



## Local Community Contact List

Name of CRN/Community: **Clearwater**

Date Submitted/Updated: **14-Aug-26**

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Where there are no local services, list the closest community that has services available under "NOTES". Add rows or use the back of the page if needed to create a complete list for your community.

### EMERGENCY NUMBERS

| SERVICE                       | CONTACT NUMBER             | NOTES                             |
|-------------------------------|----------------------------|-----------------------------------|
| Police, Fire and Ambulance    | 911                        | Numbers to call if no 911 service |
| Crisis Line                   | 1 888 353 2273 ( Interior) | BC Crisis Line - 1 800 784 2433   |
| Poison Control                | 1800 567 8911              |                                   |
| Lifeline (or similar service) | 1866 582 5284              |                                   |
|                               |                            |                                   |

### ADULT ABUSE SERVICES

| SERVICE                                                                                                    | CONTACT NUMBER                 | NOTES                                    |
|------------------------------------------------------------------------------------------------------------|--------------------------------|------------------------------------------|
| Health Authority contact(s) - for reporting abuse                                                          | 250 674 2244                   | See regional resources list for each CRN |
| Police-based Victim Services                                                                               | 250 674 2237                   |                                          |
| Community- based Victim Services                                                                           | 250 674 2577                   | After Hours - 250 674 7983               |
| Community Living BC                                                                                        | 604-664-0101<br>1-877-660-2522 | Local<br>Vancouver<br>Toll free          |
| Transition House (s)                                                                                       | Safe Home - 250 674 2135       |                                          |
| Emergency Shelter (s)                                                                                      | 250 674 2135                   |                                          |
| BCCEAS - SAIL (Seniors Abuse and Information Line) - for information about abuse and for emotional support | 604-437-1940 1-866-437-1940    | Toll free                                |
| Victim Link                                                                                                | 1-800-563-0808                 |                                          |
| bc211                                                                                                      | 211                            | Lower Mainland only                      |
| LBGTQ Contact                                                                                              | 604-684-5307<br>1-800-566-1170 | Toll free                                |
| BCCEAS - SAIL (Seniors Abuse and Information Line)                                                         | 1866 437 1940                  |                                          |
| LBGTQ                                                                                                      | 1 800 566 1170                 |                                          |

### INFORMATION AND REFERRAL

(Local services - often grouped in one multi-service agency - listed below)

| SERVICE            | CONTACT NUMBER | NOTES |
|--------------------|----------------|-------|
| Seniors Outreach   |                |       |
| Community Services |                |       |

|                                          |                |                                                                                                         |
|------------------------------------------|----------------|---------------------------------------------------------------------------------------------------------|
| Geriatric and Other programs for Seniors | 250 674 8185   | Seniors Coordinator for Wells Gray Country Seniors Society call for information on programs for seniors |
| Problem Gambling Helpline                | 1-888-795-6111 |                                                                                                         |
| Alcohol and Drug Referral                |                |                                                                                                         |
| Veterans Affairs Canada                  | 1-866-522-2122 |                                                                                                         |
|                                          |                |                                                                                                         |
|                                          |                |                                                                                                         |

## HEALTH/MENTAL HEALTH

| SERVICE                              | CONTACT NUMBER                 | NOTES                                       |
|--------------------------------------|--------------------------------|---------------------------------------------|
| Mental Health/Geriatric Outreach     |                                |                                             |
| Mental Health and Addiction Services | 250 674 2600                   | Yellowhead Community Services - Counsellors |
| Home and Community Health            |                                |                                             |
| Adult Day programs                   | 1 800 707 8550                 | Evergreen Acres                             |
| Hospital                             | 250 674 2244                   | Dr. Helmcken Memorial Hospital              |
| MSP and PharmaCare                   | 604-683-7151<br>1-800-663-7100 | Vancouver<br>Toll Free                      |
| BC Nurse/Pharmacist Line             | 811                            |                                             |
| Assisted Living Registry             | 1-866-714-3378                 |                                             |
| Online Medical Support - Medeo       | 1-888-297-2973                 |                                             |
|                                      |                                |                                             |

## HOUSING

| SERVICE                                      | CONTACT NUMBER                 | NOTES                  |
|----------------------------------------------|--------------------------------|------------------------|
| BC Housing                                   | 604-433-1711<br>1-866-465-6873 | Vancouver<br>Toll Free |
| Home Adaptations - Canada Mortgage & Housing | 1-800-668-2642                 |                        |
| Advocacy and Appeals re Housing              |                                |                        |
| BC Housing                                   | 1 866 465 6873                 |                        |
|                                              |                                |                        |

## HOME SUPPORT

| SERVICE                      | CONTACT NUMBER | NOTES                                                                             |
|------------------------------|----------------|-----------------------------------------------------------------------------------|
| Better at Home               | 250 674 2322   | April Christensen                                                                 |
| Grocery Shopping             | 250 674 2078   | Personal Shopping                                                                 |
| Home repairs and Maintenance |                | Only agencies that provide volunteers who have undergone a criminal record check. |
| Peer Counselling             |                |                                                                                   |
| Friendly Visiting            | 250 674 8185   |                                                                                   |
|                              |                |                                                                                   |

