



Fraser Valley PSMES Group

Meeting Information & Directions

Meeting Room:

At the Church of the Valley Information: (No church affiliation)

Address:

23589 Old Yale Road

Langley, BC, V2Z 2K4

See website for directions:

<https://peopleinpainnetwork.wildapricot.org/Fraser-Valley-Pain-Self-Management-Group>

Reminders-

1. Church Front Office is Open from 9:00am to 3:00pm
2. **No Cell Service** In the Building:
3. If you are expecting an important call during the meeting please give the office # (604-514-8335) to the person and/or people who may be trying to reach you.
4. If you need to reach peer leader after 9:00am on the day of the meeting only please:
 1. Call the church front desk (604-514-8335) and ask for the peer leader
 2. E-mail at FraserValley@pipain.com

Outside Church Doors:

- There are **3 exterior doors by the parking lot**
- The Office Door and The middle door will already be open for you.
- The door to the far right is a handicapped door.
- Church Office Staff can open the door to the far left



Meeting Rooms:

We meet in 1 of 3 different Meeting Rooms which can all be accessed through any of the doors, but it's easiest to enter through the Middle Parking Lot Door. When in doubt, **just follow the signs.**

The Chapel.

This is our usual meeting room.

Simply enter the church from the middle parking lot doors and the Chapel is to your immediate left.

Upstairs Room:

Once you've entered the church, take the elevator to the second floor and it's the very first room.

The Nursery:

Walk towards the elevator but instead of taking the elevator turn to your right and go in the door next to the Church Sanctuary.

Rules about snacks and refreshments:

There are **NO snacks or refreshment allowed in the Meeting Rooms**

Peer Leader Contact Info:

If you would like any more information in the meantime don't hesitate to message me (Lorinda) at FraserValley@pipain.com or call PIPN at 1-844-747-7246



Driving Directions:

The actual building entrance is located by the parking lot on Old Yale Road which looks like it's supposed to be the BACK of the building

Travelling West:

- The best way is to go straight down Fraser Hwy and then turn left on 240th and then an immediate right on 40th and another immediate right turn on to Old Yale Road. (Don't stay on 40th Ave)
- Careful not to miss the church on Old Yale Road as it comes up quickly on your right.
- It looks like the BACK of a building with a parking lot, but it's really the front entrance of the Church.
- There is a **NEW** entrance off of Fraser Hwy now but you will not be able to turn left off of Fraser Hwy if you are coming from Abbotsford, Aldergrove, Mission or Chilliwack.

Travelling East:

- Travel straight down Fraser Hwy and then turn into the church driveway off Fraser Hwy. (Entrance On your Right) Then drive to the back parking lot, which is actually the main entrance.