

Food / Shopping Assistance

Meals on Wheels	604.299.5754
Food Bank	604.876.3601
Quest Food Market	604.553.0636
Shopping Buddies/ Groceries by Phone	604.294.7498
Dietician	811; TTY: 711

Counselling & Support

Peer Support & Unpaid Caregivers	604.431.0400
Burnaby Counselling	604.430.1303
LGBTQ+ Support	604.684.5307
Multicultural Support	604.436.1025
Memorial Society	1.888.816.5902
Hospice Society	604.520.5087
Bereavement Line	604.738.9950

Social & Recreation

Seniors Centres:	
Bonsor	604.297.4580
Cameron	604.297.4453
Confederation	604.294.1936
Edmonds	604.297.4402
Parks & Rec Info	604.294.7450
Recreation Credits	604.299.5778
Outreach & Social Programs:	
Bby Services	604.375.5778
Neighbourhood House	604.431.0400
Citizen Support Services	604.294.7980
Bus trips, lunches, shopping, daily calls, friendly visitors, housekeeping	
Public Library	604.436.5400
Library Home Services	604.436.5423
College for the Retired	604.517.8732

Emergency/24hr

Police, Fire, Ambulance	911
Poison Control	604.682.5050
Crisis/Suicide Line	604.872.3311
Crisis - BC Wide	1.800.784.2433
Seniors Distress Line	604.872.1234

Non-Emergency

RCMP	604.646.9999
VictimLink BC	1.800.563.0808
Crime Stoppers	1.800.222.8477
BC 211 General Info	211
Health Line/Seniors Info	811; TTY: 711

For local information contact:

Burnaby Community Services
604.299.5778
www.BbyServices.ca



seniors 2023 Community Resource Card



Financial Assistance

Service Canada	1.800.277.9914
Pensions Info	TTY:1.800.255.4786
OAS, GIS, CPP, Disability, Spouse/Survivor Allowance	
Seniors BC	604.660.2421
Veterans Allowance	1.866.522.2122
Legal / Advocacy	www.clicklaw.bc.ca
Elder Law Clinic	604.336.5653
Free Lawyers Clinics	604.878.7400
Notaries Public	604.681.4516
Personal Planning	604.408.7414
Public Trustee	604.660.4507
Ombudsperson	1.800.567.3247
Seniors Advocate	1.877.952.3181

Health & Wellness

Public Health Info	604.918.7605
Home Health Care	1.855.412.2121
Care Complaints	604.918.7683
MSP/Pharmacare	604.683.7151
Elder Abuse Info	604.437.1940
Mental Health	604.453.1900
Dementia Helpline	604.681.8651
Substance Use/Addiction	604.453.1960
Gambling Helpline	1.888.795.6111
UBC Dental Clinic	604.822.2112
VCC Hygiene Clinic	604.443.8499
CNIB Vision Loss	604.431.2121
Hearing Clinic	604.736.7391

Housing

Housing Info	604.520.6621
BC Housing	604.433.2218
HAFI/Home Adaptations SAFER/Shelter Aid for Renters	
Landlord & Tenant Relations	604.660.1020
Tax Deferral/ Homeowner Grants	1.888.355.2700
Transportation	
Translink Info	604.953.3333
Bus Pass Program	1.866.866.0800
HandyDART/Card TaxiSavers	604.953.3680
Medical Transportation	604.292.3901
SPARC Parking Permits	604.718.7744

Home & Yard Maintenance

Housekeeping	604.297.4877
Seniors Repair Services	604.529.1100
Mobile Work Crew	604.723.3439
Helping Neighbours	604.764.6601
Medical Equipment	
Red Cross Loans	604.522.7092
Lifeline	604.953.4960
Regency Medical	604.434.1383
BC MedEquip	604.888.8811
Adaptive Clothing	604.984.8211
Newcomers Settlement Services	
Neighbourhood House	604.431.0400
ISS	604.395.8000
MOSAIC	604.438.8214