

## AFTER HOURS EMERGENCY CARE:

If you need care right away but the clinic is closed, go to:

**St. Paul's Hospital**  
1081 Burrard Street  
24 hour Emergency Care

**Vancouver General Hospital**  
855 West 12th Ave  
24 hour Emergency Care

**Mount St. Josephs Hospital**  
3080 Prince Edward St  
8 am - 8 pm Emergency Care

## OTHER HEALTH SERVICES

**BC NurseLine**  
604-215-4700  
Registered nurses answer your questions about health, 24-hours a day.

**Health Information Line**  
604-267-2692  
Volunteers help you to find health services and other information.

**Dial-A-Dietitian**  
604-732-9191  
Registered dietitians give you advice on nutrition.

**Environmental Health**  
604-736-2866  
Public Health Inspectors answer your questions about food safety, noise, water and air quality, and pests (rats, mice, bugs, etc.).

**Mental Health Emergency Services  
Crisis and Support Line**  
604-874-7307  
You can talk to a mental health nurse to get emergency help and advice.

**Chronic Disease Self-Management  
Program**  
604-940-3568  
If you have a chronic (long term) illness, you can get help and advice.

**InSite (Supervised Injection Site)**  
139 East Hastings St 604-687-7483  
A safer, clean place to inject which offers a full stock of rigs and equipment

**Health Contact Centre**  
166 East Hastings St  
The Health Contact center is a first point of contact for individuals wanting respite from the street. The center provides basic health care and referrals. Open 7 days.

**LifeSkills Centre**  
412 East Cordova St  
This educational center offers clients basic lifeskills training, job training, employment in the facility and peer based training and counseling. Free showers and laundry. Handicap accessible shower available.



**DRUG AND ALCOHOL TREATMENT:**  
**Access1**  
604-658-1250  
Central phone number for access to detox services for alcohol and drug problems.

**Aurora Treatment Centre**  
604-875-2032

**New Dawn New Day**  
604-325-0576

**Street Nurses**  
59 West Pender 604-660-9695

**Together We Can**  
604-451 9854

**Pacifica**  
604-8725517

## OTHER VANCOUVER COASTAL HEALTH COMMUNITY HEALTH CENTRES IN VANCOUVER:

**Downtown Community Health Clinic**  
412 East Cordova Street  
604-255-3151

**Evergreen Community Health Centre**  
3425 Crowley Drive  
604-872-2511

**North Community Health Office**  
200-1651 Commercial Drive  
604-253-3575

**Pacific Spirit Community Health Centre**  
2110 West 43rd Avenue  
604-261-6366

**Raven Song Community Health Centre**  
2450 Ontario Street  
604-709-6400

**South Community Health Centre**  
6405 Knight Street  
604-321-6151

**Three Bridges Community Health Centre**  
1292 Hornby Street  
604-736-9844

# Pender Community Health Centre



59 Pender Street  
Vancouver, BC  
**604-669-9181**

*Health Services for  
Downtown Eastside  
Communities, Gastown,  
& Strathcona*



**P**ender Community Health Centre provides a variety of services for people in The Downtown Eastside. We feel that good health means more than going to the doctor when you are sick. Our team works hard at helping you when you are ill or injured. We provide numerous services to meet your health care needs.

## What do we do?

We provide you with health care that will help prevent future illnesses. We also offer addiction and mental health services at this clinic.

## Do I have to pay?

Our services are free for those who live in the Downtown Eastside, Gastown and Strathcona areas.

## CLINIC SERVICES WE OFFER

### Basic (Primary) Health Care

- Primary health care, which includes medical exams, treatment, professional advice, and follow-up from our team of doctors, nurses, and counsellors.
- Shots (immunization) for Adults
- Information is available about regular shots at our clinic. In the fall and winter we provide free flu shots to people who are at risk in The Downtown Eastside.
- Health Information and Drop-In

## You can get information and health care for:

- HIV
- Hepatitis A, B and C
- Sexually Transmitted Infections- such as gonorrhea, syphilis, herpes
- Emergency Contraceptive Pill (if you think you just got pregnant)
- Ways to inject more safely
- Needle exchange
- Wound care

## Addiction Services

- Drug & Alcohol one-to one counseling.
- Methadone maintenance (treatment for opiate addiction )
- Needle exchange (getting clean needles and other equipment)
- Referrals to other programs that meet your health care needs
- Provide support in seeking detox, recovery houses and treatment centres
- Referrals for housing, food sources, and access to other community resources



## Mental Health Services

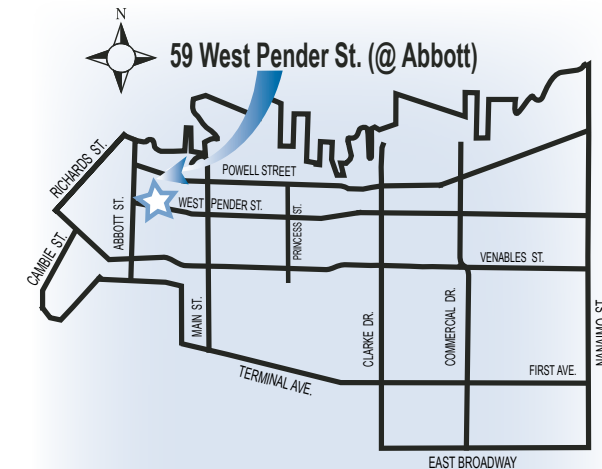
- Therapy (helping the person with mental illness)
- Rehabilitation (helping the person with mental illness get back into normal living)
- Education about mental illness
- Help in finding a support group to talk about your mental illness or drug addiction

## Other services offered at the clinic

- Podiatrist (Foot Doctor) available on 1st Tuesday of the month. Book an appointment through reception.
- Respiratory (lung) Therapist available on Tuesdays. Book an appointment through reception.
- Nutritionist available on Thursday mornings. Book an appointment through reception.

## Services in Your Home

- Helping you manage your chronic health issues when you are not able to leave your home.
- Care after surgery
- Supporting frail elders at home.
- Supporting elders move to assisted living or nursing homes
- Supporting those who are living with or dying from advanced illness
- Support for quitting drug and alcohol use



Mid East Community Health Area

## Parking

Metered Street parking available.

## Access by bus

## Main Hours of Operation

8:30 am – 4:30 pm Monday to Friday



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The information in this document is intended solely for the person to whom it was given by the health care team.  
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