

LOCAL COMMUNITY CONTACT LIST

NAME OF COMMUNITY: Kitimat

DATE SUBMITTED/UPDATED: August 15, 2026

Where there are no local services, please list the closest community with those services available in the NOTES column. Please add additional rows if needed to provide a complete list for your community.

EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire and Ambulance	911	Non-Crisis 250-632-7111
Crisis Line	1-866-661-3311	24/7
Poison Control Centre	1-800-567-8911	
Lifeline (Northern Health Authority)	1-800-851-0184	
HealthLink BC	811	

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Northern Health Authority Adult Protection Line	1-844-465-7414	Prince George
Police-based Victim Services	250-639-2122	Local
Community-based Victim Services	250-635-2373	Terrace
Community Living BC	250-638-2311 604-664-0101 1-877-660-2522	Terrace Vancouver Toll free
Tamitik Status of Women	250-632-8787	Local
Transition House (s)	250-632-6070	Local
Emergency Shelter (s)	250-635-5890	Terrace
Kitimat Extreme Weather Shelter	250-279-9974	Open November 1 st - March 31 st
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
LGBTQ Contact	604-684-5307 1-800-566-1170	Toll free
Indian Residential School Support Line	1-866-952-4419	24 hrs

INFORMATION AND REFERRAL (Local services – often grouped in one multi-service agency – listed below)

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach	250-632-8787	
Community Services	250-632-9107	Local
Geriatric and Other programs for Seniors	250-632-8787	
Veteran Affairs Canada	1-866-522-2122	
Kitimat Literacy - KCSS	250-632-6581	

HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach		Referral needed from family physician
Mental Health and Addiction Services	250-632-3181	Option 2
Suicide Line	1-800-784-2433	BC wide
BC Mental Health Info Line	1-800-661-2121	
Home and Community Care	250-632-8639	
Living Well Program	250-632-8315	
Public Health	250-632-3181	Option 1
Activation Program	250-632-8639	Contact Central Intake Nurse
Hospital	250-632-2121	
Haisla Health Centre	250-632-3600	
MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
BC Nurse/Pharmacist/Dietician Line	811	
Assisted Living Registry	1-866-714-3378	
Online Medical Support - Medeo	1-888-297-2973	
Dr Huang	250-632-2118	Family Physician
Drs Wahl & Adeyemi	250-632-3135	Family Physicians
Drs Mills & Feenan	250-632-6131	Family Physicians
Drs Kay & Skully	250-632-8679	Family Physicians
Sex Sense Helpline	1-800-739-7367	Mon-Fri (9am-9pm)

HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	604-433-1711 1-866-465-6873	Vancouver Toll Free
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Kitimat Housing Resource Project Advocacy and Appeals	250-639-6065	Local
Kitimat Extreme Weather Shelter	250-279-9974	Open November 1 st - March 31 st

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250-632-3144	
Grocery Shopping	Better at Home	
Home repairs and Maintenance	Better at Home	When volunteers available with this skill set
Snow Removal	Better at Home	
Friendly Visiting	Better at Home	When volunteers available

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-632-4449	Local
TransLink HandyDART– bus service	604-632-4449	Local
Bus Pass Program	250-632-8900	Local
Taxi's: Kitimat Taxi Kalum Kabs	250-632-2100 250-632-9576	Local
Parking Permit (disabled)	1-888-718-7794	Toll free SPARCBC
Translink Trip Planner	1-604-953-3333	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 Services Society	1-866-577-2525	
Family Justice Clinic	250-638-6557 1-800-663-7867	Terrace
Crown Counsel	250-638-2131	Terrace
NIDUS – Representation Agreements	1-604-408-7414	Lower Mainland
Public Guardian and Trustee	1-604-660-4444	Lower Mainland
Peoples Law School	604-331-5400	Lower Mainland
Lawyer Referral Services	604-687-3221	Lower Mainland
Access Pro Bono Legal Services – in person only	1-877-762-6664	Toll-Free
Jacqueline Sweet (Public Notary)	250-639-9455	Local
Poverty Law Advocate	250-639-6003	Kitimat Community Development Centre
Family Law Advocate	250-635-3178	Terrace @ TDCSS Tues & Thurs 9am-12pm drop in

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	1-604-681-8651	
AA	250-632-4130	Local
NA	250-632-4130	Local
Al-Anon	1-888-425-2666	Toll-Free
Nar-Anon	1-800-477-6291	Toll-Free
Problem Gambling Helpline	1-888-795-6111	
Alzheimer Society of BC	604-681-6530	Lower Mainland
Caregiver support groups	1-877-520-3267	Toll-Free
MS Society	1-800-268-7582	Toll-Free
Arthritis	604-714-5550	Lower Mainland
Diabetes	250-561-9284	Prince George
CNIB – Canadian National Institute for the Blind	1-800-563-2642	
Deaf and Hard of Hearing	604-660-1800	Lower Mainland
BC Schizophrenia Society	1-250-635-8206	Terrace
Northern Brain Injury Association	1-250-641-4673	

FIRST NATIONS/INDIGENOUS SERVICES

Friendship Centre	250-635-4906	Terrace
Band Office	250-639-9361	Haisla Band Council
Métis Services	1-604-584-6621	Lower Mainland
First Nations Health Authority	1-604-693-6500	Lower Mainland

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services		
Settlement Services	1-604-510-5136	Lower Mainland
Translation Services	1-604-510-5136	Lower Mainland

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation	250-632-8970	Riverlodge Recreation Centre
Parks and Recreation	250-632-8955	Tamitik Arena
Library(s)	250-632-8985	
District of Kitimat	250-632-8900	

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	1-866-866-0800	Service BC
Community Volunteer Income Tax Prep.	250-632-3405	Seniors Centre

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Terrace Hospice Society	250-635-4811	Volunteer care/support
Mourning's Dawn Grief Counselling	250-635-6707	Terrace
Northwest Counselling	1-888-638-8311	Terrace

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-632-6611	
Good Food Box	250-632-3144	
Meals on Wheels (Kitimat town)	250-632-8666	Alternate number: 250-632-8639
Meal Delivery (Haisla Meals on Wheels)	250-632-3600	Haisla Health Centre (weekly)
Food Share	778-631-2878	Administered by Tamitik Status of Women

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Claire Rattée	250-387-3507	MLA
Ellis Ross	250-434-0456	MP
Service Canada	1-800-622-6332	