**QUICK REFERENCE TELEPHONE LIST**

|  |  |  |
| --- | --- | --- |
| **SOUTH VANCOUVER NEIGHBOURHOOD HOUSE** **604-324-6212****6470 Victoria Drive, Vancouver, BC V5P 3X7****HEALTH SERVICES**Ambulance Billing1-800-665-7199Canadian Red Cross (Medical Equipment Loan Services) 604-301-2566CNIB Vision Loss604-431-2121Health Insurance BC (MSP, Pharmacare & Disclosure Directives inquiries)604-683-7151Vancouver Coastal Health General Inquiries 604-736-2033Health 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)604-675-3700Mid-Main Community Health Centre (low-cost dental clinic)604-873-3602Philips Lifeline Alert604-872-5433South Community Health Centre (Older Adult Services, immunizations)604-321-6151Vancouver Central Intake & Referral (for Home and Community Services)604-263-7377UBC Dental Clinic 604-822-2112VCC Dental Clinic 604-443-8499 South Vancouver Health Centre(Older Adult Services, immunizations) 604-321-6151  | Vancouver Community Audiology Centre 604-659-1100Vancouver Mental Health Emergency Service & Crisis Line (Intervention for mental health crisis/emergencies) 604-874-7307Western Institute for the Draft Hard of Hearing 604-736-7391Tetra Society (Custom-built Assistive Devices) 604-688-6464 **GOVERNMENT OFFICES**City of Vancouver 604-873-7011 Consumer Protection 1-888-564-9963Government of Canada (Information, Programs & Services) 1-800-622-6263Passport Office 1-800-567-6868 Service BC 604-660-2421Service Canada (Pension, OAS, GIS) 1-800-277-9914Canada Revenue Agency1-800-267-6999Ombudsperson 1-800-567-3247 Public Trustee of BC 604-660-4444SIN 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 1-888-223-3779HandyDART Information 604-575-6600Handy DART Consumer Advocate 778-772-4431TransLink Route Information 604-953-3333Spark BC Parking Permit Program 604-718-7744Senior Bus Pass Program (for low-income seniors)1-866-866-0800 **INFORMATION & REFERRAL**Arthritis Answers Line 1-800-321-1433Arthritis Society of BC 604-714-5550BC 211 (information about health &human services, Multilingual) 211BC Alcohol & Drug Information & Referral (Multilingual) 604-660-9382BC Bereavement 604-738-9950BC Human Rights Tribunal 604-775-2000 Heart & Stroke Foundation 604-736-4404Lawyer Referral Service 604-687-3221Law Students (UBC) Advice Program604-822-5791Legal Service Society (Legal Aid)604-601-6000Police Non-Emergency 604-717-3321Representation 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 604-718-6575Killarney 604-718-8200Sunset 604-718-6505 **VANCOUVER PUBLIC LIBRARIES** Champlain Heights Branch 604-665-3955Fraserview Branch 604-665-3957South Hill Branch 604-665-3965**TAX CLINIC**Sikh Community Resource Centre (Year-round clinic) 604-322-5613For 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) 604-688-1927Better at Home Light Housekeeping604-568-0636Canadian Cancer Society 604-872-4400 Canadian Diabetes Association604-732-1331 Family Caregiver Support Line (by Family Caregivers of BC)1-877-520-3267 | South Vancouver Family and Friend Caregiver Supports Program604-324-6212 ext. 116Family Respite Centre 604-327-9525Grandparents Raising Grandchildren Support Line 604-558-4740Osteoporosis Canada 1-800-463-6842Parkinson’s Society of BC 604-662-3240Provincial First Nations and Aboriginal Crisis Line 1-800-588-8717Senior Citizens Home Repair604-529-1100, 604-438-6990LGBTQ2+ Advisory Committee 604-257-8420S.U.C.C.E.S.S. Chinese Help Lines:Mandarin 604-270-8222 Cantonese 604-720-8233Vancouver Addictions Matrix Program604-714-3480EMERGENCIES CALL 9-1-1 (for Police, Fire & Ambulance) 911  Poison Control 604-682-5050 Crisis Centre Seniors’ Distress Line 604-872-1234Gas Leaks and Odours 1-800-663-9911Power Outage 1-888-769-3766Telus Wireline Phone Repair Line 611 **HOUSING**BC Housing 604-609-7024Ministry of Finance (includes Property Tax Deferment and Home Owner Grant) 1-888-355-2700 | Seniors Housing Info Program (by Senior Services Society) 604-520-6621Residential Tenancy Branch 604-660-1020SAFER (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 604-636-4712S.U.C.C.E.S.S. 604-684-1628PICS 604-324-7733Canadian Immigration and Settlement Consultants Ltd 604-301-0360 **FOOD SERVICES**Food Bank 604-876-3601Low Cost Meals: Meals on Wheels Western Meals 604-732-7638Chinese Meals 604-733-6615Thursday Community Lunch (South Vancouver Neighbourhood House) 604-324-6212Low Cost Grocery stores and Markets:Consumer Food Market - 5889 Victoria DriveBuy-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.** |