

## 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](http://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](http://www.telus.com/connectingforgood)

**Rogers Connected for Success:** 1-888-793-2441  
(check eligibility at [rogers.com/connected-for-success](http://rogers.com/connected-for-success))

**Falls Prevention Clinic:** 604-374-2273  
[fallsprevention@fraserhealth.ca](mailto:fallsprevention@fraserhealth.ca)

## MEDICAL CARE

**Abbotsford Public Health:** 604-864-3400

**Urgent and Primary Care Clinic:** 604-870-3325

**Specialized 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 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](http://www.ivolunteer.ca)

**Archway:** [www.archway.ca/volunteer](http://www.archway.ca/volunteer) 604-870-3763

**Fraser Health:** [www.fraserhealth.ca/volunteer](http://www.fraserhealth.ca/volunteer)

**City of Abbotsford:** [www.abbotsford.ca/volunteer](http://www.abbotsford.ca/volunteer)

**Red Cross:** [www.redcross.ca/volunteer/apply-now](http://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



**IN CASE OF EMERGENCY CALL 911**

FOR HELP FINDING SERVICES CALL 211  
FOR MEDICAL SUPPORT CALL 811

March  
2026



Scan for  
digital  
card



Feedback and updates please email [abbotsfordaccess@abbotsford.ca](mailto: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  
elder.college@ufv.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



SCAN  
for  
BC211



SCAN for  
Seniors  
Connect  
Directory

## 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