd & 4th Sundays 3:30-6pm 33933 Gladys Ave

**Cyrus Centre** 604-859-5773 Food hampers for youth 7 d/w 12:30-7:30pm 2616 Ware St

## Free, Walk-In, No Barrier Meals and Prepared Food Distribution - WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305
		12:30-3:30pm Union Gospel Mission Mobile Service 604-612-0527 604-833-1402	12:30-3:30pm Union Gospel Mission Mobile Service 604-612-0527 604-833-1402			2:00-3:30pm Ground Zero Ministries Mobile Service 604-751-6458
		6:00-7:30pm Ground Zero Ministries Mobile Service 604-751-6458	4:30-6:30pm Mennonite Central Committee 33933 Gladys Avenue 604-850-6639	4pm, dinner 6pm The Stream Ministry 14-33550 S Fraser Way 604-556-1668	5:00-6:00pm 5&2 Ministries Laurel & Montrose 604-226-4004	2 <sup>nd</sup> & 4 <sup>th</sup> Sunday 3:30-6:00pm Lifeline Outreach Society (Blue Bus) 33933 Gladys, behind MCC thrift store 604-728-7551
		6:00-7:00pm 5&2 Ministries Laurel & Montrose 604-226-4004 Supported by many community partners.		6:00-6:30pm 5&2 Ministries 33933 Gladys Avenue 604-309-1534	5:45pm The Hub 32883 SFW 6:30pm Countess 5&2, Lotus Humanitarian 604-855-5562	
<b>YOUTH to 24 years of age: Cyrus Centre 2616 Ware Street 604-859-5773</b>						
• 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm	• 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm	• 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm	• 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm	• 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm	• 12:30-1:30pm (12-18 yrs only) • 6-7pm	• 12:30-1:30pm (12-18 yrs only) • 6-7pm