

Health & Addiction Services

VCH Harm Reduction Services

☎ 604-983-6700 (ask for CDC on-call nurse)

VCH Mental Health and Addiction Intake

☎ 604-904-3540 (non-emergency)

VCH Nurse Practitioner

☎ 604-983-6828

Integrated Case Management for Adults

☎ 604-987-8211

Detox Central - Detox Referral Line

☎ 1-866-658-1221 Referral to drug/alcohol program & drug-free supportive housing

Alcohol and Drug Information + Referral Service

☎ 1-800-663-1441

Lions Gate Hospital

☎ 604-988-3131 🏠 231 East 15th St.

AA Meetings (daily at noon)

☎ 604-987-4141 Alano Club 🏠 176 East 2nd St.

NA Meetings

Saturdays 7:30pm @ Alano Club
Mondays 7pm @ Lookout Shelter

HealthConnection Clinic

☎ 604-984-3777 🏠 148 East 15th St.

Canadian Mental Health Association Outreach

☎ 604-987-6959

Community & Support Services

BC Employment & Assistance

Ministry of Social Development

☎ 1-866-866-0800

BC Information Specialist ☎ 211

Info on shelter bed availability

Police Non-Emergency Numbers

North Vancouver ☎ 604-985-1311

West Vancouver ☎ 604-925-7300

24 HR Crisis Line ☎ 604-872-3311

Support Services

Harvest Project

☎ 604-983-9488 🏠 1073 Roosevelt Cr.

Coaching, food and clothing support programs.

Salvation Army

☎ 604-988-7225 🏠 105 West 12th St.

Food, clothing and furniture vouchers, counselling, church and addictions services, free chef training.

North Shore Disability Resource Centre

☎ 604-985-5371 🏠 3158 Mountain Hwy

Forms and advocacy for people with disabilities

North Shore Women's Centre

☎ 604-984-6009 🏠 131 East 2nd St.

Mon-Thu 10am-5pm, Drop-in support for women

North Shore Neighbourhood House/Food Bank

☎ 604-987-8138 🏠 225 East 2nd St.

Access to resources, information and referrals



North Shore Directory for Shelter, Assistance, Food, and Engagement

Emergency & Outreach Services

Adults & Seniors

Lookout Emergency Shelter (24/7)

☎ 604-982-9126 🏠 705 West 2nd St.

Canadian Mental Health Association Outreach

☎ 604-987-6959 🏠 211-260 West Esplanade

Salvation Army

☎ 778-866-4673

Hollyburn Seniors Outreach

☎ 604-723-9404

Youth

North Shore Youth Safe House (13-18 yrs)

☎ 1-877-789-6884

MCFD After Hours for Youth

☎ 604-660-4927

Women & Children

North Shore Women's 24 HR Crisis Line

☎ 604-987-3374

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am - 12:00pm	HealthConnection Clinic - medical each day						
9:00am - 4:00pm						Showers avail, Check in front desk - JBCC	
9:30 - 11:30am	Food Hampers Drop-in - Salvation Army		Food Hampers Drop-in - Salvation Army		Food Hampers Drop-in - Salvation Army		
10:00am - 2:00pm			Food Bank, hot soup NSNH ¹ (10am - 1pm)	Drop-in - St. Andrew's			
11:00am - 3:00pm		Emergency food bags - Harvest Project		Emergency food bags - Harvest Project			
11:45am - 12:45pm				Sharing Abundance Meal - St. Andrew's			
12:00 - 1:00pm		Meal - St. Paul's			Sharing Abundance Lunch - St. Agnes ²		
1:00 - 2:00pm						Meal - NSNH	
2:00 - 3:00pm			Food Voucher & Fellowship - NS Alliance				
4:00 - 5:30pm		Drop-in Medical - Lookout					
5:30 - 6:15pm		Sharing Abundance Dinner - N. Lonsdale United Church ³		Sharing Abundance Dinner - St. Agnes Church ⁴			
6:00pm	Recovery Program and Dinner - North Shore Alliance Church						
7:00pm			Coffee, Goodies & Fellowship - W. 2nd & Bewicke				

 Computer Use: ask at John Braithwaite CC, NS Women's Centre, NS Libraries, and Work BC Employment Centre

¹ Registration on site



² 3rd Friday of each month - Seniors Only

³ Registration requested by Monday, call 604-985-4911


⁴ First Thursday of the month, register by calling 604-925-6488

Locations & Contact


North Shore Neighbourhood House

 604-987-8138  225 E 2nd St.
Ground level, back lane



St. Andrew's United Church

 1044 St. Georges Ave.


North Shore Alliance Church

 201 East 23rd Street



North Lonsdale United Church

 604-985-4911  3380 Lonsdale Ave.


St. Paul's Church

 424 West Esplanade St.

John Braithwaite Community Centre

 604-982-8300  145 West 1st St.

St. Agnes Church

 530 East 12th St.

Salvation Army

 604-988-7225  105 West 12th St.

This card was made possible through the support of Vancouver Coastal Health, Canadian Mental Health Association, City of North Vancouver, District of North Vancouver, and District of West Vancouver.

Blue: Drop Ins Yellow: Fellowship and Recovery
Green: Medical programs Pink: Food programs