

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
Meals & Food Hamper . . . 604-431-0400

Counselling & Support

- Seniors Peer Support . . . 604-299-5778
Caregiver Peer Support . . 604-299-5778
QUEST+ (2SLGBTQI+) . . . 672-336-1074
Info & Referral 236-308-8049
Multicultural Support . . . 604-436-1025
Hospice Society 604-520-5087
Bereavement Line 604-738-9950

Social & Recreation

- Senior Centres:
- Bonsor 604-297-4580
 - Cameron 604-297-4453
 - Confederation 604-294-1936
 - Edmonds 604-297-4402
- Parks & Rec Info 604-294-7450
FAIR Play 604-299-5778
- Neighbourhood Houses:
- South 604-431-0400
 - Brentwood 604-299-5778
 - North 604-294-5444
- Citizen Support Services . 604-294-7980
*Includes: Bus trips, lunches, shopping,
daily calls, friendly visitors, housekeeping*
- Burnaby Public Library . 604-436-5400
Library Home Services . 604-436-5423
College for the Retired . 604-517-8732

Emergency / 24hrs

- Police, Fire, Ambulance 911
BC Drug & Poison Info . . . 604-682-5050
National Suicide Crisis Line 988
BC Suicide Crisis Line . . . 1-800-784-2433
Seniors Distress Line 604-872-1234
KUU-US Crisis Line 1-800-588-8717

Non-Emergency

- RCMP 604-646-9999
VictimLink BC 1-800-563-0808
Crime Stoppers 1-800-222-8477
Seniors Abuse & Info 604-437-1940
BC211 General Info 211
HealthLink BC 811; TTY: 711

Burnaby Neighbourhood House
604.431.0400
www.burnabynh.ca



seniors

2026

Community Resource Card



Financial Assistance

Service Canada 1-800-277-9914

Pensions Info . . TTY: 1-800-255-4786

- *OAS, GIS, CPP, CPP-Disability, Spouse/
Survivor Allowance*

Income Assistance . . 1-866-866-0800

Veterans Allowance . . 1-866-522-2122

Tax Deferral &

Homeowner Grants . . 1-888-355-2700

Legal & Advocacy

Elder Law Clinic 604-437-1940

Legal Aid BC 604-408-2172

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 1-877-880-8823

MSP/Pharmacare 604-683-7151

Mental Health 604-453-1900

Dementia Helpline 604-681-8651

Substance Use/Addiction . 604-777-6870

Gambling Helpline . . . 1-888-795-6111

Dental Care Plan 1-833-537-4342

UBC Dental Clinic 604-822-2112

VCC Dental Clinic 604-443-8499

CNIB Vision Loss 604-431-2121

Deaf/Blind Services 604-736-7931

Healthcare Services

Burnaby Hospital 604-434-4211

Edmonds Urgent &

Primary Care (UPCC) . . 604-519-3787

Metrotown UPCC 604-451-4888

Medical Equipment

Red Cross Loans 604-522-7092

Lifeline 604-953-4960

Housing

Shelters 211

Progressive Housing . . . 604-522-9669

Seniors Services Society . 604-520-6621

BC Housing 604-433-2218

Tenant Info line (TRAC) . 604-255-0546

Residential Tenancy

Branch 1-800-665-8779

Transportation

Translink 604-953-3333

Bus Pass Program . . . 1-866-866-0800

HandyDART & Taxi Saver . 604-953-3680

Medical Transportation . . 604-294-7980

SPARC Parking Permits . . 604-718-7744

Home & Yard Maintenance

Housekeeping 604-294-7980

Mobile Work Crew 604-723-3439

Helping Neighbours 604-764-6601

Newcomer & Settlement Services

Neighbourhood House . . 604-431-0400

ISS 604-395-8000

MOSAIC 604-438-8214

SUCCESS 604-430-1899