

www.fmep.gov.bc.ca

Health and Pregnancy

WomanCare.....604-463-5513
22374 Lougheed Highway, Maple Ridge
*Office hours: Tue & Thur 11:00am - 4:00pm
Wed 11:00am - 1:00pm, 2:30pm - 4:00pm

Iron Horse Youth Clinic.....604-463-6268
11925 Haney Place, Maple Ridge
*Immunizations, birth control, pregnancy testing, STD testing (by appointment), referrals, and alcohol & drug counseling
*Services are free, products at cost
*Tue 4:00pm- 7:00pm Thu 4:00pm- 6:00pm
Clinic Open: Tue & Thu 4:00pm - 8:00pm

Fraser Valley Pregnancy Centre.....
(24 hour help line).....604-856-9151
www.fvpc.ca
#204 3100 272 street, Aldergrove
*Pregnancy tests, pregnancy options and sexual integrity counselling, maternity and baby clothes, post-abortion counselling
*Office Hours: Mon-Thurs 11:00am - 6:00pm

Parenting

Child and Family Services Centre - Ridge Meadows.....604-466-7300
22323 119th Avenue, Maple Ridge
*Office hours: Mon - Fri 8:30am - 4:30pm

Infant Development Program....604-466-0787
100-22718 Dewdney Trunk, Maple Ridge
*Serves children up to 3 years old with special developmental needs, and their families
*Family Link Respite Program helps families select respite homes that meet their needs, and provides recruitment, education, monitoring, and assessment of caregivers
*Office hours: Mon - Fri 8:30am - 4:00pm

Community Services Family Place.....
.....604-466-8484
22359 119th Avenue, Maple Ridge
*Offers programs to families with children under 6, focusing on parenting skills, social connections, and child development
*Office hours: Mon - Fri 8:30am - 1:00pm

Westcoast Family Resources.....604-466-7328
22558 Lougheed Highway, Maple Ridge
*Office hours: Mon - Fri 9:30am - 5:30pm

Family Education & Support.....604-467-6055
22554 Lougheed Highway, Maple Ridge
*Courses and workshops, including: living with toddlers; active parenting of teens;

helping children deal with anger; dealing with conflict in blended families; parenting spirited children; kids with incredible potential (ADD/ADHD); mid-life parenting/ grandparent programs
*M-W 8:00am-5:00pm, Thu 8:00am-4:00pm

Child Tax Benefit / BC Family Bonus Inquiry Line 1-800-387-1193
www.cra-arc.gc.ca/benefits
*Office Hours: Mon - Fri 7:15am - 5:00pm

Childcare Subsidy.....1-888-338-6622

Healthy Kids Program.....1-866-866-0800
mhr.gov.bc.ca
*Dental and optical coverage for children under 19 whose family has limited income
*Based on MSP Premium Subsidy Formula

Seniors

Ridge Meadows Seniors Recreation Complex..
.....604-467-4993
12150 224th Street, Maple Ridge
*Many activities available daily, including hot lunch program Mon - Fri 11:30am - 1:00pm
*Serves adults 55 years and over.
*Office hours: Mon - Fri 9:00am - 4:00pm

Seniors' Outreach Program.....604-467-6911
11907 228th Street, Maple Ridge
*Volunteers provide transportation to isolated seniors, for medical appointments, shopping, and/or other activities. (Minimum basic mile age fee is paid by seniors to the volunteer)

Seniors Housing Information Program (SHIP)
.....604-520-6621
www.seniorshousing.bc.ca

Canada Pension.....1-800-277-9914
www.servicecanada.gc.ca

Pharmacare....1-800-554-0250 or 604-683-7151
www.health.gov.bc.ca/pharme

Seniors Bus Pass.....1-866-866-0800
translink.bc.ca
*Annual transit pass for those on Old Age Security and Guaranteed Income Supplement; or those age 60 to 64 and receiving income assistance or disability benefits.
*Cost is \$45 per year

Meals on Wheels 604-533-1679
www.mealcall.org

Community Resources in the Maple Ridge and Pitt Meadows Areas



An Information Guide Provided For You By
CLA - Langley, BC
604-530-8011
kindness.clachurch.com

Crisis Intervention Lines

24 hr. Crisis Intervention Help Line.....
.....1-866-661-3311 or 604-872-3311
www.crisiscentre.bc.ca

Youth in BC 1-866-661-3311
www.youthinbc.com
*Live one-to-one chat with trained volunteers

24hr Kids Help Phone 1-800-668-6868
www.kidshelpphone.ca

MCFD Help Line for Kids 310-1234
*Free call. No area code needed

Multilingual Help Line 604-572-4060

Temporary Shelters

Caring Place days 604-463-8296
..... nights: 604-807-8290
*Men and women, 4:00 pm – 8:00 am.
*First come, first served. *No drugs
*Serves supper and breakfast

