



## HELP Locations - Lower Mainland

These volunteer-operated sites are normally open at the posted hours except on statutory holidays and long weekends.

| Location  | Contact                                 | Hours of Operation                |
|---|---|-----------------------------------|
| <b>Abbotsford</b><br>#1 – 34220 South Fraser Way,<br>Abbotsford, BC V2S 2C6<br><a href="#">Map &amp; driving directions»</a>                    | <b>T 604-556-3526</b><br>F 604-556-3546 | Mon – Sat<br>11:00 am – 1:00 pm   |
| <b>Burnaby</b><br>Edmonds Comm. Resource Ctre<br>#105 - 7355 Canada Way<br>Burnaby, BC V3N 4Z6<br><a href="#">Map &amp; driving directions»</a> | <b>T 604-522-7092</b><br>F 604-522-1853 | Mon – Sat<br>9:30 am – 12:30 pm   |
| <b>Chilliwack</b><br>9290 Mary Street<br>Chilliwack, BC V2P 4H4<br><a href="#">Map &amp; driving directions»</a>                                | <b>T 604-792-2343</b><br>F 604-792-2783 | Mon – Fri<br>9:00 am – 12:00 pm   |
| <b>Langley</b><br>#106 - 20530 Langley Bypass<br>Langley, BC V3A 6K8<br><a href="#">Map &amp; driving directions»</a>                           | <b>T 604-532-2282</b><br>F 604-532-5663 | Mon – Fri<br>9:00 am – 12:00 pm   |
| <b>Maple Ridge</b><br>#5 – 11435 201A Street<br>Maple Ridge, BC V2X 0Y3<br><a href="#">Map &amp; driving directions»</a>                        | <b>T 604-465-5050</b><br>F 604-465-5054 | Mon/Wed/Fri<br>12:30 pm – 4:00 pm |

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|--|---|--|
| <p><b>North Vancouver</b><br/> Delbrook Rec Ctre (North Bdg)<br/> 600 West Queens Road<br/> North Vancouver, BC V7N 2L3<br/> <a href="#">Map &amp; driving directions»</a></p> | <p><b>T 604-988-7115</b><br/> F 604-988-7105</p>            | <p>Mon/Wed/Fri<br/> 9:00 am – 1:00 pm<br/> Tue/Thur<br/> 9:00 am – 4:00 pm</p>                           |
| <p><b>Port Coquitlam</b><br/> #104 - 1776 Broadway Street<br/> Port Coquitlam, BC V3C 2M8<br/> <a href="#">Map &amp; driving directions»</a></p>                               | <p><b>T 604-944-9042</b><br/> F 604-944-9073</p>            | <p>Mon – Fri<br/> 10:00 am – 1:00 pm<br/> Sat<br/> 10:00 am – 4:00 pm</p>                                |
| <p><b>Richmond</b><br/> #101 – 3850 Jacombs Road<br/> Richmond, BC V6V 1Y6<br/> <a href="#">Map &amp; driving directions»</a></p>  | <p><b>T 604 270-4224</b> ext<br/> 3<br/> F 604-270-6781</p> | <p>Mon – Fri<br/> 9:00 am – 12:30 pm<br/> Sat<br/> 9:00 am – 2:00 pm</p>                                 |
| <p><b>Squamish</b><br/> 38150 Behrner Drive<br/> P.O. Box 992<br/> Squamish, BC V8B 0A7<br/> <a href="#">Map &amp; driving directions»</a></p>                                 | <p><b>T 604-892-5318</b><br/> F 604-892-5308</p>            | <p>Mon/Wed/Fri<br/> 9:00 am – 12:00 pm</p>   |
| <p><b>Surrey</b><br/> #109 - 14727 108<sup>th</sup> Avenue<br/> Surrey, BC V3R 1V9<br/> <a href="#">Map &amp; driving directions»</a></p>                                      | <p><b>T 604-930-9049</b><br/> F 604-930-9036</p>            | <p>Mon - Fri<br/> 9:00 am – 12:00 pm<br/> Wed<br/> 6:00 pm – 8:00 pm<br/> Sat<br/> 9:00 am – 3:00 pm</p> |
| <p><b>Vancouver</b><br/> 209 West 6<sup>th</sup> Avenue<br/> Vancouver, BC V5Y 1K7<br/> <a href="#">Map &amp; driving directions»</a></p>                                      | <p><b>T 604-301-2566</b><br/> F 604-301-1162</p>            | <p>Mon – Sat<br/> 9:30 am – 4:00 pm</p>  |

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|--|---|--|
| <p><b>White Rock</b><br/>#16 - 1480 Foster Street<br/>White Rock, BC V4B 3X7<br/><a href="#">Map &amp; driving directions»</a></p> | <p><b>T 604-536-7911</b><br/>F 604-536-7956</p> | <p>Mon/Tues/Thurs/Fri/Sat<br/>9:30 am – 12:30 pm<br/>Wed<br/>1:30 pm – 4:30 pm</p> |