



2024 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

Health Link 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

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

Community Health

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

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

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

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 shoots & Immunization
 • Speech & Language
 • Tobacco Reduction

Disability Resources.....1-866-866-0800

Options for Sexual Health Clinic.....250-847-6400

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

Houston Link to Learning.....250-845-2727

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 Consulting250-845-2840

- 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

Houston Family Resource Centre.....250-845-2727

Housing & Food Security

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

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

Home & Community Care

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 Accommodations

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 FPSC initiative

TO ORDER MORE COPIES

OR TO UPDATE:

250- 917-8927

pnwadmin@pnwdivisionbc.ca