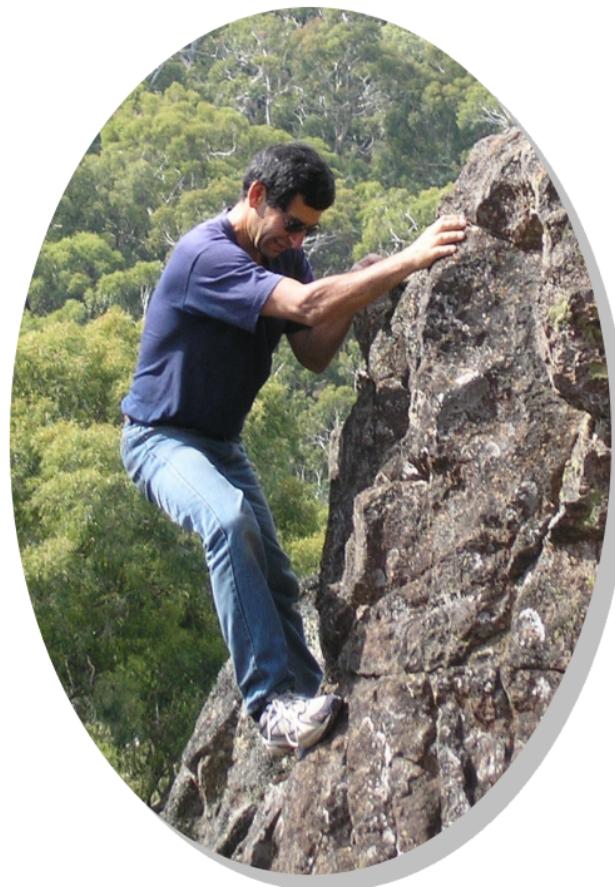


SURREY SURVIVAL GUIDE



**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
www.options.bc.ca

NEWTON OFFICE
13520 - 78 Ave., Surrey, B.C. V3W 8J6
T: 604.596.4321, F: 604.572.7413
www.options.bc.ca

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

EMERGENCY SERVICES

AMBULANCE, FIRE, POLICE, INHALATOR	911
COMMUNITY SERVICE INFORMATION.....	211
BILL REID 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	604.669.7600/1.800.661.2121
MINISTRY OF SOCIAL DEVELOPMENT Emergency Services (after hours)	604.660.3194
PARENTS SUPPORT SERVICES	604.669.1616
POISON CONTOL CENTRE (24 Hrs per day/7 Days per week)	604.682.5050/1.800.567.8911
PROBLEM GAMBLING HELP LINE.....	1.888.795.6111
FRASER HEALTH 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.....	1.800.680.4264
GATEWAY SHELTER	604.589.7777

HEALTH SERVICES

ALCOHOL & DRUG INFO and REFERRAL LINE.....	604.660.9382
.....	1.800.663.1441
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) 10697 - 135A St., Surrey	604.583.5666
HEALTHIEST BABIES POSSIBLE #100 - 6846 King George Blvd., Surrey	604.583.1017

HOSPITALS

JIM PATTISON OUT PATIENT CARE & SURGERY CENTRE 9750 - 140 St., Surrey	604.582.4550
LANGLEY MEMORIAL HOSPITAL 22051 Fraser Highway	604.534.4121
PEACE ARCH DISTRICT HOSPITAL 15521 Russell Ave, White Rock.....	604.531.5512
SURREY MEMORIAL HOSPITAL 13750 - 96 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

START 9634 King George Blvd., Surrey	604.585.5561
CHILD & YOUTH MENTAL HEALTH	604.951.5844 / 604.586.2685
DELTA MENTAL HEALTH CENTRE	604.948.7010

