

STREET CARD

Resources & Services

IN CASE OF EMERGENCY CALL 911

FOR HELP FINDING SERVICES **CALL 211**

FOR MEDICAL SUPPORT **CALL 811**

Revision Date: May 2026



For feedback and updates please email abbotsfordaccess@abbotsford.ca

Permanent Shelters

Centre of Hope: 604-852-9305

Men & Women 19+ | Walk In | 34081 Gladys Ave | **24/7**

Cyrus Centre: 604-859-5773

Youth 12-18 and 19-24 years | Walk In | 2616 Ware St | **24/7**

Lighthouse Shelter: 604-744-1221

Men & Women 19+ | Referral Only | **24/7**

Montvue Shelter: 236-380-3357

Men & Women 19+ | Referral Only | **24/7**

Pauline Shelter: 604-776-6305

Men & Women 19+ | Referral Only | **24/7**

Penny's Place: 604-746-3301

Women 19+ | Intake before 10pm | **24/7**

Sparrow Older Adult Shelter: 604-991-6937

Men & Women 55+ | Referral Only | **24/7**

Sumas Shelter: 604-334-4911

Men & Women 19+ | Referral Only | **24/7**

Medical Care

Abbotsford Regional Hospital and Cancer Centre: 604-851-4700
32900 Marshall Rd | www.edwaittimes.ca

Abbotsford Urgent and Primary Care Centre: 604-870-3325
2692 Clearbrook Road #100

Arukah Hepcure Society: 778-650-5657
#4-B100 33765 Essendene Ave | M-F 9am-4pm

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

Health Link BC (assistance with finding a doctor): Dial 811

Salvation Army - Medical Clinic: 604-852-9305
34081 Gladys Ave | M-Th 8am-4pm, F 8am-12pm

The Foundry: 604-746-3392
32555 Simon Ave | 12-24yrs | M-F

Drop In Resource Centres



Scan this QR code to view:
**Abbotsford Community Health and Substance
Use Services Guide**

Listed services can be accessed via self-referral

Cyrus Centre: 604-856-5773

2616 Ware St | Youth up to 24 yrs | 12:30-7:30pm 7 d/w

The Foundry: 604-746-3392

32555 Simon Ave | Youth up to 24 yrs | M-F hours vary

Youth Resource Centre: 604-870-4972

Housing

SUPPORTIVE (TEMPORARY OR SEMI PERMANENT)

Elizabeth Fry Society: 604-520-1166

EMBERS Staffing Solutions: 604-226-0106

Hearthstone Place: 604-776-5060

Lookout Health and Housing Society: 604-776-2424

Raven's Moon Resource Society: 604-751-4631

SARA for Women: 604-855-3363
<u>YOUTH</u>
Cyrus Centre: 604-859-5773
<u>EMERGENCY RENT SUPPORT</u>
Archway Community Services: 236-380-0575
BC Housing Rental Assistance Program (RAP): 1-800-257-7756
CEDAR Outreach Prevention & Diversion: 604-309-1293
Cyrus Centre: 604-859-5773 Youth up to age 24
Lookout Housing and Health Society: 604-776-2424
Rent Bank – MCC: 604-851-7726
SAFER (Shelter Aid For Elderly Renters): 1-800-257-7756
Salvation Army: 604-852-9305 ext 199
<u>AFFORDABLE RENTAL & SUBSIDIZED HOUSING OPTIONS</u>
BC Housing Housing Assistance: 1-800-257-7756 or 604-433-2218 www.bchousing.org/housing-assistance

Showers & Laundry

CEDAR Outreach Society Laundry Program:

Accessible through outreach workers, call The Nest 604-768-7864

Centre of Hope - Salvation Army: 604-852-9305

34081 Gladys Ave | M-F

Cyrus Centre: 604-856-5773

2616 Ware St | Ages 12-18 During Drop In Hours 12:30 to 6pm |

Ages 19-24 During breakfast 8am-9am or call

Refresh Mobile Shower: 604-557-3440

33633 Gladys Ave | Thursdays 4:30-6:30pm

Food – Groceries & Hampers

Archway Food Banks: 604-859-5749

Hampers & self-selected groceries for all Mon-Fri 9am-3:30pm

Satellite locations - evening/weekends

Archway SEVA Food Pantry: 604-859-5749 ext. 25

Culturally preferred food hampers; South Asian, Halal, Ukranian

Blue Bus (Lifeline Outreach Society): 604-728-7551

33933 Gladys Ave | Self-selected groceries & hampers 2nd & 4th

Sundays 3:30-6pm

Cyrus Centre: 604-859-5773

2616 Ware St | Food hampers for youth | 7 d/w 12:30-7:30pm

Salvation Army Food Cart: 604-853-9305

34081 Gladys Ave | Self-selected groceries & pet food M-Sat 12-1pm

Where to Call for Help



SCAN to access BC 211 directory on your mobile device.

