# YOU MATTER TO DELTA

Delta

Need emergency housing? Worried about your next meal? Senior and feeling isolated? Need help?

You are not forgotten. You are not alone. You matter.

This pocket guide provides information about emergency supports and community services in Delta.

More information on services in Delta is available at <u>Delta.ca/socialplanning</u>.

## **CALL 911**

• if you have an immediate emergency.

## **CALL 811**

• if you require non-emergency health information.

## **CALL 211**

 if you need information about services or programs in BC.
 Help is available 24/7 in multiple languages.



# Need Shelter for Tonight?

There are supports to help you to stay warm and safe.

# Nov 1 to Mar 31

Extreme Weather Shelter is open at Ladner United Church (4960 48 Ave, Delta). If shelter is full. call bc211.

The shelter is only open during extreme weather events.

Apr 1 to Oct 30

Call bc211 for a list of open shelters.





48 AVE

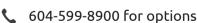


z DELTA ST

47A AVE

# **EXTREME WEATHER SHELTER**









# Need Access to Emergency Housing and Other Supports?

Want to know about your housing options and need some immediate assistance?

- Mobile Outreach Team:
  - 604-765-6751
  - hylandoutreach@options.bc.ca

Need access to free internet and computers? Visit your local libraries.

- North Delta: George Mackie Library 8440 112 St, Delta | 604-594-8155
- Ladner: Ladner Pioneer Library
   4683 51 St, Delta | 604-946-6215
- Tsawwassen: Tsawwassen Library
   1321 56 St, Delta | 604-943-2271



- Call the Seniors Distress Line: 604-872-1234
- Call Seniors Support Coordinator, City of Delta: 604-787-1242
- Call the Seniors Services Office, Deltassist: 604-946-9526 (Essential Seniors Services)
- Live in South Delta?
   Call the Seniors Community
   Connector, KinVillage: 236-880-4120
   (Social Prescribing Program)
- Live in North Delta?
   Call Seniors Community Connector,
   DIVERSECITY: 604-507-2266
   (Social Prescribing Program)



Every Wednesday, 9am to 11am
South Delta Food Bank
at Lighthouse Church
5545 Ladner Trunk Road | 604-946-1967

Every second Tuesday, 10am to 12pm North Delta Food Bank Depot at Northside Community Church\* 11300 84 Avenue | 604-581-5443

Monday - Friday, 9am to 4:30pm
Deltassist | Free emergency food bags
604-594-3455

Every first and third Sunday, 2pm Crossroads United Church Free fresh produce hamper 7655 120th Street | 778-593-1043

\*Registration is required - call to register



There are places in Delta and nearby in Surrey that provide free food meals.

# Once a month on Tuesdays

All Saints Anglican Church 4755 Arthur Drive, Delta 604-946-8413

#### Monday - Friday

Guru Nanak Food Bank 101-15199 68 Ave, Surrey 604-537-1440

#### First and third Saturday of the month Muslim Food Bank

104-12941 115 Ave, Surrey

# Monday - Friday

Free Hot Pre-packaged Vegetarian Meals 101-15199 68 Ave, Surrey

Call for exact dates and hours of operation.



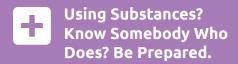
This community cares about you and wants you to stay safe.

Using alone and have a phone? Download the Lifeguard app. It can save your life. It will connect to 9-1-1 automatically in the event of a potential overdose.

**Need to access safe alternatives to the toxic drug supply?** Call 8-1-1 for non-emergency health information.

**Little House Society** offers 4 free counselling sessions to Delta residents struggling with substance use disorders and their family members. Call 778-434-3119.

**Deltassist** provides free counselling to Delta residents using substances and their close family members. Call 604-594-3455.



# Get Your FREE Naloxone Kit in Delta:

Naloxone, also known as Narcan, is a safe and highly effective medication that reverses the effects of opioid overdose.

- Lookout Mobile Harm Reduction Outreach Team | 604-328-7610 Additional services: drug checking, sharps disposal, and other services.
- South Delta Public Health Unit 1826-4949 Canoe Pass Way 604-952-3550
- North Delta Public Health Unit 11245-84th Ave | 604-507-5400 Additional services: drug checking.
- **Deltassist** 9097 120 Street | 604-594-3455 Provides kits and training.



# Not Feeling Safe? Been a Victim of Crime or Abuse?

# Crisis 24/7 Line

Fraser Health:

604-951-8855 | 1-877-820-7444 Crisis Centre BC: 604-872-3311

Emergency housing for women and children fleeing violence in relationships

Azure Place – Delta Transition House for Women

604-957-1556 | <u>wingshc@azureplace.org</u>

**Delta Police Victims Services** 604-940-5019 victimservices@deltapolice.ca

Deltassist wraparound services to victims of abuse/assault and their families

604-594-3455 | janiceh@deltassist.com