

SURREY SURVIVAL GUIDE



A Guide to Free and Low Cost Goods and Services



**ADMINISTRATION OFFICE
CAROLE WAHL BUILDING**
9815 - 140 St., Surrey, B.C. V3T 4M4
T: 604-584-5811, F: 604-584-7628
Website: www.scss.ca

NEWTON OFFICE
#100 - 6846 King George Hwy., Surrey, B.C. V3W 4Z9
T: 604-596-4321, F: 604-572-7413
Website: www.options.bc.ca

PLEASE NOTE: Telephone numbers are subject
to change without notice.

Revised: December 2009

EMERGENCY SERVICES

AMBULANCE, FIRE, POLICE, INHALATOR	911
CLOVERDALE SHELTER	604-574-4341
DURRANT HOUSE - Crisis Line	604-531-4430
EVERGREEN TRANSITION HOUSE	604-584-3301
HELP LINE FOR CHILDREN	604-310-1234
BC MENTAL HEALTH INFORMATION LINE	604-669-7600
MINISTRY OF EMPLOYMENT & INCOME ASSISTANCE Emergency Services (after hours)	604-660-3194
PARENTS SUPPORT SERVICES	604-669-1616
POISON CENTRE (24 Hrs per day / 7 Days per week)	604-682-5050
SURREY CRISIS LINE	604-951-8855
VANCOUVER RAPE RELIEF & SHELTER	604-872-8212
HYLAND HOUSE SHELTER (Men & Women)	604-599-8900
VIRGINIA SAM TRANSITION HOUSE	604-572-5116
YOUTH AGAINST VIOLENCE	604-775-4264

HEALTH SERVICES

HEALTHLINK BC	811
MAXXINE WRIGHT COMMUNITY HEALTH CENTRE (Women & Children)	604-587-3835
SURREY NORTH COMMUNITY HEALTH CENTRE (Doctor: 1-5 pm, Nurse: 1-6pm) 10693 - 135A St., Surrey	604-583-5666
HEALTHIEST BABIES POSSIBLE 10256 - 154 St., Surrey	604-583-1017
HEALTH & SENIORS INFORMATION LINE	1-800-465-4911

HOSPITALS

LANGLEY MEMORIAL HOSPITAL 22021 Fraser Highway	604-534-4121
PEACE ARCH DISTRICT HOSPITAL 15521 Russell Ave, White Rock	604-531-5512
SURREY MEMORIAL HOSPITAL 13750 - 96th Ave, Surrey	604-581-2211

HEALTH UNITS - FRASER HEALTH AUTHORITY

CLOVERDALE	604-575-5100
DELTA	604-507-5400
GUILDFORD	604-587-4750
NEWTON	604-592-2000
NORTH SURREY	604-587-7900
SOUTH SURREY / WHITE ROCK	604-542-4000

MENTAL HEALTH SERVICES

ADOLESCENT CRISIS RESPONSE PROGRAM	604-585-5561
AFTER HOURS MENTAL HEALTH SERVICES	604-587-4222
CHILD & YOUTH MENTAL HEALTH	604-951-5844 / 604-586-2685
DELTA MENTAL HEALTH & ADDICTIONS	604-948-7010
LANGLEY MENTAL HEALTH CENTRE	604-514-7940
MENTAL HEALTH & EDUCATION White Rock/South Surrey Branch	604-536-2486
SURREY CENTRAL / NORTH MENTAL HEALTH & ADDICTIONS CENTRE Gateway Station Tower, 11th Floor 13410 - 108th Ave., Surrey	604-953-4900
WHITE ROCK/SOUTH SURREY MENTAL HEALTH CENTRE 15521 Russell Ave., Vine Unit, Peace Arch Hospital, White Rock	604-541-6844

