

Mental Health

Moving Forward

☎ : 877-485-5025

✉ : hello@movingforward.help

📍 : Movingforward.help

Details: Online free and low cost counselling and resources, offered in over 20 languages

To search for mental health resources:

www.bcacc.ca/counsellors

www.ccpa-accp.ca/find-a-canadian-certified-counsellor

Employment

Please visit our website more information

WorkBC

✉ : centre-mapleridge@workbc.ca

☎ : 604-466-4600

📍 : 170 - 22470 Dewdney Trunk Rd

Employment support and workshops for newcomers to Canada, including permanent residents and displaced Ukrainians.

Triangle Resources

✉ : ritemr@triangleresources.com

☎ : 604-476-1202

📍 : 101 - 22575 Lougheed Hwy

Employment services for those facing barriers to employment

Where to Find Employment Opportunities:

Indeed.ca

BCJobs.ca



Housing

Learn about Renting in Canada

Tenants.bc.ca

Rentingitright.ca

Where to Find Rentals

Facebook Marketplace

RentalsforNewcomers.com

Rew.ca

RentBoard.ca

Liv.rent

Vancouver.Craigslist.org

Rentals.ca

*Go to FVRefugees.ca
to access more resources*

Funded by / Financé par:



English

Welcome to Maple Ridge / Pitt Meadows

A Resources Guide for refugees and displaced Ukrainians:

- Housing
- Healthcare
- Employment



For information on local community services and organizations, please go to the following websites:

familied.bc.ca
 isssofbc.ca/location-types/maple-ridge
 comservice.bc.ca
 sd42.ca

Health Care Walk-in Clinics

**Call to confirm IFHP coverage.*

Cottonwood Medical Clinic Inc

☎ : 604-476-9705
 📍 : 102 - 12005 238B St
 🕒 : M-W 9-8, Th 9-5, F 9-2, Sat-Sun 9-1

Ford Road Medical Clinic

☎ : 604-459-9995
 📍 : 19126 Ford Rd
 🕒 : M-F 9-5

New Pitt Meadows Medical Clinic

☎ : 604-465-4911
 📍 : 12181 Harris Rd
 🕒 : M-Sat 9-5

Pitt River Medical Center

☎ : 604-459-9454
 📍 : 105 - 19070 Lougheed Hwy
 🕒 : M-F 9-5, Sat 8:30-12:30

Dental Services

All registered with IFHP - contact to confirm

Dentistry Thirty Two

☎ : 604-380-3200
 📍 : 2 - 22899 Dewdney Trunk Road

Pitt Meadows Dental Centre

☎ : 604-465-7733
 📍 : 19618 Hammond Rd

Kanaka Creek Dental

☎ : 778-401-4001
 📍 : 100 - 11225 240th St

Family Doctors & Nurse Practitioners

Go to this link to see a list updated monthly with available family doctors and nurse practitioners:
DivisionsBC.ca/Ridge-Meadows/Find-a-Doctor

Search for IFHP providers in your area at:

IFHP.MedavieBC.ca/en/Providers-Search

Want a Virtual Care appointment in your own language? Call 1-800-314-0999

Need medical advice? Call 8-1-1

Emergency? Call 9-11

Disclaimer: A clinic may be registered with IFHP, but it does not guarantee they will accept it. Contact clinic directly to inquire.



Pharmacies

All registered with IFHP

London Drugs

☎ : 604-448-4847
 📍 : 22709 Lougheed Hwy

Pharmasave

☎ : 604-746-1420
 📍 : 12005 238B Street

Save-on-Foods & Drugs

☎ : 604-463-3312
 📍 : 22703 Lougheed Hwy

Eye Care

Maple Ridge Eye Care

MSP only
 ☎ : 604-330-1116
 ✉ : mapleridgeeyecarestaff@gmail.com
 📍 : 23015 Dewdney Trunk Rd
 Languages spoken: English, Hindi

BC Eye Care

☎ : 604-466-3003
 ✉ : info@bceyecare.com
 📍 : 3 - 22337 Dewdney Trunk Rd