

WHO CAN YOU CALL?

Youth Information and Resource Card

Health Clinics

Fraser Health Youth Clinic (Tri-Cities)	604-614-7688
Fraser Health Youth Clinic (New West)	604-329-1875
Fraser Health Youth Clinic (Burnaby)	604-293-1764
Iron Horse Youth Clinic (Maple Ridge)	604-463-6268
Child & Mental Health Services	604-469-7600
Public Health Unit (Tri-Cities)	604-949-7200
Eagle Ridge Hospital & Health Care Centre	604-461-2022

STD/HIV Health Information

AIDS Vancouver Help line	604-695-4665
Sex Sense	1-800-739-7367
STD/HIV Information Line	604-872-6652
YouthCo (HIV/AIDS Support)	604-688-1441

Teen Pregnancy & Parenting Support

PLEA Parent and Teen Support	604-927-2600
School District 43 Teen Parenting	604-939-4522
Pregnancy Concerns	604-939-2633
Tri-City Family Place	604-945-0048
Adoption/Guardianship Information	604-933-2073
Child Care Resource Centre	604-931-3400
Crisis Pregnancy Centre	604-525-0999
Infant Development Program	604-525-6123
Port Coquitlam Health Unit	604-777-8700
Newport Health Unit	604-949-7200
Pregnancy Support Program	604-321-6151

Alcohol & Drug Services

SHARE Youth Substance Use Services	604-939-3900
Tri-Cities Youth Substance Use Outreach Counsellor ..	604-807-0631
Al-Ateen/Al-Anon (for families of alcoholics)	604-688-1716
Alcoholics Anonymous	604-434-3933
Alcohol and Drug Info Line	604-660-9382
Creekside (Withdrawal Management)	604-587-3755
Narcotics Anonymous	604-873-1018
PLEA Detox	604-708-2616

Legal Information

Legal Aid	604-585-6595
Coquitlam Victim Services	604-945-1583
Port Moody Police Victim Services	604-469-4679

Police

Coquitlam/Port Coquitlam R.C.M.P	604-945-1550
Port Moody Police	604-461-3456

Teen Centers

Hyde Creek Youth Centre/Hyde-away	604-927-7962
PoCo Rec. Centre/ The Offside	604-927-7938
Coquitlam Recreation Centre	604-927-6000
Pinetree Youth Centre/Landing Teen Centre	604-927-6900
Poirier Teen Centre/The Centre	604-933-6047
Westhill Youth Centre (Port Moody)	604-936-9000
PoCoMo Outreach Bus	604-781-6671
PoCoMo Youth Services	604-525-1888

Helpline (24HR)	310-1234
AFTER HOURS EMERGENCY SERVICES	604-660-8180
Kelty Health Resource Centre Crisis Line	604-310-6789
BC 2-1-1	

IN A CRISIS?

CRISIS LINE	604-951-8855
FOR EMERGENCIES (POLICE/AMBULANCE/FIRE) CALL: ..	9-1-1

The Tri-City Drug Awareness Task Force

Port Coquitlam
Community Police Station
2581 Mary Hill Rd., Port Coquitlam
604-927-2383
m.portcoquitlam.ca

BC 2-1-1 Info Services (24/7 365 days/year)

Sexual, Physical & Emotional Abuse

ACT 2 for Child Sexual Abuse (Coquitlam)	604-937-7776
MCFD Tri-Cities Youth Services	604-927-2616
ONYX Sexual Exploitation	604-708-2647
Tri-City Transitions Society	604-941-7111
Victim Link	1-800-563-0808
BC Women's Sexual Assault Service	604-875-2881
Youth Against Violence Line	1-800-680-4264
Helpline for Children	604-310-1234

Aboriginal and First Nations Support

Aboriginal Safe House	1-877-223-4321
ACCESS	604-913-7933
Blade Runners	604-688-9116

Eating Disorders

Fraser N. Child & Youth Eating Disorders (MCFD)	604-469-7600
Eating Disorder Resource Centre	604-875-2084

Other Supports

Child/Youth/Family Officer	1-800-476-3933
Simon Fraser Society for Community Living	604-525-9494
SUCCESS Multicultural Issues and Employment	604-468-6000
Children & Youth with Special Needs, Tri-Cities	604-528-3950
Share Food Bank	604-931-2451

Counseling

PLEA Family Counseling/Parent Teen Mediation/Family Support	604-927-2600
SHARE Family and Community Services	604-936-3900
Kids Help Phone (counseling & bullying)	1-800-668-6868

Sexual Identity

Generation Out Youth Group	604-708-2632
GAB Youth Services	604-684-5307
Prideline	604-684-6869

Runaway & Emergency

Shelters/Homelessness

After Hours (MCFD)	604-660-8180
Covenant House (Vancouver)	604-685-7474
Edmonds Youth and Family Resource Centre	604-522-2327
Iron Horse Youth Safe House (Maple Ridge)	1-877-435-7233
ASH House - Aboriginal Safe House	604-254-5147
Vancouver Safe House	604-877-1234

Continuing Education

CABE	604-939-4522
School District 43	604-936-4261
Online Learning Centre (Montgomery)	604-936-4285
RDK Career Services	604-552-7075
Purpose	604-526-2522
Pathfinders Youth Centre Society	604-460-2856

Gambling

Gamblers Anonymous	604-878-6535
SIGMA (New West Secondary)	604-517-6289

AFTER HOURS EMERGENCY SERVICES 604-660-8180

HELPLINE (24HR) 604-310-1234