Abbotsford Police (APD) non-emergency: 604-859-5225

APD Victim Services: 604-864-4757

Battered Women's Support Services Crisis Line: CALL 1-855-687-1868 or TXT 604-652-1867 24/7
BC Bereavement Helpline: 1-877-779-2223
BC Crime Victim Assistance Program: 1-866-660-3888
BC Crisis Centre: 1-800-SUICIDE (784-2433) 24/7
BC Mental Health Support Line: 310-6789 24/7
Fraser Health Crisis Line: 604-951-8855 or 1-877-820-7444 24/7
Help Line for Children 310-1234 / TDD: 1-866-660-0505 24/7
Indian Residential School Survivors Society: 800-721-0066 24/7
Kids Help Phone: 1-800-668-6868 text CONNECT to 686868 24/7
Métis Crisis Line: 1-833-638-4722
Rape Crisis Centre's Crisis and Information Line: CALL 604-255-6344 TXT 604-245-2425 24/7
Seniors Abuse and Information Line (SAIL): 1-866-437-1940 M-F 8AM-8PM S-S 10AM-5:30PM
START: 1-844-782-7811 (ages 6-18)
Suicide Crisis Helpline: 9-8-8 24/7
VictimLinkBC: 1-800-563-0808 call or text 24/7

Youth Against Violence Line: 1-800-680-4264 24/7

Outreach

Abbotsford Mission Assertive Community Treatment (ACT) Team: 236-332-3438 OR 604-851-3750

CEDAR Outreach: 604-835-5225

Ground Zero Ministries: 1-888-712-2980

Fraser Valley Brain Injury Association: 604-557-1913

Fraser Health Indigenous Outreach Team: 604-701-3660

Intensive Case Management (ICM) Team: 604-870-3353

**Integrated Homelessness Action Response Team (IHART):
604-613-8964**

Lifeline Outreach Society: 604-728-7551

Lookout Health Contact Centre: 778-201-8029

Lookout Harm Reduction Outreach: 604-308-8296

Lotus Humanitarian Society: 604-855-5562

5&2 Ministries: 604-613-4432

Pacific Community Resources Society: 604-795-5994

Salvation Army Outreach: 604-302-7205
Union Gospel Mission: 604-612-0527 or 604-833-1402
Youth Resource Centre Street Outreach: 604-870-4972

Services for Women
L.I.F.E. Recovery: 604-855-4440
Nisa Foundation: 1-888-456-8043 ext 402
Pearl Life Renewal Society: 604-402-4673 For women exiting the sex trade 10am-3pm
SARA for Women: 604-855-3363
The Womens' Centre: 604-852-1001 1661 McCallum Road Drop In Thursdays 10-11:30am Sept - June

Substance Use Support
Abbotsford Addictions: 604-850-5106 202-31943 S Fraser Way

Abbotsford Health Centre OAT Clinic: 604-870-9925 33634 Busby Rd M&Fr 9-4, Tu 9-5, W&Th 9-5:30
Abbotsford Junction: 604-851-3754 102-32463 Simon Ave Tues-Sat 12-4pm Day, Evening, Weekend (DEW) Treatment Program: 604-585-5610 Mon-Sat
Drug War Survivors (DWS): 1-800-397-0260
Fraser Valley Addictions & Recovery Hub: 236-887-3870
Fraser Health Overdose Outreach Team (OOT): 236-332-4857
Matsqui-Abby Impact Society YOUTH & DWS: 1-800-397-0260
McCallum Health Centre: 604-744-5016 105-2481 McCallum Rd
OAT Clinic: 604-755-4408 Outreach: 604-615-6008
Opioid Treatment Access Line: 1-833-804-8111
Rapid Access to Addiction Care (RAAC) / OAT Clinic: 604-851-3752 240-31935 South Fraser Way M-F 9-5
Substance Use Services Access Team (SUSAT): 1-866-624-6478
Union Gospel Mission: 604-253-3323

Bed-Based Treatment & Recovery

Into Action Recovery Men's Addiction Centre: 778-601-4800
Joshua House: 604-858-7279 Men 19+ only
Kinghaven Treatment Centre: 604-864-0039 Men 19+
L.I.F.E. Recovery: 604-855-4440 Women 19+
Peardonville House: 604-856-3966 Women 19+
Ruth & Naomi's: 604-392-6445 Men & Women 19+
Salvation Army Next Steps: 604-852-9305 ext 131 Men 19+
PCRS Traverse Youth Substance Use Mental Health: 236-892-0510
Union Gospel Mission: 604-253-3323 Men & Women 19+

