



2023 Houston & Area Social Service Navigator

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

Houston & 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 Services

Houston Community Service
Association.....250-845-3484

UNBC Northwest Campus.....1-800-697-7388

Salvation Army Food Bank.....250-845-3494

Salvation Army
Thrift Store.....250-845-3494

Community Health

Bulkley Valley District
Hospital Smithers.....250-847-2611

Houston Primary Care
Clinic.....250-845-5972

Houston Health Centre.....250-845-2294

Houston Pulmonary Rehabilitation
Program.....250-877-9354

Steelhead Medical Centre.....250-845-1041

Mountain View Dental Clinic....250-845-7131

Bulkley Valley Chiropractors....250-845-7013

Bulkley Valley Brain Injury.....250-877-7723

Health Information Hub.....250-877-4424

Northern Health Dental
Program.....250-847-6400
• Dental care for children 0-6 years
Smithers Public Health.....250-847-6400
• BC Early Hearing Program
• Flu shots & Immunization
• Speech & Language
• Tobacco Reduction
Disability Resources.....1-866-866-0800

Children, Youth & Families

Early Psychosis
Intervention.....250-645-7430

Jumpstart Pre-Kindergarten
Program.....250-845-2228

Dze L K'ant Friendship Centre Society
After School Program.....250-845-2131
• The After School Program is a free,
licensed child care program for
school aged children aged 8-12

Dze L K'ant Friendship Centre Society
Connections Project.....250-845-2131
• Help 'at risk' youth build social
connections

Stopping The Violence Women's
Counselling.....1-877-633-9933

Thomas Robinson Consulting..250-847-1785
• Aboriginal Supported Child Development
• Autism Support Services
• Behaviour Consulting
• Child & Youth Program
• Family Preservation Program

Northern Society of Domestic Peace
Children & Youth Peace.....250-845-3212

Northern Society of Domestic Peace
Sexual Abuse Intervention
Program.....250-845-3212

Housing & Food Security

Salvation Army Food Bank.....250-845-3494

BC Housing.....1-800-257-7756

Home & Community Care

Northern Society of Domestic Peace
Sexual Health Clinic.....250-847-6400

Northern Health Homes &
Community Care.....250-847-6234
• Assistance with personal care
• Nursing services
• Respite care
• Adult day center

Seniors Services

Adult Day Program.....250-845-2294

Cottonwood Manor
Assisted Living.....250-845-3770

Legal Services

Community Futures
Small Business Services.....250-845-2522
• Counselling and advisory services, as
well as loans, for small businesses

Northern Society of Domestic Peace
Children & Youth Peace.....250-845-3212

Northern Society of Domestic Peace
Sexual Abuse Intervention
Program.....250-845-3212

Finances & Government Forms

Ministry of Social Development & Poverty
Reduction.....1-866-866-0800
• Income Assistance
• Disability & Supplemental Benefits

Employment Insurance &
Sickness Benefits.....1-800-206-7218

Medical Services Plan1-800-663-7100
Service BC Office.....250-845-5828

Canada Pension Plan/
Old Age Security1-800-277-9914

Transportation

BC Transit.....250-632-4449

Northern Health
Connections.....1-888-647-4997
• Affordable Medical Transportation
• Low-Cost Accomodation

Travel Assistance
Program.....1-800-663-7100

Mental Health & Addictions

Mental Health & Addictions
Community Programs.....250-845-5964

Bulkley Valley Brain Injury
Association.....250-877-7723

Education & Employment

Work BC Employment
Services.....1-877-564-3545
• Self Serve Resource Centre with
Computer Access
• Volunteer Support with Disability
Forms



Pacific Northwest
Division of Family Practice
A GPSC Initiative

doctors
of bc
Better. Together.



TO ORDER MORE COPIES
OR TO UPDATE:
250-641-8105
pnwadmin@pnwdivisionbc.ca