LOW COST DENTAL SERVICES

B.C. HEALTHY KIDS PROGRAM	1-866-866-0800 #4
COLLEGE OF DENTAL SURGEONS Information Line	604-736-3621
DENTAL OUTPATIENT CLINIC Vancouver General Hospital 805 W. 12th Ave., Vancouver	604-875-4006
DENTURE CLINIC Academy of Dentistry Burnaby	604-434-2611
DOUGLAS COLLEGE ASSISTING PROGRAM New Westminster	604-527-5094
REACH DENTAL CLINIC 1145 Commercial Drive, Vancouver	604-254-1331
UBC DENTAL CLINIC	604-822-2112

OTHER HEALTH SERVICES

STI/Aids Testing & Counselling Clinic	604-587-7900 N. Surrey Public Health 220 - 10362 King George Hwy.
SOUTH FRASER PREGNANCY OPTIONS CENTRE #13634 - 104 Ave., Surrey	604-596-3611
HEALTH INSURANCE B.C. Medical Service Plan / Pharmacare	604-683-7151
SURREY ASSOCIATION FOR COMMUNITY LIVING 17687 - 56A Ave, Surrey	604-574-7481
THE NEEDLE EXCHANGE 10697 - 135A St., Surrey	604-584-5845
SMH YOUTH CLINIC	604-585-5999 13750 - 96 Ave., Surrey
1-800 SEX SENSE LINE	604-7317803

CLOTHING, FURNITURE, HOUSEHOLD GOODS

CHEAP CLOTHING, FURNITURE, HOUSEHOLD GOODS

- SUPERFLUITY THRIFT SHOP
15163 Prospect Ave., White Rock 604-536-7744
- MCC THRIFT STORE
10653 King George Hwy., Surrey 604-583-0465
- OAK AVENUE MISSION - THE CLOTHES CLOSET
(Tues. 10am - 2pm, Wed. 9:30am - 12:30pm, Thurs. 2 - 4pm)
OAK AVENUE UNITED CHURCH
12740 - 102 Ave., Surrey
- SALVATION ARMY COMMUNITY SERVICES
13570 - 78th Ave, Surrey 604-507-4860
- SALVATION ARMY THRIFT SHOPS
7091 King George Hwy., Surrey 604-590-1438
5652 - 176 St., Surrey 604-576-6217
13853 - 104 Ave., Surrey 604-581-9833
1335 Johnston Road, White Rock 604-531-6494
- SISTERS MARKETPLACE
10755 - 135th St., Surrey 604-953-1155
- SOUTH FRASER WOMEN'S SERVICES SOCIETY
(Clothing Exchange, women & children) 604-536-9611
- PENNY SAVER'S THRIFT SHOP
11961 - 82 Ave., Delta 604-501-2111
- GUILDFORD FAMILY PLACE
10310 - 154 St., Surrey 604-583-3844
- VALUE VILLAGE
10642 King George Hwy., Surrey 604-588-5225

COUNSELLING, SUPPORT, INFORMATION

GENERAL INFORMATION

- DROP-IN COUNSELLING 604-584-5811
- HEALTHLINK BC 811
- HIV/AIDS SUPPORT NETWORK 604-588-9004
- PRIDE LINE 604-684-6869
- MULTICULTURAL SERVICES
(Settlement Services in: Chinese, Korean, Spanish,
Vietnamese, Somali,) 604-572-4060 / 604-596-4357
- SEXUAL ABUSE COUNSELLING CENTRE 604-584-5811
- SURREY HOSPICE SOCIETY 604-583-7006
- SURREY WOMEN'S CENTRE 604-583-1295
- CREDIT COUNSELLING 1-888-527-8999
- S. FRASER WOMEN'S SERVICES SOCIETY 604-536-9611

ADVOCACY

- CHILD, YOUTH OFFICER OF B.C 1-800-476-3933
- MENTAL HEALTH CONSUMER ADVOCACY 604-596-1880
- OMBUDSMAN OF B.C. 1-800-567-3247

ADVOCACY (cont'd)

