



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

Location	Contact	Hours of Operation
<p>North Vancouver Lions Gate Community Recreation Centre Parkade (Underground) Level 1733 Lions Gate Lane North Vancouver BC V7P 0C7 Map & driving directions»</p>	<p>T 604-988-7115 F 604-988-7105</p>	<p>Mon, Fri 9:00 am – 1:00 pm Tues, Wed, Thurs 9:00 am – 4:00 pm</p>
<p>Port Coquitlam #104 - 1776 Broadway Street Port Coquitlam, BC V3C 2M8 Map & driving directions»</p>	<p>T 604-944-9042 F 604-944-9073</p>	<p>Mon – Fri 10:00 am – 1:00 pm Sat 10:00 am – 4:00 pm</p>
<p>Powell River Please click here for hours and contact info</p>		
<p>Richmond #101 – 3850 Jacombs Road Richmond, BC V6V 1Y6 Map & driving directions»</p>	<p>T 604-270-4224 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>Squamish 38150 Behrner Drive P.O. Box 992 Squamish, BC V8B 0A7 Map & driving directions»</p>	<p>T 604-892-5318 F 604-892-5308</p>	<p>Mon, Wed, Fri 9:00 am – 12:00 pm</p>
<p>Surrey #109 - 14727 108th Avenue Surrey, BC V3R 1V9 Map & driving directions»</p>	<p>T 604-930-9049 F 604-930-9036</p>	<p>Mon, Tues, Thurs, Fri 9:00 am – 12:00 pm Wed 6:00 pm – 8:00 pm Sat 9:00 am – 3:00 pm</p>

Location	Contact	Hours of Operation
<p>Vancouver 209 West 6th Avenue Vancouver, BC V5Y 1K7 Map & driving directions»</p>	<p>T 604-301-2566 F 604-301-1162</p>	<p>Mon – Sat 9:30 am – 4:00 pm</p>
<p>White Rock #16 - 1480 Foster Street White Rock, BC V4B 3X7 Map & driving directions»</p>	<p>T 604-536-7911 F 604-536-7956</p>	<p>Wed 1:30 pm – 4:30 pm</p> <p>Mon, Tues, Thurs, Fri, Sat 9:30 am – 12 :30 pm</p>