



Community Resources and Services to support you following an Emergency.

 ep@abbotsford.ca

 604-607-3408

Revision Date:
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GETTING STARTED

A disaster that has forced you from your home can impact you and your family significantly. In the days and weeks that follow you will experience a range of emotions. These emotions are a normal reaction to a traumatic event. It will take time and you may need help with resources.

First things first is to assess the immediate needs of you and your family:

- Emotional Support
- Temporary Housing
- Food
- Clothing
- Medications

INSURANCE

If you are insured:

- Inform your insurance company of the loss as soon as possible
- Ask the representative about:
 - Covering doors & windows
 - Pumping out any remaining water
 - Whether you need to make an inventory of damaged personal property

If you are not insured, reach out to local Emergency Support Services through the Fire Department - 604-853-3566.

UTILITIES

It is important following an event that you will be displaced from your home to cancel or suspend utilities and deliveries.

UTILITY CONTACT NUMBERS:

BC HYDRO	1-800-224-9376
FORTIS BC	1-888-224-2710
SHAW/ROGERS CABLE	1-888-472-2222
TELUS	1-888-811-2323
CANADA POST	1-866-607-6301

HOUSING SUPPORTS

SALVATION ARMY

604-852-9305

Scan the QR code for The Salvation Army Available Housing List



BC HOUSING

Rental assistance,
subsidized housing

1-800-257-7756

MCC FRASER VALLEY RENT BANK

604-851-7726

Scan the QR code for BC Rent Bank website



HEALTH SERVICES

FRASER HEALTH URGENT CARE CENTRE ABBOTSFORD 100-2692 CLEARBROOK RD	604 870-3325
HEALTH SERVICES HOME AND COMMUNITY CARE	1-855-412-2121
YOUTH HEALTH SERVICES ARCHWAY COMMUNITY SERVICES	604-746-3392

MENTAL HEALTH SERVICES

FRASER HEALTH	604-870-7800
ARCHWAY - MENTAL HEALTH	604-859-7681
YOUTH MENTAL HEALTH	604-746-3392
FRASER HEALTH YOUTH & CHILD MENTAL HEALTH SUPPORT	1-844-782-7811

FOOD SECURITY

ARCHWAY FOOD BANK	604-859-5749
FOOD JUSTICE PROGRAM FREE MEALS AND DISCOUNTED GROCERIES	236-380-4301
BULK BUY COLLECTIVE LOW COST FRUIT AND VEGETABLES archway.ca/bulkbuy	236-380-4301



Scan the QR code for
Community Resources

SENIORS SERVICES

ARCHWAY - SENIORS SERVICES	604-870-3763
ABBOTSFORD ASSOC OF HEALTHY AGING	604-854 1733
ABBOTSFORD OLD AGE PENSIONERS	604-756-0348
VETERANS AFFAIRS	1-866-522-2122
ROYAL CANADIAN LEGION	604-853-1711
ABBOTSFORD PARKS & RECREATION SENIORS PROGRAM	604-853-2281
BETTER AT HOME	604-859-7681 ext 772

DISABILITY SUPPORTS

COMMUNITY SUPPORTIVE CARE SOCIETY	604-850-6608
PROVINCE OF BC DISABILITY SERVICES	1-800-663-7867
FRASER HEALTH DISABILITY SUPPORT	604-520-4420
HANDYDART	604-855-0080
ROYAL CANADIAN LEGION	604-853-1711
MEDICAL EQUIPMENT RENTAL – ABBOTSFORD RED CROSS RENTAL PROGRAM	604-556-3526

CLOTHING & FURNITURE

MCC CLOTHING	604-854-4174
MCC CENTRE THRIFT SHOP	604-854-2062
THE SALVATION ARMY THRIFT SHOP	604-852-9305
LIFE'S SECOND CHANCE	604-854- 2119

FIRST NATIONS RESOURCES

FIRST NATIONS EMERGENCY SERVICES SOCIETY	1-888-388-4431
FIRST NATIONS HEALTH AUTHORITY	1-866-913-0033
SEMA'TH FIRST NATION	604-852-4041
MATSQUI FIRST NATION	604-826-6145
FRASER VALLEY MÉTIS ASSOCIATION	236-622-1717

ANIMAL CARE RESOURCES

BCSPCA (DOMESTIC PETS)	604-850-1584
MINISTRY OF AGRICULTURE (LIVESTOCK)	604-556-3001



**SCAN QR CODE TO ACCESS
211 DIRECTORY**