NEWTON ADVOCACY GROUP SOCIETY 604-596-2311
S. FRASER WOMEN'S SERVICES SOCIETY 604-536-9611

ALCOHOL / DRUG PROGRAMS

ALCOHOL & DRUG INFO AND REFERRAL 604-660-9382
ALCOHOLICS ANONYMOUS (A.A. - 24 HR) 604-434-3933
AL-ANON / AL-ATEEN 604-688-1716
ASTRA PROGRAM (Teens) 604-592-6200
COCAINE ANONYMOUS (CA) Pager 604-662-8500
EASY DOES IT RECOVERY CLUB 604-597-9912
NARCOTICS ANONYMOUS (NA - 24HR) 604-873-1018
SURREY MENTAL HEALTH & ADDICTIONS 604-953-4900

FAMILY SERVICES

CRESCENT BEACH COMMUNITY SERVICES
2916 McBride Aven., White Rock 604-535-0015
DELTASSIST FAMILY COMMUNITY SERVICES
9097 - 120 St., Delta 604-594-3455
LANGLEY COMMUNITY SERVICES SOCIETY
5339 - 207th St., Langley 604-534-7921
OPTIONS SURREY COMMUNITY SERVICES SOCIETY
ADMIN: 9815 - 140 St., Surrey 604-584-5811
NEWTON OFFICE:
#100 - 6846 King George Hwy., Surrey 604-596-4321
PEACE ARCH COMMUNITY SERVICES
882 Maple St., White Rock 604-531-6226
SALVATION ARMY COMMUNITY SERVICES 604-507-4840
DIVERSEcity COMMUNITY RESOURCES SOCIETY
#1107, 7330 - 137 St. Surrey 604-597-0205
SOUTH FRASER COMMUNITY SERVICES
10667 - 135A St., Surrey 604-589-8678
PACIFIC COMMUNITY RESOURCE SOCIETY 604-951-4821

FIRST NATIONS SERVICES

CWENEGITAL ABORIGINAL SOCIETY
13321 - 108 Ave., Surrey 604-588-5561
KLA-HOW-EYA ABORIGINAL CENTRE OF SACS
13629 - 108 Ave., Surrey 604-584-2008
METIS FAMILY SERVICES
13639 - 108th Ave., Surrey 604-584-6621
NATIVE COUNSELLING ASSOCIATION OF B.C. 604-588-8430

FOOD SERVICES

DJAEF MAHIER GROCERY (high protein food bank for residents
in South Fraser area that are HIV+)
10697 - 135A St. 604-588-9004
FOOD BANK (White Rock / South Surrey) 604-531-8168
MEALS ON WHEELS 604-588-MEAL(6325)
SOUTH FRASER WOMEN'S SERVICES SOCIETY
(Women & Children) Lunch Mon-Fri, 12-1:30 604-536-9611

FOOD SERVICES (cont'd)

SURREY FOOD BANK - Mon., Tues, Thurs, Fri (9am-1pm)
10732 - 135 St., Surrey 604-581-5443

FREE MEALS

CLOVERDALE CHRISTIAN FELLOWSHIP
Community Soup Kitchen
Soup Monday 6-7:30pm, Pasta Tuesday 8:30-9:30pm,
Hot Dog Thursday 11am-1pm, Saturday 7:30-8:30pm
175 Street and 57 Avenue in Surrey 604-574-1725

GRACEPOINT COMMUNITY CHURCH (Sunday, 5:00pm)
3487 King George Hwy. 604-538-1825

GURU NANAK SIKH TEMPLE (Every day, 8am - 8pm)
7050 - 120 St., Surrey 604-594-8117

HOLY TRINITY CATHEDRAL (Thur. 8am-9am Breakfast)
514 Carnarvan St., New Westminster 604-521-2511

KING'S BANQUET SOUP KITCHEN (Tues. 4pm - 6pm)
15262 Pacific Ave., White Rock 604-538-2533

NIGHTSHIFT STREET MINISTRIES SOCIETY
(nightly 7-8:30 pm; call for meal serving location)
10759 - 135th St., Surrey 604-953-1114
nightshiftministries.org Fax 604-953-1415