Iron Horse Safe House 1-877-435-SAFE
*Youth 13-18 years, self-referral
*No alcohol/drug use *Curfew. Structured
*Open: 24hours, 7days

Salvation Army Family Services
..... 604-521-2421
325 Sixth Street, New Westminster
*Offers emergency shelter and meal tickets for 19 men at the Garfield Hotel (1107 Royal Avenue)
*Register:604-521-2176, 6:00pm -10:00pm
Referral through MEIA or self.
*No alcohol/drug use

After Hours Emergency Services.....
..... 1-866-660-3194 or 604-660-3194

Food Banks/Free Food

Friends in Need Food Bank.....604-466-3663
www.friendsneedfood.com
22726 Dewdney Trunk Rd. Maple Ridge

*Hampers Pickup: 8:30am-12:30pm at the food bank depot (#8-22726 Dewdney Trunk Rd.)
*Office Hours: Mon-Fri 8:30am - 4:30pm

Salvation Army Caring Place.....604-463-8296
22188 Lougheed Hwy (222 St/Haney Bypass)
*Free Lunch: Mon to Fri at 11:30 am and Sundays at 12:00 pm, following the service.
*No community breakfast (for residents)

Union Gospel Mission.....604-826-1355
33071 Railway Avenue, Mission
*Emergency food, clothes, & household items
*Free hot meal served at 5:30 pm, Mon-Fri.
*Drop in: Mon - Fri 2:00pm - 5:00pm
*Office Hours: Mon-Fri 1:00pm - 5:00pm

Drug/Alcohol Recovery

Alouette Addictions Services Society.....
.....604-467-5179
www.alouetteaddictions.org
22477 Lougheed Highway, Maple Ridge
*Services include dual diagnosis services, assessment and counseling

*Open: Mon - Fri 8:30am - 4:30pm

Maple Ridge Treatment Centre (MRTC)
..... 604-467-3471
www.mrtc.bc.ca
*Men's Residential Program in Maple Ridge
*Office Hours: Mon-Fri 8:00am - 4:00pm

Hope For Freedom Society
www.hopeforfreedom.org
*Men's residential program: 604-464-0475
*Women's residential program:604-464-0472

Wagner Hills Farm.....604-856-9432
*Men and Women's Residential Program

BC Teen Challenge (19-45yrs)
www.bcteenchallenge.com
*Christian residential program
Men's Program.....1-866-866-0701
Women's Program.....1-877-777-2922

Miracle Valley (Paetzold Centre).....604-826-6681
www.paetzoldcentre.ca
*Christian men's residential program in Mission
*Office Hours: Mon-Fri 8:00am-4:00pm

Detox-Access 1 (19 years+).....1-866-658-1221
www.fraserhealth.ca

Alcohol & Drug Info and Referral Line
..... 1-800-663-1441 or 604-660-9382

Domestic Violence

'Children Who Witness Abuse' Counselling
(Cythera Transition House Society)....604-467-9939
*Office Hours: Mon-Fri 9:00am - 4:30pm

Maple Ridge RCMP Victim Services.....
.....604-467-7640
*Open: Monday - Wednesday only

Maple Ridge Pitt Meadow Community-Based
Victim Services Program..... 604-467-6911
*Office hours: Mon - Fri 8:30am - 4:30pm

Sexual Assault Recovery Anonymous (SARA)
..... 604-584-2626
www.sarasociety.ca
*Support for adults who are survivors of
childhood sexual abuse

Ministry of Children and Families (MCFD)
After Hours 604-660-8180

Battered Women's Support Services
..... 604-687-1867
www.bwss.org
*M-T-Th-F:9:30am-5:00pm, W:9:30am-8:00pm

VictimLINK.....1-800-563-0808
*24 hour crisis support for victims of violence
and crime

Women Against Violence Against Women
(WAVAW) ... 24hr Crisis Line: 604-255-6344
www.wavaw.ca

Transition Houses

Cythera Transition House (Maple Ridge).....
..... 24 hrs: 604-467-9966
www3.telus.net/cythera

Tri-City Women's Resources Society
(Coquitlam)24 hrs: 604-464-2020

Women's Resource Society of the Fraser
Valley - Abbotsford Transition house
..... 24 hrs: 604-852-6008

www.wrsfv.ca
Mission Transition House..... 604-826-7800
*24 hrs, Services of support, advocacy, infor-
mation, and referrals to community agencies

BC/Yukon Society of Transition Houses.....
.....604-669-6943
www.bcysth.ca
*Office Hours: Mon - Fri 8:30am - 4:00pm

Atira Women's Resource Society Crisis Line....
..... 604-531-4430
www.atira.bc.ca

Shelter Net.....www.shelternet.com

Counseling

Clinical Counseling Services.....604-467-6911
www.comservice.bc.ca
11907 228 Street, Maple Ridge
*Referral through MCFD
*Office Hours: Mon - Fri 8:30am - 4:30pm

