**QUICK REFERENCE TELEPHONE LIST**

|  |  |  |
| --- | --- | --- |
| **SOUTH VANCOUVER NEIGHBOURHOOD HOUSE**  **604-324-6212**  **6470 Victoria Drive, Vancouver, BC V5P 3X7**  **HEALTH SERVICES**  Ambulance Billing  1-800-665-7199  Canadian Red Cross (Medical Equipment Loan Services)  604-301-2566  CNIB Vision Loss  604-431-2121  Health Insurance BC (MSP, Pharmacare & Disclosure Directives inquiries)  604-683-7151  Vancouver Coastal Health General Inquiries  604-736-2033  Health Link BC (Speak with a nurse, pharmacist, dietician in 130+ languages)  811  Mental Health Access & Assessment Centre  (services for non-emergency mental health/substance use problems)  604-675-3700  Mid-Main Community Health Centre (low-cost dental clinic)  604-873-3602  Philips Lifeline Alert  604-872-5433  South Community Health Centre (Older Adult Services, immunizations)  604-321-6151  Vancouver Central Intake & Referral (for Home and Community Services)  604-263-7377  UBC Dental Clinic  604-822-2112  VCC Dental Clinic  604-443-8499  South Vancouver Health Centre  (Older Adult Services, immunizations)  604-321-6151 | Vancouver Community Audiology Centre  604-659-1100  Vancouver Mental Health Emergency Service & Crisis Line (Intervention for mental health crisis/emergencies)  604-874-7307  Western Institute for the Draft Hard of Hearing  604-736-7391  Tetra Society (Custom-built Assistive Devices)  604-688-6464    **GOVERNMENT OFFICES**  City of Vancouver  604-873-7011  Consumer Protection  1-888-564-9963  Government of Canada (Information, Programs & Services)  1-800-622-6263  Passport Office  1-800-567-6868  Service BC  604-660-2421  Service Canada (Pension, OAS, GIS)  1-800-277-9914  Canada Revenue Agency  1-800-267-6999  Ombudsperson  1-800-567-3247  Public Trustee of BC  604-660-4444  SIN Program  1-800-206-7218, then press 3    Work BC  1-877-952-6914  **TRANSPORTATION**  **South Vancouver**  **Better at Home Program**  **(transportation, light yard work, shopping for seniors with mobility challenges)**  **604-324-6212 ext. 141** | BC Ferries  1-888-223-3779  HandyDART Information  604-575-6600  Handy DART Consumer Advocate  778-772-4431  TransLink Route Information  604-953-3333  Spark BC Parking Permit Program  604-718-7744  Senior Bus Pass Program (for low-income seniors)  1-866-866-0800    **INFORMATION & REFERRAL**  Arthritis Answers Line  1-800-321-1433  Arthritis Society of BC  604-714-5550  BC 211 (information about health &  human services, Multilingual)  211  BC Alcohol & Drug Information & Referral (Multilingual)  604-660-9382  BC Bereavement  604-738-9950  BC Human Rights Tribunal  604-775-2000    Heart & Stroke Foundation  604-736-4404  Lawyer Referral Service  604-687-3221  Law Students (UBC) Advice Program  604-822-5791  Legal Service Society (Legal Aid)  604-601-6000  Police Non-Emergency  604-717-3321  Representation Agreement Resource Centre  604-408-7414 |

**QUICK REFERENCE TELEPHONE LIST (Continued)**

|  |  |  |
| --- | --- | --- |
| **SOUTH VANCOUVER NEIGHBOURHOD HOUSE**  **604-324-6212**  **6470 Victoria Drive, Vancouver, BC V5P 3X7**  **COMMUNITY CENTRES**  Champlain Heights  604-718-6575  Killarney  604-718-8200  Sunset  604-718-6505  **VANCOUVER PUBLIC LIBRARIES**  Champlain Heights Branch  604-665-3955  Fraserview Branch  604-665-3957  South Hill Branch  604-665-3965  **TAX CLINIC**  Sikh Community Resource Centre  (Year-round clinic)  604-322-5613  For more info, http://www.cra-arc.gc.ca/tx/ndvdls/vlntr/clncs/vancouver-bc-eng.html  **COUNSELLING & SUPPORT SERVICES**  Alzheimer Society of BC  604-681-6530  Seniors First BC  (Seniors Abuse Info Line)  604-688-1927  Better at Home Light Housekeeping  604-568-0636  Canadian Cancer Society  604-872-4400  Canadian Diabetes Association  604-732-1331  Family Caregiver Support Line (by Family Caregivers of BC)  1-877-520-3267 | South Vancouver Family and Friend Caregiver Supports Program  604-324-6212 ext. 116  Family Respite Centre  604-327-9525  Grandparents Raising Grandchildren Support Line  604-558-4740  Osteoporosis Canada  1-800-463-6842  Parkinson’s Society of BC  604-662-3240  Provincial First Nations and Aboriginal Crisis Line  1-800-588-8717  Senior Citizens Home Repair  604-529-1100, 604-438-6990  LGBTQ2+ Advisory Committee  604-257-8420  S.U.C.C.E.S.S. Chinese Help Lines:  Mandarin 604-270-8222  Cantonese 604-720-8233  Vancouver Addictions Matrix Program  604-714-3480  EMERGENCIES CALL 9-1-1 (for Police, Fire & Ambulance)  911    Poison Control  604-682-5050  Crisis Centre Seniors’  Distress Line  604-872-1234  Gas Leaks and Odours  1-800-663-9911  Power Outage  1-888-769-3766  Telus Wireline Phone Repair Line  611    **HOUSING**  BC Housing  604-609-7024  Ministry of Finance (includes Property Tax Deferment and Home Owner Grant)  1-888-355-2700 | Seniors Housing Info Program (by Senior Services Society)  604-520-6621  Residential Tenancy Branch  604-660-1020  SAFER (Shelter Aid for Elderly Renters)  604-433-2218Tenant Resource and Advisory Centre  604-255-0546  **SETTLEMENT**  Immigrant Services Society of BC 604-684-2561  MOSAIC  604-636-4712  S.U.C.C.E.S.S.  604-684-1628  PICS  604-324-7733  Canadian Immigration and Settlement Consultants Ltd  604-301-0360  **FOOD SERVICES**  Food Bank  604-876-3601  Low Cost Meals:  Meals on Wheels  Western Meals 604-732-7638  Chinese Meals 604-733-6615  Thursday Community Lunch (South Vancouver Neighbourhood House) 604-324-6212  Low Cost Grocery stores and Markets:  Consumer Food Market - 5889 Victoria Drive  Buy-low Foods - 6095 Fraser Street  **SAFE SENIORS**  **STRONG COMMUNITIES**   * **Grocery and prepared meal pickup and delivery** * **Prescription pickup and delivery** * **Friendly visiting by phone**   **You can call 211 to register or call us directly at (604) 324-6212. We can help take your order and provide further information and assistance.** |