



2022 Terrace & Area Social Services Navigator

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

Terrace & Area Emergency Numbers

Ambulance/Fire/Police 9-1-1
 Poison Control 1-800-567-8911
 Northern Crisis Line..... 1-888-562-1214
 Teen Crisis Line..... 1-888-564-8336
 Suicide Crisis Line..... 1-800-784-2433
 Psychiatric Unit Emergency
 Line 250-638-4082

Hotlines

HealthLink BC 8-1-1
 Options for Sexual
 Health..... 1-800-739-7367
 Palliative Care Hotline 250-565-7322
 • Ask for palliative physician on call.
 Pregnancy Options BC..... 1-888-875-3163

Mental Health & Addictions

Mental Health &
 Addictions..... 250-631-4202
 K'san Society..... 778-634-2343 ext. 102
 • For support 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 Courtworker & Counselling
 Association of BC..... 1-877-811-1190

Education & Employment

Coast Mountain College..... 250-635-6511
 UNBC Terrace 1-800-697-7388
 Northwest Training..... 250-638-8108
 • Career & counselling employment
 centre.

Kermode Friendship Society

Employment Program..... 250-635-4906

Housing & Food Security

K'san House Society..... 250-635-5890
 • Variety of housing supports

BC Housing..... 250-638-1619
 M'akola Housing..... 250-638-8339
 • Subsidized housing for Aboriginal
 and non-Aboriginal applicants

Meals on Wheels..... 250-631-4260
 Food Bank..... 250-635-5446

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 Centre 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
 Gitwangak Health Centre..... 250-849-5555
 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
 Terrace Hearing Clinic..... 250-635-4327
 Connect Hearing..... 250-615-5077
 Angela's Hearing Solutions..... 250-638-8885

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

K'san Society..... 250-635-2373 ext. 225
 • PEACE program for children & youth
 • Group & individual counselling

TDCSS TYES Program 250-635-3178
 • Drop-in youth programming

Northwest Inter-Nation Family &
 Community Services..... 250-638-0451
 • Family supports & cultural programs

Skeena Child Care
 Resource Centre..... 250-638-1113
 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
 Gitwinkshlkw..... 1-800-993-3513
 Laxgalts'ap..... 1-800-991-5667
 Gingolx..... 1-250-326-2345
 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 Plan 1-800-663-7100
 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

K'san Society..... 778-634-2343

• Counselling supports
 • Housing supports



TO ORDER MORE COPIES
 OR TO UPDATE:
 250-877-9354
pnwadmin@pnwdivisionbc.ca