

# SENIORS CARD

## Resources & Services

**IN CASE OF EMERGENCY CALL 911**

**FOR HELP FINDING SERVICES CALL 211**

**FOR MEDICAL SUPPORT CALL 811**

Revised: May 2026



SCAN to access  
BC 211 directory

For digital  
versions of this  
resource scan



Feedback and updates  
please email:  
[abbotsfordaccess@  
abbotsford.ca](mailto:abbotsfordaccess@abbotsford.ca)

## MENTAL HEALTH SUPPORT

**Alzheimer Society of BC & Yukon's First Link**

**Dementia Helpline:** 1-800-936-6033

**Older Adult Mental Health:** 604-870-7800

**Telecare Crisis and Caring Line:**

604-852-9099

**Veterans Affairs Canada Mental Health Line:**

1-800-268-7708, TDD/TTY 1-800-567-5803

## MEDICAL CARE

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

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

**Seniors Clinic (REFERRAL REQUIRED):**

604-851-4775

## MEDICAL EQUIPMENT

**Abbotsford Red Cross Loan Program:**

604-556-3526 or [redcross.ca](http://redcross.ca)

**BC Rebate for Accessible Home Adaptations**

**(RAHA):** 1-800-257-7756

## ADDICTION SERVICES

**Abbotsford Addiction Centre:** 604-850-5106

**Alano Club:** 604-859-1601

**Alcoholics Anonymous 24/7:** 604-615-2911

**Gambling Helpline BC:** 1-888-795-6111

**Narcotics Anonymous:** 1-866-683-6819

**Rapid Access to Addiction Care Clinic:**

604-851-3752

## TRANSPORTATION

**Archway Community Services Van:**

604-743-0354

**BC Transit:** 604-854-3232

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

**handyDART:** 604-855-0080

## INCOME & EMPLOYMENT ASSISTANCE

**Canada Revenue Agency:** 1-800-959-8281

**EI Call Centre:** 1-800-206-7218

**Income Assistance:** 1-866-866-0800

**Service Canada Pensions:** 1-800-277-9914  
(For support with: Old Age Security (OAS),  
Guaranteed Income Supplement (GIS),  
Allowance, Allowance for Survivor, Canada  
Pension Retirement/Survivor/Death Benefits)

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

**WorkBC:** 778-314-1003

## ADVOCACY / LEGAL

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

**Legal Advocacy Centre (ARCHWAY):**

604-743-0345

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

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

## WHERE TO CALL FOR HELP

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

**Archway Community Services Reception:**  
604-859-7681

**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 & 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)

## AGING AT HOME

**Better at Home:** 604-870-3772  
**Fall Prevention Clinic:** 604-374-2273  
fallsprevention@fraserhealth.ca  
**Fraser Health Home Health:** 1-855-412-2121  
**Fraser Valley Virtual Care:** 1-800-314-0999  
**Rogers Connected for Success:**  
1-888-793-2441 (check eligibility at rogers.  
com/connected-for-success)  
**Telus for Good:** (Internet/phone plans for  
lower income seniors) telus.com/connect-  
ingforgood

## 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  
**BeMorr Society** bemorrssociety@gmail.com

## FOOD OR SHOPPING ASSISTANCE

**Archway Food Bank:** 604-859-5749  
**Better Meals:** 1-888-838-1888  
**Better at Home:** 604-870-3772  
**Meals on Wheels:** 604-870-3764  
**Mission Friendship Centre Elders Food  
Bank:** 604-826-1281  
  
**SEVA Food Pantry (CULTURALLY  
PREFERRED FOOD HAMPERS):**  
604-859-5749

## ACTIVITIES & SOCIAL CONNECTION

**Abbotsford Peer Support Friendly Visiting:**  
604-850-0011  
**Abbotsford Recreation Centre:** 604-853-  
4221  
**Abbotsford Social Activity Association:**  
604-853-5151  
**Archway Lunch with the Bunch:**  
(Registration required) 236-380-2702  
**Matsqui Recreation Centre:** 604-855-0500  
**Mission Friendship Centre:** 604-826-1281  
**The Reach Gallery Museum:** 604-864-8087

## COMMUNITY GROUPS

**Abbotsford Association for Healthy Aging  
Seniors Social Cafe:** 604-854-1733  
**Archway Community Services Seniors  
Programs:** 604-870-3763 /236-380-2106  
**Elder College Chilliwack:** 604-702-2611  
elder.college@ufv.ca  
**Fraser Valley Métis Association:** 604-621-  
6446 fraservalleymetisassociation@gmail.  
com  
**Clearbrook Library:** 604-859-7814  
**Abbotsford Community Library:**  
604-853-1753  
**Mt Lehman Library:** 604-856-4988  
**South Asian Social Program:** 778-201-3745  
**South Asian Seniors Day Program:**  
236-380-0556  
**Royal Canadian Legion:** 604-853-1711

## HEALTH AND WELLNESS

**Abbotsford Regional Hospital:** 604-851-  
4700  
**Canadian Dental Care Plan:** 1-833-537-4342  
**Fraser Health Lab:** 1-888-442-5227  
**HealthLink:** 811  
**LifeLabs:** 1-888-442-5227  
**MSP/Pharmacare:** 1-800-663-7100  
**Parkinson Society BC Support Line:**  
1-800-668-3330  
**Social Prescribing - Seniors Community  
Connectors:** 604-743-1209  
**Valley Alert Lifeline Society:** 604-854-5991  
**Valley Medical Imaging:** 604-855-0112  
**Virtual Care:** 1-800-314-0999

## HOUSING AND SHELTER

**BC Housing Programs for Seniors:** (including  
SAFER Grant): 1-800-257-7756  
**Property Tax Deferment Program:** 1-888-  
355-2700  
**Residential Tenancy Branch:** 1-800-665-  
8779  
**Sparrow Older Adult Shelter (55+):** 604-991-  
6937