



2024 Terrace & Area Social Service Navigator For Community Resources Across the Northwest Visit: pacificnorthwest.fetchbc.ca

Terrace & Area Emergency Numbers

Ambulance/Fire/Police9-1-1
 Poison Control1-800-567-8911
 Northern Crisis Line.....1-888-562-1214
 Teen Crisis Line.....1-888-564-8336
 Suicide Crisis Line.....1-800-784-2433
 Psychiatric Unit Emergency
 Line250-638-94082

Hotlines

HealthLink BC8-1-1
 Options for Sexual
 Health.....1-800-739-7367
 Palliative Care Hotline250-565-2000

- Ask for palliative physician on call

Pregnancy Options BC.....1-888-875-3163
 First Nations Health Authority
 Doctor of the Day.....1-855-344-3800

Mental Health & Addictions

Mental Health &
 Addictions.....250-631-4202
 Ksan Society.....778-634-2343 ext. 102

- Support for with HIV/HCV.

BC Schizophrenia
 Society.....250-635-8206

- Support and education for families

Intensive Case Management
 Team.....250-645-3830

Seniors Services

Happy Gan Centre
 for Seniors.....250-635-9090
 Volunteer Terrace.....250-638-1330
 Terrace View Lodge.....250-631-4209
 McConnel Estates Assisted
 Living Residences.....250-638-2095

First Nations Supports

Aboriginal Patient
 Liaison.....250-638-4085

- Support and Discharge Planning for Aboriginal patients at Mills Memorial

Kermode Friendship
 Society.....250-635-4906

- Family support and child/youth mental health programs.

Legal Services

TDCSS Poverty Law.....250-635-3178
 Family Justice Centre.....250-638-6557
 Native Court Worker & Counselling
 Association of BC.....1-877-811-1190
 Native Court
 Worker.....1-855-221-0978 ext. 372

Education & Employment

Coast Mountain College.....250-635-6511
 UNBC Terrace1-800-697-7388
 Northwest Training.....250-638-8108

- Career & counselling employment centre

Kermode Friendship Society
 Employment Program.....250-635-4906

Housing & Food Security

Ksan Society.....250-635-2654

- Variety of housing supports
- Food security/ Food Share

BC Housing.....250-638-1619
 M'akola Housing Society.....250-638-8339

- Subsidized housing for indigenous and non-indigenous applicants

Food Bank.....250-635-5446
 Terrace Churches Food Bank.....250-900-9916

Community Health

Mills Memorial Hospital.....250-635-2211
 Terrace Health Unit.....250-631-4200
 *Mental Health *Assessments
 *Therapy *Medical/Support
 *Accommodations *Immunizations
 *Sexual Health

Contact Community Health Centres for information on mental health & substance use counselling, home & community care, housing, employment, patient travel and to find out what other services are offered to community members

Iskut Valley Health Services..250-234-3511
 Kitsumkalum Health Centre...250-635-6172
 Kitselas Health Centre.....250-635-5084
 Nisga'a Valley
 Health Authority.....250-633-5000
 Gitanyow Human Services.....250-849-5572
 Gitsegukla Health.....250-849-5231
 Stikine Health Centre
 (Dease Lake).....250-771-4444
 Tahltan Health Services
 (Telegraph Creek).....250-235-3211

Amplifon Hearing Clinic.....250-635-4327
 Connect Hearing.....250-615-5077

Children, Youth & Families

Ministry of Children and Family
 Development.....250-638-2311
 Child and Youth
 Mental Health.....250-615-4860
 Kermode Friendship
 Society.....250-635-4906

- Early childhood, youth, and family programming available.
- Head Start program

Ksan Society.....250-635-2373 ext. 225

- PEACE program for children & youth
- Group & individual counselling

TDCSS TYES Program250-635-3178

- Drop-in youth programming

Northwest Inter-Nation Family &
 Community Services.....250-638-0451

- Family supports & cultural programs

Skeena CCRR
 Child Care Resource Centre....250-638-0228
 Terrace Child Development
 Centre.....250-635-9388

Transportation

BC Transit & HandyDART.....250-635-2666
 Northern Health
 Connections.....1-888-647-4997
 Travel Assistance
 Program.....1-800-663-7100

Nisga'a Valley Health Authority Medical
 Transportation
 Gitlaxt'aamiks.....1-888-233-2212
 Gitwinkshilkw.....1-800-993-3513
 Laxgalts'ap.....1-800-991-5667
 Gingolx.....1-800-991-5671
 Kitsumkalum Emergency
 Patient Travel.....1-250-641-1553

Finances & Government Forms

Service BC Office.....250-638-6515

- Will support with Income Assistance

Ministry of Social Development & Poverty
 Reduction.....1-866-866-0800

- Income assistance and disability supplemental benefits

Employment Insurance &
 Sickness Benefits.....1-800-206-7218
 Medical Services Plan1-800-663-7100
 Canada Pension Plan/
 Old Age Security.....1-800-277-9914
 Terrace Women's Resource
 Centre.....250-638-0228

- Assistance with government forms

Community Services

Terrace & District Community
 Services Society.....250-635-3178

- Support for people with disabilities
- Counselling and support services
- Youth & family services

Thompson Community
 Services.....250-615-3278

- Services and programs for individuals with developmental disabilities

Adult Sunshine Centre.....250-631-4198

- Supportive group programs & health services for seniors and adults with disabilities

Skeena Diversity Society.....250-635-6530

- Immigration and inclusion services

Terrace Women's Resource
 Centre Society.....250-638-0228

- Accessibility services, assistance with government forms, child care information

Volunteer Terrace.....250-638-1330

- Seniors' programs
- Community tax program

Ksan Society250-635-2373

- Counselling & Supports

Ksan Society778-634-2343

- Housing supports

Provincial Networking
 Group Inc (PNGI).....250-635-4479

- Life skills services