

SENIORS CARD

Resources & Services

IN CASE OF EMERGENCY CALL 911

FOR HELP FINDING SERVICES CALL 211

FOR MEDICAL SUPPORT CALL 811

Revised: May 2025

**SCAN to access
BC 211 directory**



Feedback and updates
please email:

**abbotsfordaccess@
abbotsford.ca**

ADDICTION SERVICES

Alano Club: 604-859-1601

Alcoholics Anonymous 24/7: 604-615-2911

Abbotsford Addiction Centre: 604-850-5106

Gambling Helpline BC: 1-888-795-6111

Rapid Access to Addiction Care Clinic:
604-851-3752

ADVOCACY / LEGAL

Legal Advocacy Centre (ARCHWAY):
604-743-0345

Public Guardian & Trustee: 604-660-4444

Office of the Seniors Advocate: 1-877-952-3181

BC Community Response Networks (BCCRN)
(Older Adult Abuse, Neglect and Self-
Neglect): info@bccrn.ca

COMMUNITY GROUPS

Abbotsford Association for Healthy Aging:
604-854-1733

South Asian Social Program: 778-201-3745

BC Old Age Pensioners Branch #69:
604-756-0348

Elder College Chilliwack: 604-702-2611

Archway Community Services: 604-870-3763

South Asian Day Program: 236-380-0556

Fraser Valley Métis Association: 236-622-1717

**City of Abbotsford Parks, Recreation &
Culture:** 604-853-2281

F.V Clearbrook Library: 604-859-7814

Royal Canadian Legion: 604-853-1711

COUNSELLING & SUPPORT

Archway Community Services:
604-859-7681

Abbotsford Peer Support for Seniors:
604-850-0011

Abbotsford Hospice Society:
604-852-2456

FOOD OR SHOPPING ASSISTANCE

Archway Food Bank: 604-859-5749

Meals on Wheels: 604-870-3764

Better Meals: 604-299-1877

**SEVA Food Pantry (CULTURALLY
PREFERRED FOOD HAMPERS):**
604-866-1559

Better at Home: 604-870-3772

Aging at Home: 778-982-1041

HEALTH AND WELLNESS

Parkinson Society BC Support Line:
1-800-668-3330

Alzheimer Society Helpline:
1-800-936-6033

Abbotsford Regional Hospital:
604-851-4700

Fraser Health Lab: 604-870-7555

LifeLabs: 1-800-431-7206

HealthLink: 811

MSP/Pharmacare: 604-683-7151

Canada Dental Benefit: 1-800-715-8836

Valley Medical Imaging: 604-855-0109

Medical Health Centre: 604-870-7800

Valley Alert Lifeline Society: 604-854-5991

ACTIVITIES AND SOCIAL CONNECTION

Abbotsford Peer Support Friendly Visiting:
604-850-0011

Abbotsford Association for Healthy Aging:
604-854-1733

Abbotsford Recreation Centre: 604-853-4221

Matsqui Recreation Centre: 604-855-0500

Abbotsford Social Activity Association: 604-853-5151

Archway Lunch with the Bunch: 236-380-2702

The Reach Gallery and Museum: 604-864-8087

HOUSING AND SHELTER

BC Housing Programs for Seniors:
1-800-257-7756

Residential Tenancy Branch: 604-660-1020

Property Tax Deferment Program:
1-888-355-2700

Sparrow Community Care Society:
604-798-7332

INCOME & EMPLOYMENT ASSISTANCE

Income Assistance: 1-866-866-0800

Service Canada: 1-800-277-9914
(For support with: OAS, GIS, CPP, DISABILITY,
SPOUSE/SURVIVOR ALLOWANCE, SENIOR
SUPPLEMENT, DEATH BENEFIT, PENSIONS)

EI Call Centre: 1-800-206-7218

Canada Revenue Agency: 1-800-959-8281

Veterans: 604-853-1711

TTY (TELE TYPEWRITER): 1-833-921-0071

WorkBC: 778-314-1003

Stride for Older Workers: 604-557-3690

MEDICAL EQUIPMENT

Abbotsford Red Cross Loan Program:
604-556-3526

**BC Rebate for Accessible Home Adaptations
(RAHA):** 1-800-257-7756

AGING AT HOME

Fraser Health Home Health: 1-855-412-2121

Better at Home: 604-870-3772

Abbotsford Aging at Home: 778-982-1041

Fraser Valley Virtual Care: 1-800-314-0999

Telus Mobility for Good: 1-866-558-2273

Telus Internet for Good: 1-888-811-2323

Telus Health for Good: 1-855-505-8008

Rogers Connected for Good:
1-888-793-2441

MEDICAL CARE

Abbotsford Public Health: 604-864-3400

Urgent and Primary Care: 604-870-3325

Seniors Clinic (REFERRAL REQUIRED):
604-851-4775

MENTAL HEALTH SUPPORT

Older Adult Mental Health:
604-870-7800

Telecare Crisis and Caring Line:
604-852-9099

Alzheimer Society Helpline:
English: 1-800-936-6033
Cantonese: 1-833-674-5007
Punjabi: 1-833-674-5003

TRANSPORTATION

Archway Community Services Van:
604-743-0354

handyDART: 604-855-0080

BC Transit: 250-382-6161

WHERE TO CALL FOR HELP

City of Abbotsford: 604-853-2281

Abbotsford Fire Rescue Service
(NON-EMERGENCY): 604-853-3566

Abbotsford Police Department
(NON-EMERGENCY): 604-859-5225

Fraser Health Crisis Line: 1-877-820-7444

Fraser Health Service Line: 1-855-412-2121

**Seniors First BC and Seniors Abuse &
Information Line:** 1-866-437-1940

Seniors' Community Connectors: 604-743-1209