

QUICK REFERENCE TELEPHONE LIST

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

<p>SOUTH VANCOUVER NEIGHBOURHOOD HOUSE 604-324-6212 6470 Victoria Drive, Vancouver, BC V5P 3X7</p> <p><u>COMMUNITY CENTRES</u></p> <p>Champlain Heights 604-718-6575</p> <p>Killarney 604-718-8200</p> <p>Sunset 604-718-6505</p> <p><u>VANCOUVER PUBLIC LIBRARIES</u></p> <p>Champlain Heights Branch 604-665-3955</p> <p>Fraserview Branch 604-665-3957</p> <p>South Hill Branch 604-665-3965</p> <p><u>TAX CLINIC</u></p> <p>Sikh Community Resource Centre (Year-round clinic) 604-322-5613</p> <p>For more info, http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/clncc/vancouver-bc-eng.html</p> <p><u>COUNSELLING & SUPPORT SERVICES</u></p> <p>Alzheimer Society of BC 604-681-6530</p> <p>Seniors First BC (Seniors Abuse Info Line) 604-688-1927</p> <p>Better at Home Light Housekeeping 604-568-0636</p> <p>Canadian Cancer Society 604-872-4400</p> <p>Canadian Diabetes Association 604-732-1331</p> <p>Family Caregiver Support Line (by Family Caregivers of BC) 1-877-520-3267</p>	<p>South Vancouver Family and Friend Caregiver Supports Program 604-324-6212 ext. 116</p> <p>Family Respite Centre 604-327-9525</p> <p>Grandparents Raising Grandchildren Support Line 604-558-4740</p> <p>Osteoporosis Canada 1-800-463-6842</p> <p>Parkinson's Society of BC 604-662-3240</p> <p>Provincial First Nations and Aboriginal Crisis Line 1-800-588-8717</p> <p>Senior Citizens Home Repair 604-529-1100, 604-438-6990</p> <p>LGBTQ2+ Advisory Committee 604-257-8420</p> <p>S.U.C.C.E.S.S. Chinese Help Lines: Mandarin 604-270-8222 Cantonese 604-720-8233</p> <p>Vancouver Addictions Matrix Program 604-714-3480</p> <p>EMERGENCIES CALL 9-1-1 (for Police, Fire & Ambulance) 911</p> <p>Poison Control 604-682-5050</p> <p>Crisis Centre Seniors' Distress Line 604-872-1234</p> <p>Gas Leaks and Odours 1-800-663-9911</p> <p>Power Outage 1-888-769-3766</p> <p>Telus Wireline Phone Repair Line 611</p> <p><u>HOUSING</u></p> <p>BC Housing 604-609-7024</p> <p>Ministry of Finance (includes Property Tax Deferment and Home Owner Grant) 1-888-355-2700</p>	<p>Seniors Housing Info Program (by Senior Services Society) 604-520-6621</p> <p>Residential Tenancy Branch 604-660-1020</p> <p>SAFER (Shelter Aid for Elderly Renters) 604-433-2218 Tenant Resource and Advisory Centre 604-255-0546</p> <p><u>SETTLEMENT</u></p> <p>Immigrant Services Society of BC 604-684-2561</p> <p>MOSAIC 604-636-4712</p> <p>S.U.C.C.E.S.S. 604-684-1628</p> <p>PICS 604-324-7733</p> <p>Canadian Immigration and Settlement Consultants Ltd 604-301-0360</p> <p><u>FOOD SERVICES</u></p> <p>Food Bank 604-876-3601</p> <p>Low Cost Meals: Meals on Wheels Western Meals 604-732-7638 Chinese Meals 604-733-6615</p> <p>Thursday Community Lunch (South Vancouver Neighbourhood House) 604-324-6212</p> <p>Low Cost Grocery stores and Markets: Consumer Food Market - 5889 Victoria Drive</p> <p>Buy-low Foods - 6095 Fraser Street</p> <p><u>SAFE SENIORS</u></p> <p><u>STRONG COMMUNITIES</u></p> <ul style="list-style-type: none"> ○ Grocery and prepared meal pickup and delivery ○ Prescription pickup and delivery ○ Friendly visiting by phone <p>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.</p>
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