



2023 Prince Rupert & Area Social Service 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 Pemit.....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 Against 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 ext. 2
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



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