LANGLEY MENTAL HEALTH CENTRE	604.514.7940
SURREY CENTRAL/NORTH MENTAL HEALTH CENTRE Gateway Station Tower, 11 th Floor 13410 - 108 Ave., Surrey.....	604.953.4900
WHITE ROCK/SOUTH SURREY MENTAL HEALTH CENTRE 15521 Russell Ave., Russell Annex 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. 12 Ave., Vancouver.....	604.875.4006
DENTURE CLINIC Academy of Dentistry Burnaby	604.434.2611
KEYS DENTAL CLINIC 10697 - 135A St., Surrey	604.545.4012
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 Blvd.	
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	604.589.8678
SMH YOUTH CLINIC 9634 King George Blvd Surrey	604.585.5999
OPTIONS FOR SEXUAL HEALTH.....	604.731.7803
THE CARE CENTRE (Nightshift) 10635 King George Blvd., Surrey	604.953.1154

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 Blvd., 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.....	604.582.7088 Ext. 3
SALVATION ARMY THRIFT SHOP 1335 Johnston Road, White Rock	604.531.6494
7155 - 138 St., Surrey	778.590.0177
SISTERS MARKETPLACE NIGHTSHIFT 10635 King George Blvd., Surrey	604.953.1155
SOURCES WOMEN'S PLACE (Clothing Exchange, women & children)	604.536.9611
PENNY SAVER'S THRIFT SHOP 11961 - 82 Ave., Delta.....	604.501.2111

THE COMMUNITY THRIFT STORE 7138 King George Blvd.,	604.599.9930
VALUE VILLAGE 6925 King George Blvd., Surrey	604.635.1341

COUNSELLING, SUPPORT, INFORMATION

GENERAL INFORMATION

BC SENIORS ADVOCATE.....	1.877.952.3181
SETTLEMENT SERVICES (Settlement Services in: Chinese, Korean, Spanish, Arabic, and Somali)	604.572.4060
NIGHTSHIFT CARE CENTRE	604.953.1154
10635 King George Blvd., Surrey.	
SEXUAL ABUSE COUNSELLING CENTRE (age 3 - 18).....	604.584.5811
SURREY HOSPICE SOCIETY.....	604.584.7006
SURREY WOMEN'S CENTRE.....	604.583.1295
CREDIT COUNSELLING	1.888.527.8999
SOURCES WOMEN'S PLACE.....	604.536.9611
SUICIDE PREVENTION, EDUCATION AND COUNSELLING (up to 18 years).....	604.584.5811
PREGNANCY OPTIONS #5, 13634 - 104 Ave., Surrey	604.584.4490

ADVOCACY

CHILD, YOUTH OFFICER OF B.C.....	1.800.476.3933
MENTAL HEALTH CONSUMER ADVOCACY.....	604.596.1880
OMBUDSPERSON OF B.C.....	1.800.567.3247
SOURCES NEWTON RESOURCE CENTRE (NAGS)	604.596.2311
SOURCES WOMEN'S PLACE.....	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/ALATEEN	604.688.1716
ASTRA PROGRAM (Teens).....	604.592.6200
COCAINE ANONYMOUS (CA)	Pager 604.662.8500
CREEKSIDE	1.888.587.3755
13740 - 94A Ave., Surrey	
Detox	604.587.3755
Daytox.....	604.585.5610
EASY DOES IT RECOVERY CLUB	778.564.7577
NARCOTICS ANONYMOUS (NA - 24HR).....	604.873.1018

FAMILY SERVICES

ALEXANDRA NEIGHBOURHOOD HOUSE 15455 Vine Ave., White Rock	604.538.5060
DELTASSIST FAMILY COMMUNITY SERVICES 9097 - 120 St., Delta.....	604.594.3455
LANGLEY COMMUNITY SERVICES SOCIETY 5339 - 207 St., Langley	604.534.7921
OPTIONS COMMUNITY SERVICES SOCIETY ADMIN: 9815 - 140 St., Surrey	604.584.5811
NEWTON OFFICE: 13520 - 78 Ave., Surrey	604.596.4321