## TRANSPORTATION

| SERVICE                          | CONTACT NUMBER | NOTES          |
|----------------------------------|----------------|----------------|
| Handy Dart/Taxi Saver/Handy Card | 250 674 3935   |                |
| Health Connections - bus service | 250 674 3935   |                |
| Bus Pass Program                 | 1866 866 0800  |                |
| Taxi (s)                         |                |                |
| Parking Permit (disabled)        |                |                |
| Translink Trip Planner           | 604-953-3333   | Lower Mainland |
|                                  |                |                |

## LEGAL

| SERVICE                                         | CONTACT NUMBER              | NOTES                                       |
|-------------------------------------------------|-----------------------------|---------------------------------------------|
| BC CEAS (SAIL)                                  | 604-437-1940 1-866-437-1940 | Legal Advocacy Program and Elder Law Clinic |
| Legal Aid                                       | 1-866-577-2525              |                                             |
| Family Justice Clinic                           |                             |                                             |
| Crown Counsel                                   |                             |                                             |
| NIDUS - Representation Agreements               | 1-604-408-7414              |                                             |
| Public Guardian and Trustee                     | 1-604-660-4444              |                                             |
| Peoples Law School                              | 604-331-5400                |                                             |
| Lawyer Referral Services                        |                             |                                             |
| Access Pro Bono Legal Services - in person only | 1-877-762-6664              |                                             |
| Community Advocacy Services                     |                             |                                             |
|                                                 |                             |                                             |

## SUPPORT GROUPS

| SERVICE                  | CONTACT NUMBER | NOTES                                           |
|--------------------------|----------------|-------------------------------------------------|
| Dementia Help Line       | 604-681-8651   | 1 800 616 8816                                  |
| AA                       | 1 800 727 7710 | To find a meeting near you in the Kamloops area |
| NA                       | 1 855 349 2722 | Kamloops area                                   |
| Al-Anon                  |                |                                                 |
| Nar-Anon                 |                |                                                 |
| Alzheimer Society of BC  | 1 800 886 6946 | Kamloops Division                               |
| Caregiver support groups | 250 674 8185   | Alzheimers Caregiver Support group - Clearwater |
| MS Society               | 1 800 268 7582 |                                                 |
| Arthritis                | 1 604 714 5550 |                                                 |
| Diabetes                 |                |                                                 |
| Deaf and Hard of Hearing |                |                                                 |
|                          |                |                                                 |

FIRST NATIONS/INDIGENOUS SERVICES

| SERVICE                        | CONTACT NUMBER | NOTES |
|--------------------------------|----------------|-------|
| Friendship Centre              |                |       |
| Band Office                    |                |       |
| Métis Services                 |                |       |
| First Nations Health Authority | 1 866 913 0033 |       |
|                                |                |       |
|                                |                |       |

IMMIGRANT SERVICES

| SERVICE                             | CONTACT NUMBER | NOTES          |
|-------------------------------------|----------------|----------------|
| Health and Seniors Information Line | 211            | Lower Mainland |
| Local Immigrant Services            |                |                |
| Settlement Services                 |                |                |
| Translation Services                |                |                |
|                                     |                |                |
|                                     |                |                |

MUNICIPAL SERVICES

| SERVICE                           | CONTACT NUMBER | NOTES                                    |
|-----------------------------------|----------------|------------------------------------------|
| Parks and Recreation - facilities | 250 674 2143   | Sportsplex                               |
| Recreation Culture Event Program  | 250 701-2547   | Recreation, Culture & Events Coordinator |
| Library(s)                        | 250 674 2543   |                                          |
|                                   |                |                                          |
|                                   |                |                                          |

INCOME AND BENEFITS

| SERVICE                              | CONTACT NUMBER | NOTES                         |
|--------------------------------------|----------------|-------------------------------|
| CPP, OAS, GAIN                       | 1-800-622-6232 | Service Canada                |
| Employment and Income Assistance     | 1866 866 0800  | Service BC                    |
| Community Volunteer Income Tax Prep. | 250 674 3530   | Yellowhead Community Services |
|                                      |                |                               |
|                                      |                |                               |
|                                      |                |                               |

DEATH, DYING AND GRIEF SERVICES

| SERVICE                    | CONTACT NUMBER | NOTES |
|----------------------------|----------------|-------|
| Clearwater Hospice Society | 778 208 0137   |       |
| Grief Counselling          |                |       |
|                            |                |       |
|                            |                |       |

**FOOD PROGRAMS**

| SERVICE          | CONTACT NUMBER | NOTES                    |
|------------------|----------------|--------------------------|
| Food Bank        | 250 674 3402   |                          |
| Grocery Delivery | 250 674 2213   | Buy Low Grocery delivery |
| Meal Delivery    | 250 674 3530   | when required            |

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |

**GOVERNMENT REPRESENTATIVES**

| SERVICE         | CONTACT NUMBER | NOTES |
|-----------------|----------------|-------|
| Peter Milobar   | 1 888 299 0805 | MLA   |
| Frank Caputo    | 250 851 4991   | MP    |
| Services Canada | 1-800-622-6332 |       |
|                 |                |       |
|                 |                |       |

Please contact [info@bccrns.ca](mailto:info@bccrns.ca) with any questions regarding this form.