



2024 Prince Rupert & Area Social Service Navigator

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

Prince Rupert & 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

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

First Nations Health Authority Doctor of the Day..... 1-855-344-3800

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..... 250-622-6380
 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
 Tobacco Reduction and Prevention Program..... 250-622-6380
 Supportive Recovery Program..... 250-627-8959
 Cranes Crossing Shelter..... 250-627-2472

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..... 250-627-4687
 • Assistance with government forms

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

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

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

Multiple Sclerosis Society Canada 1-800-268-7582
 BC Schizophrenia Society..... 50-635-8206

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 Start 250-627-4010
 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

PEACE Program..... 250-627-7166
 Community Enrichment Society..... 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..... 250-622-6380
 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 Services 250-622-2891
 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

Provincial Networking Group Inc
 • Life skills services.... 250-635-4479

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

Change Makers Education Society 250-627-4100