QUEENS AVE. UNITED CHURCH (Wed. 11:30am-1pm Lunch)
Queens Ave. and Sixth St., New Westminster 604-522-1606

UNION GOSPEL MISSION (Breakfast 8am, Soup 10:30, Meal 12:30)
668 Clarkson St., New Westminster 604-525-8989

HOUSING SERVICES

GENERAL

B.C. HOUSING MANAGEMENT COMMISSION 604-525-3033

COMMUNITY HOUSING SERVICES
(Call for hours)
#100 - 6846 King George Hwy., Surrey ... 604-590-7368(RENT)

KEKINOW NATIVE HOUSING SOCIETY
#1014, 7445 - 132 St., Surrey 604-591-5299

SENIORS HOUSING INFORMATION 604-520-6621

EMERGENCY HOUSING

AFTER HOURS EMERGENCY SERVICES 604-660-3194

CLOVERDALE SHELTER 604-574-4341

GATEWAY SHELTER 604-589-7777

HYLAND HOUSE SHELTER (Men & Women) 604-599-8900

LANDLORD/TENANT PROBLEMS

RESIDENTIAL TENANCY OFFICE
Burnaby 604-660-3456

TENANT RIGHTS ACTION COALITION 604-255-0546

LEGAL SERVICES

COMMUNITY LEGAL ASSISTANCE 604-685-3425

LAW STUDENTS LEGAL ADVICE PROGRAM. 604-822-5791

LAWYER REFERRAL SERVICE 604-687-3221

LEGAL SERVICES (cont'd)

LEGAL AID

* LEGAL SERVICES SOCIETY OF B.C. 604-585-6595

MENTAL PATIENT ASSOCIATION - Court Services . 604-572-2405

SURREY RCMP (non-emergency) 604-599-0502

COURT INFORMATION

NATIVE COURT WORKERS

& COUNSELLING ASSOCIATION 604-588-8430

SURREY CROWN COUNSEL OFFICE 604-572-2360

SURREY FAMILY COURT 604-572-2200

SURREY FAMILY JUSTICE CENTRE 604-501-3100

SURREY PROVINCIAL COURT 604-572-2200

SURREY SMALL CLAIMS COURT 604-572-2200

SURREY SPECIALIZED VICTIMS' ASSISTANCE 604-583-1295

VICTIM LINK

Victims Information Line 1-800-563-0808

VICTIMS SERVICES

Delta 604-940-5019

Langley 604-532-3200

Surrey (R.C.M.P.) 604-599-7600

PROBATION OFFICES

DELTA/WEST FRASER

8285 - 120 St. 604-501-3292

LANGLEY

101 - 5755 Glover Rd. 604-532-3610

SURREY NORTH

103, 10475 - 138 St. 604-586-4255

SURREY SOUTH/EAST

100, 13545 - 64 Ave. 604-502-5330

FINANCIAL INFORMATION

HOUSING & SOCIAL DEVELOPMENT OFFICES

Delta / Surrey West 604-501-3257

Fleetwood 604-501-8250

Park Place 604-501-8159

Riverheights 604-586-2755

Scottsview 604-586-2755

Whalley 604-586-2866

SERVICE CANADA

7404 King George Hwy. 1-800-622-6232

1-800-O-CANADA

EMPLOYMENT INSURANCE

Information Line 1-800-206-7218

SOCIAL ACTIVITIES, DROP-IN & RECREATION

SOUTH FRASER WOMEN'S SERVICES SOCIETY

Laundry & shower (women) 604-536-9611

SURREY PARKS, RECREATION and CULTURE 604-501-5000

SURREY PUBLIC LIBRARY ****FREE INTERNET****

Cloverdale 604-598-7320

Fleetwood 604-598-7340

Guildford 604-598-7360

Newton 604-598-7400

Ocean Park 604-502-6304

Port Kells 604-598-7440

Semiahmoo 604-592-6900

