



2022 Prince Rupert & Area Social Services Navigator

For Community Resources Across the Northwest Visit: pacificnorthwest.fetchbc.ca

Prince Rupert & 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

Hotlines

HealthLink BC8-1-1
 Options for Sexual Health.....1-800-739-7367
 Palliative Care Hotline250-565-7322
 • Ask for palliative physician on call.
 Pregnancy Options BC.....1-888-875-3163

Community Health

Regional Hospital.....250-624-2171
 Health Unit.....250-622-6380
 • Options for Sexual Health Clinic
 • Immunizations
 • Dental Hygienist (ages 1-6)
 • Speech & Language Pathologist

Home Care Nursing.....250-622-6330
 Home Support.....250-622-6315

Mental Health & Addictions

Mental Health & Addictions.....250-622-6310
 Alcoholics Anonymous.....250-627-1119
 Transition Society Supportive Recovery Program.....250-627-8959
 Problem Gambling Line.....1-888-795-6111
 Mental Health Outreach Worker.....250-627-1717 ext. 30

Finances & Government Forms

Service BC Office.....1-800-633-7867
 • Will support with Income Assistance
 Ministry of Social Development & Poverty Reduction.....1-866-866-0800
 • Income Assistance and Disability Supplemental Benefits

Kaien Anti-Poverty Society.....250-627-5277
 • Assistance with government forms

Employment Insurance & Sickness Benefits.....1-800-206-7218
 Medical Services Plan1-800-663-7100
 Canada Pension Plan/
 Old Age Security.....1-800-277-9914

Education & Employment

Coast Mountain College.....250-624-6054
 Hecate Strait Employment Development Society & Work BC.....250-624-9498
 Thomson Community Services.....250-624-9573
 • Supported employment program for adults with disabilities

Prince Rupert Unemployed Action Center.....250-627-8776
 Employment Placement Coordinator.....250-627-1717 ext. 29

First Nations Supports

Aboriginal Patient Liaison.....250-622-6520
 • Support and Discharge Planning for Aboriginal patients at Mills Memorial

Friendship House.....250-627-1717
 • Child Development Programs
 • Addictions & Mental Health Programs
 • Employment Coordinator
 • Youth Programs

Prince Rupert Aboriginal Community Services.....250-622-2891
 • Justice Program
 • Housing Support
 • Advocacy
 • Patient Travel Assistance

Gitmaxmak'ay Nisga'a Society.....250-627-1595
 Prince Rupert Metis Society.....250-627-1885

Transportation

BC Transit & handyDART.....250-627-1201
 Northern Health Connections.....1-888-647-4997
 Travel Assistance Program.....1-800-663-7100
 SPARC BC - Handicap Parking Permits.....1-604-718-7744
 Prince Rupert Aboriginal Community Services Patient Travel.....250-622-2891

Community Services

Community Health Unit NH.....250-622-6380
 North Coast Community Services.....250-627-7166
 • Community Based Victim Services

North Coast Transition Society.....250-627-8959
 • Family Counselling Program
 • Housing Outreach
 • Sexual Abuse Intervention Program
 • Stopping the Violence Program
 • Women's Outreach Program
 • Supportive Recovery Program

North Coast Victim Support Services.....250-627-7779
 Kaien Anti-Poverty Society.....250-627-5277
 • Clothing, household good exchanges
 • Kids afterschool program

Seniors Services

Prince Rupert Seniors' Centre Association.....250-627-1900
 Kaien Island Elders (Friendship House).....250-627-1717
 Adult Day Program (Acropolis Manor).....250-622-6400
 Better At Home Program.....250-622-2891

Children, Youth & Families

Children and Family Services Office.....250-624-7594
 Berry Patch Child Care Resources & Referral Program.....250-622-2434
 Prince Rupert Aboriginal Community Services Head Start250-627-4010
 Northwest Inter-Nation Family & Community Services.....250-622-2514
 Youth Again Violence Line.....1-800-680-4264
 Growing Space Society.....250-624-9777
 • Provide a space of support and stimulation to parents and children

Northwest Family Counselling.....1-888-638-8311
 • Free counselling services to Aboriginal families in Prince Rupert area

PEACE Program.....250-627-7166

Housing & Food Security

Ravens Keep Transition House Crisis Line.....250-627-8588
 Ravens Keep Transition House Programs.....250-627-8959
 Meals on Wheels.....250-622-6315
 M'akola Housing.....250-627-7501
 • Subsidized Housing

Salvation Army Food Bank.....250-624-6180
 Salvation Army Shelter.....250-624-6180
 Homelessness Prevention Program.....250-627-8959 ext. 23
 • Text: 250-600-0068

Housing Outreach Program.....250-627-8959 ext. 24
 • Text: 250-600-0793

Prince Rupert Aboriginal Community Services250-622-2891
 North Coast Community Services.....250-627-7166
 • Pregnancy Outreach
 • Infant Development Program
 • Supported Childhood Development Program
 • Youth at Risk Program
 • Empowering Children & Youth
 • Family Skills Program
 • Children Who Witness Abuse Program

Legal Services

Prince Rupert Aboriginal Community Services.....250-622-2891
 Prince Rupert Legal Aid.....250-624-7701
 Family Justice Center.....250-638-6557
 • Free, impartial 3rd party counsellor for family disputes and custody issues



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 250-877-9354
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