Mental Health Support
Abbotsford Hospice & Grief Support Society: 604-852-2456

Abbotsford Mental Health: 604-870-7800 11-32700 George Ferguson Way 8:30-4:30 M-F
BeMorr Society: bemorrsociety@gmail.com
Early Psychosis Intervention Program Fraser Health: 1-866-870-7847 101-32555 Simon Ave
Family Support Services, Fraser Health: 1-833-898-6200
Help with Mental Health in BC: HelpStartsHere.gov.bc.ca
Older Adult Mental Health: 604-870-7800 11-32700 George Ferguson Way M-F 8:30 - 4:30
Telecare Crisis and Caring Line: 604-852-9099

Income, Employment, Legal, ID Recovery
Buxton Consulting Employment Services: 604-504-5419
Community Futures South Fraser (entrepreneurs & small business support): 604-392-5133
Community Legal Advocacy Centre: 604-743-0345
Credit Counselling Society: 1-604-859-5757
EMBERS Staffing Solutions: 604-226-0106
Legal Aid BC Family LawLINE: 1-866-577-2525

Ministry of Social Development and Poverty Reduction (income assistance): 1-866-866-0800
Triangle Community Resources: 604-859-0033
Tenant Resource & Advocacy Centre: 1-800-665-1185
WorkBC Employment Services: 778-314-1003

Youth Supports
Abbotsford Hospice & Grief Support Society: 604-852-2456 Ages 3 and up, along with families
Child and Youth Mental Health: 604-870-5880 2828 Cruickshank street 12-18 yrs M-F 9-4, Tuesday Walk-In Intake
Cyrus Centre: 604-856-5773 2616 Ware St 12-18 and 19-24 years 12:30-7:30pm 7d/w
Matsqui-Abby Impact Society YOUTH: 1-800-397-0260
The Foundry: 604-746-3392 32555 Simon 12-24yrs M-F
Youth Resource Centre: 604-870-4972 2420 Montrose Ave 12-18yrs

Youth Unlimited: 604-852-2725

1A-2760 Emerson | M-Th 9-4:30

Senior Supports
Abbotsford Association for Healthy Aging: 604-854-1733
Abbotsford Peer Support for Seniors: 604-850-0011
Archway Seniors Service: 604-870-3763
Office of the Seniors' Advocate: 1-877-952-3181
Seniors Clinic Abbotsford Hospital: 604-851-4775
South Asian Day Program for Older Adults: 236-380-0556

Indigenous Supports
BC First Nations Justice Council: 1-866-786-0081
Fraser Health Indigenous Health Liaison: 1-866-766-6960
Fraser Health Indigenous Outreach Team: 604-701-3660
Fraser Valley Métis Association: 604-621-6226
Métis Nation British Columbia: 604-557-5851
PCRS Indigenous Peer Support: 236-622-3703
VYPER Youth: 1-800-397-0260

Xyólheméylh Abbotsford: 604-855-3328

Free, Walk-In, No Barrier Meals & Prepared Food Distribution – WEEKLY SCHEDULE

Free, Walk-In, No Barrier Meals and Prepared Food Distribution – Weekly Schedule Developed by the Abbotsford ACCESS Food Equity and Distribution Working Group

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305	12-1pm Salvation Army 34081 Gladys Ave 604-852-9305
					12:30-3:30pm Union Gospel Mission Mobile Service 604-612-0527 604-833-1402	2:00-3:30pm Ground Zero Ministries Mobile Service 1-888-712-2980
		6:00-7:30pm Ground Zero Ministries Mobile Service 1-888-712-2980	4:30-6:30pm Mennonite Central Committee 33933 Gladys Avenue 604-850-6639	4pm, dinner 6pm The Stream Ministry 14-33550 S Fraser Way 604-556-1668		2 nd & 4 th Sunday 3:30-6:00pm Lifeline Outreach Society (Blue Bus) 33933 Gladys, behind MCC thrift store 604-728-7551
		6:00-7:00pm 5&2 Ministries and Lotus Humanitarian 604-855-5562 Laurel and Montrose			5:00-5:45pm Laurel and Montrose 6:30-6:45pm Countess Lotus Humanitarian 604-855-5562 and 5&2 Ministries	
YOUTH to 24 years of age: Cyrus Centre 2616 Ware Street 604-859-5773						
• 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm	• 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm	• 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm	• 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm	• 8-9am • 12:30-1:30pm (12-18 yrs only) • 6-7pm	• 12:30-1:30pm (12-18 yrs only) • 6-7pm	• 12:30-1:30pm (12-18 yrs only) • 6-7pm

Last Reviewed: April 2026