



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

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

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