Ridge Meadows Hospice.....604-463-7722
*Office hours: Mon - Fri 9:00am - 3:30pm

Maple Ridge Family Services.....604-467-6911

Eating Disorder Resource Center of BC.....
..... 1-800-665-1822

Credit Counselling Society..... 604-527-8999

Mental Health

Maple Ridge Mental Health Centre.....
..... 604-476-7165
www.familied.bc.ca/adult_mental_health.html
500 - 22470 Dewdney Trunk, Maple Ridge
*Assessment, treatment, community living
support, residential care, consultation, and
referral/bridging to other community services
*Office hours: Mon - Fri 8:30am - 4:30pm

Adult Mental Health Resource Centre
..... 604-467-6034
2554 Lougheed Highway, Maple Ridge
*Resource library, access to information
online, and outreach workers
*Office Hours: Tues - Thu 9:00am - 4:00pm

Maple Ridge Community Living Support
Program..... 604-467-6911
*Support services for people living with
chronic psychiatric illness, enabling them to
live as independently as possible

24 hr. Mental Health Information Line.....

..... 1-800-661-2121
www.heretohelp.bc.ca

Mental Health Residential Services
..... 604-734-5265
*Office : M-F 8:15am-12:00pm, 1:00-5:00pm

Early Psychosis Intervention..... 604-538-4278
www.psychosissucks.ca

Housing

BC Housing.....604-433-2218
www.bchousing.org
*Office hours: Mon - Fri 8:30am - 4:30pm

Residential Services.....604-467-8700
11641 224th Street, Maple Ridge
*Provides housing with varying levels of
support for people with developmental
disabilities
*Office hours: Mon - Fri 8:30am - 4:30pm

Tenants Rights Action Coalition
..... 604-255-0546
www.tenants.bc.ca
*Office Hours: Mon - Thurs 9:00am - 5:00pm

Residential Tenancy Office.....604-660-3456
www.rto.gov.bc.ca

Cooperative Housing Federation of BC.....
.....604-879-5111
www.chf.bc.ca

Community Housing Services (OPTIONS).....
.....604-596-4321
www.options.bc.ca

*Rental listings, information on subsidized
housing, Residential Tenancy Act etc.
*Office hours: Mon - Fri 9:00am - 5:00pm

Employment

Ministry of Employment and Income
Assistance - MEIA (Welfare)
www.mhr.gov.bc.ca
Ridge Meadows Office..... 604-467-5515
22325 Lougheed Highway, Maple Ridge
*Office hours: Mon - Fri 8:30am - 4:00pm

Nova Supported Employment....604-467-8700
11641 224th Street, Maple Ridge
*Profit-shared small businesses provide
training and work experience:
- Woodworking, light assembly, packaging,
and production of promotional materials
- Gardening such as yard clean-up, mowing,
raking, and edging

*Office hours: Mon - Fri 8:30am - 4:30pm
Arthur Peake Centre.....604-466-6580
23125 116th Avenue, Maple Ridge
*Offers adult credit courses, the English
Language Services for Adults program, the
Pathfinder Learning System (self-paced
academic program for Grades 10 to 12)
*Evening classes Mon-Thur 6:30pm - 9:30pm
*Office Hours: Mon - Fri 8:00am - 4:00pm

Bowman Employment Services Inc.....
.....1-888-466-1375 or 604-466-1375
www.bowmanemployment.com
22575 Lougheed Highway, Maple Ridge
*Office hours: Mon - Fri 8:00am - 4:30pm

Buxton Consulting Ltd.....604-463-4312
11830 223rd Street, Maple Ridge
www.buxtonconsulting.bc.ca
*Provides Job Wave, Futures, Reach Program
*Office hours: Mon - Fri 8:30am - 4:30pm

Innerchoices Career Centre.....604-465-8812
www.tricity@ed.ca
1-11435 201A Street, Maple Ridge
*Open: Monday - Friday 8:30am - 4:30pm

HRDC Job Bank.....www.jobbank.gc.ca

Government of Canada Youth Employment.....
.....www.youth.gc.ca

BC Work Info Net.....www.workinphonet.bc.ca
Youth Site.....www.workinphonet.bc.ca/youth

Legal

Salvation Army Pro Bono Lawyer Consultation
Program..... 604-694-6647
www.probono.ca

LawLINE.....1-866-577-2525 or 604-408-2172
*Free legal information
*LawLINK: www.lawlink.bc.ca

Legal Services Society.....604-408-2172
www.lss.bc.ca

Access Justice.....604-482-3195
www.accessjustice.ca

Family Justice Centre.....604-660-2421
www.ag.gov.bc.ca/family-justice
*Mediation for separated parents seeking
agreements for custody, maintenance, access
*Free assistance to draft legal documents
Family Maintenance Enforcement Program
(FMEP)..... 1-800-663-9666 or 604-678-5670