SOURCES	
882 Maple St., White Rock	604.531.6226
SALVATION ARMY SURREY COMMUNITY CHURCH	
13474 - 96 Ave., Surrey.....	604.496.5172
DIVERSEcity COMMUNITY RESOURCES SOCIETY	
13455 - 76 Ave., Surrey.....	604.597.0205
KEYS HOUSING AND HEALTH SOLUTIONS	
10667 - 135A St., Surrey	604.589.8678
PACIFIC COMMUNITY RESOURCE SOCIETY	604.951.4821

FIRST NATIONS SERVICES

CWENENGITEL ABORIGINAL SOCIETY	
13632 - 110A Ave., Surrey	604.588.5561
FRASER REGION FRIENDSHIP CENTRE	
13639 - 108 Ave. Surrey.....	604.595.1170
METIS FAMILY SERVICES	
13639 - 108 Ave., Surrey.....	604.584.6621
NATIVE COUNSELLING ASSOCIATION OF B.C.	1.877.811.1190

FOOD SERVICES

DJAEG MAHLER GROCERY (high protein food bank for residents in South Fraser area that are HIV+)	
10697 - 135A St., Surrey	604.588.9004
SOURCES FOOD BANK (White Rock/South Surrey)	604.531.8168
SURREY/NORTH DELTA	
MEALS ON WHEELS	604.588.MEAL(6325)
SURREY FOOD BANK - Mon., Tues, Thurs, Fri (9am.1pm)	
10732 City Parkway, Surrey	604.581.5443
SURREY FOOD BANK NEWTON/GREEN TIMBERS	
Green Timbers Covenant Church - Alternate Wed. (Noon - 2:00pm)	
14219 - 88 Ave., Surrey.....	604.581.5443 Ext 110

FREE MEALS

BREAD4LIFE	604.589.8678
10677 - 135A St., Surrey	
Free food daily, 7 days a week.	
GRACEPOINT COMMUNITY CHURCH (Sunday, 5:00pm)	
3487 King George Blvd.	604.538.1825
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	
10635 King George Blvd., Surrey	604.953.1114
Website.....	nightshiftministires.org
QUEENS AVE. UNITED CHURCH (Wed. 11:30am - 1pm Lunch)	
Queens Ave. and Sixth St., New Westminster	604.522.1606
CLOVERDALE COMMUNITY KITCHEN	
PACIFIC COMMUNITY CHURCH	
(Mon., 6:30 - 8:30; Wed., 6:30 - 8:30; Thur., 12 noon)	
5337 - 180 St., Surrey	604.574.4001
SOURCES WOMEN'S PLACE	
(Women & Children) Lunch Mon-Fri, 12 - 1:30	604.536.9611
THE SURREY URBAN MISSION	
10776 King George Blvd., Surrey	604.581.5172
Mon, Wed & Fri, Noon. Sat 9 - 11. Sun 5 - 6 (1 st & 3 rd Sunday/month)	
UNION GOSPEL MISSION)	
658 Clarkson St., New Westminster	
Breakfast 8:30am - 9:30am, Soup 11:15 - 12.....	604.525.8989
The Corner Stone	
601 E. Hastings, Vancouver	604.253.3323
Mon - Fri: 6:30am - 9pm; Sat./Sun.: 1 - 9pm	

HOUSING SERVICES

GENERAL

B.C. HOUSING MANAGEMENT COMMISSION.....	604.525.3033
COMMUNITY HOUSING SERVICES	
Drop-in Tues., Wed., and Thursday 9-11, 1-4 13520 - 78 Ave., Surrey.....	604.590.7368 (RENT)
KEKINOW NATIVE HOUSING SOCIETY #1014, 7445 - 132 St., Surrey.....	604.591.5299
SENIORS SERVICES SOCIETY.....	604.520.6621
	1.866.355.7042

