

# 2017 Terrace & Area SOCIAL SERVICES NAVIGATOR



For community resources across northwest BC visit: [pacificnorthwest.fetchbc.ca](http://pacificnorthwest.fetchbc.ca)

## TERRACE & AREA EMERGENCY NUMBERS

Ambulance/Police/Fire ..... 9-1-1  
 HealthLink BC ([healthlinkbc.ca](http://healthlinkbc.ca)) ..... 8-1-1  
 Poison Control ..... 1-800-567-8911  
 24 Hrs Nurse Hotline ..... 1-866-215-4700  
 After Hrs Palliative  
 Nursing Service ..... 1-877-800-8882  
 Palliative Care Hotline ..... 250-565-2000  
 ■ *Ask for palliative physician on call*

## 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  
 Gitwinksihlkw ..... 1-800-993-3513  
 Laxgalts'ap ..... 1-800-991-5667  
 Gingolx ..... 1-800-991-5671  
 Kitsumkalum Emergency  
 Patient Travel..... 250-641-1553

## FIRST NATION SUPPORTS

Aboriginal Patient Liaison..... 250-638-4085  
 ■ *Support and Discharge Planning for Aboriginal patients at Mills Memorial*  
 Kermode Friendship Society ..... 250-635-6778  
 ■ *Drop-In Centre (daily)*  
 ■ *Aboriginal Child & Youth Mental Health*  
 ■ *Aboriginal Infant Development Program*  
 ■ *Family Support Programs*

## COMMUNITY SERVICES

Terrace and District Community  
 Services Society ..... 250-635-3178  
 ■ *Community Living Services*  
 ■ *Youth & Family Services*  
 ■ *Counselling & Support Services*  
 ■ *Employment Services*  
 Terrace Adult Sunshine Centre ... 250-631-4198  
 ■ *Supportive group programs and health services for seniors and adults with disabilities*  
 Canadian Cancer Society ..... 250-638-8583  
 ■ *Support and information for people with cancer and their family, friends and caregivers*  
 Thomson Community Services ... 250-624-3753  
 ■ *Services & programs for individuals with developmental disabilities*  
 Skeena Diversity Society ..... 250-635-6530  
 ■ *Resource centre for immigrants and newcomers to Terrace*

## CHILDREN YOUTH & FAMILIES

Ministry of Children and  
 Family Development..... 250-638-2311  
 Child and Youth Mental Health ... 250-615-4860  
 Youth Withdrawal  
 Management Unit ..... 250-631-4202  
 Youth Community Outpatient Services  
 & Withdrawal unit ..... 250-631-4202  
 ■ *Outreach to youth 12-18 years with co-occurring mental health issues and addictions*  
 Northwest Inter-Nation Family  
 & Community Services ..... 250-638-0451  
 ■ *Family Supports, Guardianship, Cultural Programs*  
 Gila'kyew Nluu Head Start  
 Day Care ..... 250-635-6186  
 Terrace Child  
 Development Centre ..... 250-635-9388  
 Skeena Child Care Resource Centre... 250-638-1113

## LEGAL SERVICES

Family Justice Centre..... 250-638-6557  
 ■ *Free, impartial 3rd party counsellor for family disputes and custody issues*  
 Legal Services Society of BC ..... 1-866-577-2525  
 ■ *Free Legal Advice, Information and Referrals*  
 Native Courtworker &  
 Counselling..... 1-877-811-1190

## MENTAL HEALTH & SUBSTANCE USE

Mental Health & Addictions ..... 250-631-4202  
 24 hour emergency line for the community  
 (Psychiatric Unit) ..... 250-638-4082  
 Ksan House Society ..... 250-635-2373  
 ■ *Support recovery beds and interim residential services for individuals attending the Addictions Day Program*

## FINANCES & GOVERNMENT FORMS

Service BC Office ..... 250-632-6188  
 ■ *Will support with Income Assistance forms*  
 Ministry of Social Development  
 & Social Innovation ..... 1-866-866-0800  
 ■ *Income Assistance*  
 ■ *Disability*  
 ■ *Supplemental benefits for patients receiving income assistance (orthotics, dentures, medical equipment)*  
 Employment Insurance and  
 Sickness Benefits ..... 1-800-206-7218  
 Medical Services Plan..... 1-800-663-7100  
 Canadian Pension Plan /  
 Old Age Security..... 1-800-277-9914


## EDUCATION & EMPLOYMENT

Northwest Community College... 250-635-6511  
 UNBC Northwest Campus ..... 1-800-697-7388  
 Northwest Training..... 250-638-8108  
 ■ *Career Counselling & Employment Centre*

## COMMUNITY HEALTH

Mills Memorial Hospital ..... 250-635-2211  
 Terrace Health Unit ..... 250-631-4200  
 ■ *Public Health*  
 ■ *Home & Community Care*  
 ■ *Dental*  
 ■ *Mental Health & Addictions Services*  
 Kitsumkalum Health Centre ..... 250-635-6172  
 ■ *Drug/Alcohol worker*  
 ■ *Medical Travel Clerk*  
 ■ *Home & Community Care*  
 ■ *Cultural Support Worker*  
 Kitselas Health Centre ..... 250-635-5084  
 ■ *Nurse Practitioner*  
 ■ *Community Health*  
 ■ *Youth & Wellness*  
 ■ *Housing & Employment*  
 ■ *Social Development worker*  
 ■ *Community Services*  
 Nisga'a Valley Health Authority... 250-633-3000  
 ■ *Public Health*  
 ■ *Home Support & Resident Care*  
 ■ *Cultural & Community Health*  
 ■ *Mental Health & Wellness*  
 ■ *Dental*  
 ■ *Psychology*  
 ■ *Suicide Prevention*  
 Terrace Hearing Clinic..... 250-635-4327  
 Options for Sexual Health Clinic... 250-631-4200

## HOUSING & FOOD SECURITY

Ksan House Society ..... 250-635-5890  
 ■ *Short term housing for men and couples*  
 Muks-Kum-OL Housing Society ... 250-638-8339  
 ■ *Subsidized housing for Aboriginal & non-aboriginal applicants*  
 Meals on Wheels..... 250-631-4200  
 Food Bank..... 250-635-9670  
 /terracechurchesfoodbank

## SENIOR SERVICES

McConnell Estates Assisted  
 Living Residence..... 250-638-2095  
 Happy Gang Centre for Seniors... 250-635-9090  
 Volunteer Terrace ..... 250-638-1330  
 ■ *Free to low cost services for seniors such as housekeeping, yard work and transportation*



**Pacific Northwest  
 Division of Family Practice**  
 A GPSC initiative

**doctors  
 of bc**  
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