



Housing

Benefits

Bus pass

Medical services

Subsidized programs

Help getting information

# Seniors Information and Referral Support

## Friday Mornings

Mount Pleasant Neighbourhood House

800 East Broadway

Unceded Coast Salish Territory

[www.mpnh.org](http://www.mpnh.org)

Our trained Information and Referral volunteer is available to provide you with information about government programs and subsidies (Canada Pension Plan, Old Age Security, Guaranteed Income Supplement), Disability Pension, Medical Services Plan, BC Bus Pass, housing subsidies for low income seniors, and more. You can also get help with completing government forms

**If you would like to make an appointment with our Info and Referral volunteer please sign up at the Front Desk by Wednesday evening for Friday morning appointments.**



ASSOCIATION OF  
**NEIGHBOURHOOD HOUSES BC**



**Mount Pleasant  
Neighbourhood House**