



SENIORS CARD

Resources & Services

IN CASE OF EMERGENCY CALL 911

FOR HELP FINDING SERVICES CALL 211

FOR MEDICAL SUPPORT CALL 811

Revision Date: March 2026



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 Addictions Care: 604-851-3752

Narcotics Anonymous: 1-866-683-6819

Advocacy/Legal

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

Public Guardian & Trustee: 1-800-663-7867

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

South Asian Social Program: 778-201-3745

Fraser Valley Metis Association: 604-621-6446

fraservalleymetisassociation@gmail.com

ElderCollege Chilliwack: 604-702-2611

<https://chilliwackeldercollege.ca/>

Archway Community Services Seniors Programs: 604-870-3763 /
236-380-2106

South Asian Seniors Day Program: 236-380-0556

City of Abbotsford Parks, Recreation & Culture: 604-859-3134

Clearbrook Library: 604-859-7814

Abbotsford Community Library: 604-853-1753

Mount Lehman Library: 604-856-4988

Royal Canadian Legion: 604-853-1711

Abbotsford Association for Healthy Aging Seniors Social Cafe:
604-854-1733

Counselling & Support

Archway Counseling: 604-859-7681

Abbotsford Peer Support for Seniors: 604-850-0011/604-300-1457

Abbotsford Hospice Society: 604-852-2456

BC Bereavement Helpline: 1-877-779-2223

Healthy Aging Caregiver Support: 604-768-5421

Food or Shopping Assistance

Archway Food Bank: 604-859-5749

Meals on Wheels: 604-870-3764

Better Meals: 1-888-838-1888

**SEVA Food Pantry (CULTURALLY PREFERRED FOOD
HAMPERS):** 604-859-5749

Better at Home: 604-870-3772

Mission Friendship Centre Elders Food Bank: 604-826-1281

Health and Wellness

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

Abbotsford Regional Hospital: 604-851-4700

Fraser Health Lab: 1-888-442-5227

LifeLabs: 1-888-442-5227

HealthLink: 811

Virtual Care: 1-800-314-0999

MSP/Pharmacare: 1-800-663-7100

Canadian Dental Care Plan: 1-833-537-4342

Valley Medical Imaging: 604-855-0112

Valley Alert Lifeline Society: 604-854-5991

Social Prescribing - Seniors' Community Connectors:
604-743-1209

Activities and Social Connection

Abbotsford Peer Support Friendly Visiting: 604-850-0011

Abbotsford Recreation Centre: 604-853-4221

Matsqui Recreation Centre: 604-855-0500

Abbotsford Social Activity Association: 604-853-5151

Archway Lunch with the Bunch (Registration Required):
236-380-2702

The Reach Gallery Museum: 604-864-8087

Mission Friendship Centre: 604-826-1281

Housing and Shelter

BC Housing Programs for Seniors (including SAFER Grant):
1-800-257-7756

Residential Tenancy Branch: 1-800-665-8779

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

Sparrow Older Adult Shelter (55+): 604-991-6937

Income & Employment Assistance

Income Assistance: 1-866-866-0800

Service Canada: 1-800-277-9914

(For support with: OAS, GIS, CPP, PENSIONS, DISABILITY, SPOUSE/SURVIVOR ALLOWANCE, SENIOR SUPPLEMENT, DEATH BENEFIT)

EI Call Centre: 1-800-206-7218

Canada Revenue Agency: 1-800-959-8281

Veterans Affairs Canada: 1-866-522-2122 or TTY (Teletypewriter)
1-833-921-0071

WorkBC: 778-314-1003

Transportation

Archway Community Services Van: 604-743-0354

handyDART: 604-855-0080

BC Transit: 604-854-3232

BC Bus Pass Program: 1-866-866-0800

Medical Equipment

Abbotsford Red Cross Loan Program: 604-556-3526

www.redcross.ca

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

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

Telus for Good: (Internet/phone plans for lower income seniors)

www.telus.com/connectingforgood

Rogers Connected for Success: 1-888-793-2441 (check eligibility at

rogers.com/connected-for-success)

Falls Prevention Clinic: 604-374-2273

fallsprevention@fraserhealth.ca

Medical Care

Abbotsford Public Health: 604-864-3400

Urgent and Primary Care Clinic: 604-870-3325

Specialized Seniors Clinic: 604-851-4775 (Referral Required)

Mental Health Support

Older Adult Mental Health: 604-870-7800

Telecare Crisis and Caring Line: 604-852-9099

**Alzheimer Society of BC and Yukon's First Link® Dementia
Helpline:** 1-800-936-6033

Veterans Affairs Canada Mental Health Line: 1-800-268-7708;
TDD/TTY 1-800-567-5803

Volunteer Opportunities for Seniors

United Way: 604-294-8929 www.ivolunteer.ca

Archway Community Services: 604-870-3763
www.archway.ca/volunteer

Fraser Health: www.fraserhealth.ca/volunteer

City of Abbotsford: www.abbotsford.ca/volunteer

Red Cross: www.redcross.ca/volunteer/apply-now

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 Access Line: Home and Community Care
1-855-412-2121

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

ReAct Line to report adult abuse, neglect or self-neglect: 1-877-REACT-08 (1-877-732-2808)

Archway Community Services One Line Referral (English or Punjabi): 778-345-8013

Archway Community Services Reception: 604-859-7681

Additional Resources



Scan for BC 211



Scan for Seniors Connect Directory