EMERGENCY HOUSING

AFTER HOURS EMERGENCY SERVICES	604.660.3194
BILL REID 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 RESOURCE AND ADVISORY CENTRE	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 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	1.877.811.1190
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 BC BC Hate Crime Victim Info 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 SURREY 8285 - 120 St.....	604.501.3292
LANGLEY	
101 - 5755 Glover Rd.	604.532.3610
SURREY EAST #110 - 15955 Fraser Hwy.	604.501.3115
SURREY NORTH 103, 10475 - 138 St.....	604.586.4255
SURREY SOUTH/EAST 102, 14245 - 56 Ave.	604.502.5330

FINANCIAL INFORMATION

MINISTRY OF SOCIAL DEVELOPMENT AND POVERTY REDUCTION

One number for all offices	1.866.866.0800
Fleetwood (V3S, V49, V4B & V4P) 101, 16088 - 84 Ave., Surrey, B.C. V3T 4G1	
Park Place (V4C, V4E & V3W) 130, 13749 - 72 Ave., Surrey, B.C. V3W 2P2	
Richmond (V4G, V4K, V4L & V4M) 100 - 5760 Minoru Blvd.	
Surrey North (V3T & V3V) 100, 13650 - 102 Ave., Surrey, B.C. V3T 1N6	
Whalley (V3R) 101, 10095 - Whalley Blvd., Surrey, B.C. V3T 4G1	
Langley 5753 Glover Rd., Langley, B.C. V3A 8H4	
SERVICE CANADA	1.800.622.6232 / 1.800.O.CANADA
Surrey North (13889 - 104 Ave.).....	604.590.3346
Surrey South (#103 - 15295 Highway 10).....	1.800.206.7218
SERVICE CANADA TELEPHONE SERVICE Information Line	1.800.206.7218

SOCIAL ACTIVITIES, DROP-IN & RECREATION

SOURCES WOMEN'S PLACE

Laundry & Shower (women) 604.536.9611

SURREY PARKS, RECREATION and CULTURE

SURREY PUBLIC LIBRARY **FREE INTERNET**

Cloverdale (5642 - 176A St.)	604.598.7320
Fleetwood (15996 - 84 Ave.)	604.598.7340
Guildford (15105 - 105 Ave.)	604.598.7360
Newton (13795 - 70 Ave.)	604.598.7400
Ocean Park (12854 - 17 Ave.)	604.502.6304
Port Kells (18885 - 88 Ave.)	604.598.7440
Semiahmoo (1815 - 152 St.)	604.592.6900
Strawberry Hill (7399 - 122 St.)	604.501.5836
Whalley City Centre (10350 University Dr.)	604.598.7420

THE FRONT ROOM (call for hours)

10667 - 135A St., Surrey 604.589.7777

OTHER SERVICES

BUS INFORMATION

BC BUS PASS PROGRAM	1.866.866.0800
TRANSLINK INFORMATION	604.953.3333
HandyDART	604.575.6600

WORKBC EMPLOYMENT SERVICE CENTRES

CLOVERDALE: SOURCES EMPLOYMENT SERVICES

#101, 5783 - 176A St., Surrey 604.576.3118

GUILDFORD: OPTIONS COMMUNITY SERVICES

#202, 10334—152A Street, Surrey 604.580.9740

NEWTON: OPTIONS COMMUNITY SERVICES

#110 - 7525 King George Blvd., Surrey 778.728.0175

SOUTH SURREY: SOURCES EMPLOYMENT SERVICES

#208 - 1461 Johnston Rd., White Rock..... 604.542.7590

WHALLEY: OPTIONS COMMUNITY SERVICES

10362 King George Blvd., Surrey 604.584.0003

NON EMERGENCY NUMBERS

SURREY RCMP Non-Emergency Line.....	604.599.0502
SURREY RCMP Auxiliary Constable Program	604.507.5984
PARAMEDICS/AMBULANCE Non-Emergency	604.872.5151
FIRE Non-Emergency	604.543.6700

FREQUENTLY CALLED TELEPHONE NUMBERS

NOTES:
