

LOCAL COMMUNITY RESOURCES CONTACT LIST

NAME OF COMMUNITY: Prince George Community Response

Network DATE SUBMITTED/UPDATED: Aug 14, 2026

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

EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Community Policing	250-561-3366 250-561-3325 fax	
Crisis Centre for Northern BC	250-563-1214	Toll free: 1-888-562-1214 pgcrisiscentre@telus.net
Fire Department – non emergency	250-561-7664	Non-emergency
Help Line for Children	310-1234 toll free	24 hrs
Help line for the deaf (TTY)	1-866-660-0505	24 hrs
Poison Control	1-800-567-8911	
Police, Fire and Ambulance	911	Numbers to call if no 911 service Ambulance: 250-614-9936 1-866-563-1113
Suicide Distress Line	1-800-784-2433	Northernbccrisissuicide.ca
Youth Against Violence	1-800-680-4264	
Youth Support Line	250-564-8336 1-888-564-8336	

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Community- based Victim Services		Assistance, counselling,

Victim Support Services – Elizabeth Fry	250-563-1113	information, referrals and
	250-562-5868	support to victims of childhood
	1-866-563-1113	abuse, criminal harassment, partner or sexual assault. Information on the justice system. Support groups for women held throughout the year. 24 hr support
Community Living B.C.	250-645-4065	Local
Community Response Unit (CRU)	250-565-2668	

Health Authority contact(s) – for reporting abuse Adult Protection Services	1-844-465-7414	See regional resources list for each CRN To report a concern about a vulnerable adult who may be experiencing abuse or neglect, either physical, mental, emotional, financial. www.northernhealth.ca
Police-based Victim Services	250-561-3329	www.princegeorge.rcmp-grc.gc.ca
VictimLink BC -	1-800-563-0808	Toll Free 24 hrs Help & information 24 hrs for battered women, sexual assault & family violence & all other crimes
Emergency Shelter/Transition House (s)		
Active Support Against Poverty	250-563-5531	Emergency shelter for anyone who is homeless or at risk 19+. Also have apartments to rent to homeless at risk individuals. asap@princegeorge.com
Amber House – E-Fry	250-562-5868 24 hr crisis & support line 1-866-563-1113 toll free	Shelter for at risk women and their children shelter@pgefry.bc.ca
AWAC Shelter	250-562-6262 250-562-6216 fax	24 hr emergency shelter for women and female youth. Support, advocacy and referrals. Jlanoue_awac@shawbiz.ca
bc211	211	Lower Mainland only
BCCEAS – SAIL (Seniors Abuse and Information Line) – for information about abuse and for emotional support	604-437-1940 1-866-437-1940	Toll free
Elder Abuse Prevention (Community Police Dept)	250-561-3366 250-561-3325 fax	Assistance for seniors who may be physically, emotionally or financially abused
LBGTQ Community	604-684-5307 1-800-566-1170	Toll free

PG Native Friendship Centre – Ketso Yoh - emergency shelter	250-563-1982 250-563-0283 fax	24 hr emergency shelter, recovery program and halfway house for any male 19 and older
Phoenix Transition Society	250-563-7305	24 hr shelter, services and programs for women and their children in times of crisis
Salvation Army BC North	250-564-4000	
Salvation Army Community Ministries	250-564-4000	Assists with emergency needs. salarmy1@telus.net

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach		
Elderly Services Program	250-612-4500 250-649-7219 fax	Services to people 60 + having mental health problems.
Prince George Council of Seniors	250-564-5888	Meals on Wheels Better at Home Community Connector Housing Navigator Caregiver and Dementia Support
Community Services		
Autism Society of BC	250-961-7620 1-888-437-0880 toll free	www.autismbc.ca
Axis Family Resources Ltd	250-564-9064 1-877-392-1003 after hrs/emergency	info@axis.bc.ca
Canadian Red Cross – Northern BC	250-564-6566 1-800-418-0111	princegeorge@redcross.ca
Child Care Resource and Referral - YMCA	250-563-2483	Services to parents and child care providers. Drop in programs and assistance with Child Care Subsidy. crr@nbcy.org
Developmental Disabilities Mental Health Team	250-645-3712	People over 14 with DD accompanied by a mental illness.
Elizabeth Fry Society – Prince George and District	250-563-1113	Multi-services www.pgefry.bc.ca
Family Resources Centre – Elizabeth Fry	250-614-9449	

Family Services Society	250-564-3515	
Immunization Clinics	250-645-8963	Baby clinic/immunizations, STD clinic, TB Clinic Y Young adult wellness
Innovative Social Work	250-301-6664	Registered Private Social Work
Kopar Administration Ltd/Work BC	250-596-2517 Fax: 250-596-2928	Assists 50+ get back into work force.
Ministry of Children & Families	250-645-4105	
Nechako Valley Community Services Society	250-996-7645	Ft. St. James
Northern Health PG – Main Admin office	250-565-2649	
Northern Interior Health Unit	250-645-8963	
PG Family Resource Centre	250-614-9449	Resource centre providing access to health, educational, and social services in the community. frc@pgefry.bc.ca
St Vincent DePaul Society	250-564-7871	
Geriatric and Other programs for Seniors		

Alcohol and Drug Referral Community Response Unit (CRU)	250-565-2668	Toll free: 1-800-663- 1441nurse
Problem Gambling Helpline	1-888-795-6111	
Seniors Activity Centre	250-564-3287	50 +, leisure activities and inexpensive meals for seniors. Senioractivitypg@shaw.ca
Hart Pioneer Centre Association	250-962-6712	Provides Senior citizens with activities and services. 50+
Spruce Capital Seniors Recreational Society	250-563-6450	Recreational opportunities for 50 and older. sprucecaptalseniors@sha w.ca www.pgcoss.ca
United Way of Northern BC	250-561-1040	

Veterans Affairs Canada	1-866-522-2122	
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HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach		
BC Cancer Society	250-564-0885	
BC Centre on Substance Abuse	778-945-7616	info@workdrugfreebc.com
Canadian Hearing Care	250-564-2593	Offers diagnostics, hearing aids, and protection for hearing impaired. princegeorge@canadianhearingcare.com
Community Outreach Assertive Services Team	250-645-7730	Provides psycho-social intervention to persons with serious and persistent mental illness dealing with community living. Referrals through CRU.
Central Interior Native Health Society	250-564-4422	Inclusive Primary Health Care – Medical Clinic
Dial-a-Dietician – Info Hotline	8-1-1	
Healthy Heart Program	250-564-7432 or 250-567-7448	Or 250-565-2688
Northern Health – Corporate Services	250-565-2649	Operates health services across Northern BC including (not limited to) acute care, home and community care programs, preventive public health and public health protection services, as well as mental health and addiction services.
OPT – Youth Clinic PG	250-565-7381 250-565-7478	Free, confidential health clinic for youth – education and counselling

Positive Living North (No Kheyoh T'sih'en T'sehen)	1-888-438-2437 250-562-1172 local	HIV/AIDS care and support
Prince George Hearing Centre	778-416-9119	
Psychiatry	250-565-2575	Assessment and brief treatment for 12 -18 yrs old who are experiencing serious psychiatric symptoms.
Mental Health and Addictions Services		
Adult Addictions Day Program	250-565-2387	www.northernhealth.ca
Adult Day programs Rainbow Adult Day Centre	250-649-7293	Health based daycare service for adults and seniors with health problems. One meal, handicapped bathing facilities, referrals, counselling, transportation and recreation
Assisted Living Registry	1-866-714-3378	
Baldy Hughes Therapeutic Community	250-964-3136 Fax: 250-964-3162	Residential treatment program for addictions. Induces structured treatment, support networks, education and vocational training programs. reception@baldyhughes.ca
BC Cancer Agency Centre for the North	250-645-7300 1-855-775-7300 toll free	One of six regional full service cancer centers. Provides full range of cancer control services
BC Health Insurance/MSP and PharmaCare	1-800-663-7100	Vancouver - Toll Free
BC Nurse/Pharmacist Line	811	
BC Schizophrenia Society	250-563-5826 1-888-561-8055	kimdixon@bcsspg.org Toll Free
Blue Pine Primary Health Care Clinic	250-596-8100 Fax; 250-596-8101	Medical clinic to treat "unattached" patients who do not have own physician. Must be referred to by Emergency, Northern Health, Mental Health,

		Cancer Clinic, etc.
Bounce Back: Reclaim Your Youth – for adults and youths	250-564-8644 250-564-6155 fax 1-866-639-0522	Guided self-help program to assist people with chronic illnesses to improve their emotional well-being. tammylawson@chmapg.ca
Canadian Mental Health Association	250-564-8644 Fax: 250-564-6155 1-800-555-8222 toll free	See separate listings: Connections Clubhouse, Housing and Life skills Program, Bounce Back and Heartbeat
Community Acute Stabilization Team	250-565-2666	Provides integrated Mental Health/Addictions services 19+ and older. Referral through CRU
Community Response Unit (CRU)	250-565-2668	Provides initial screening and integrated referral services and

	Toll free: 1-866-565-2966	crisis treatment for adults with mental health and addictions concerns.
Dental Health Community Program	250-565-7445	
Detox Assessment Unit	250-645-7420 or 250-565-2176	
Eating Disorders Program	250-565-7479	
Gateway Behavioural Support Services	250-645-0995	Therapy for individuals with ASD, related disorders or other behavioural concerns and their families. info@gatewaybehaviour.com
Home and Community Health Highland Health & Family Development Centre	250-565-7317 250-565-7322	Main line
Hospital – University Hospital of Northern BC	250-565-2000	

Intersect – Youth and Family Services Society	250-562-6639 Fax: 250-562-4692	info@intersect.bc.ca www.intersect.bc.ca
Iris House – Northern Health	250-649-7245	Private rehab. Provides 24/7 adult tertiary rehabilitation and residential facility for adults located in Prince George
Kordyban Lodge	250-562-3535	Supportive services to those with cancer, provides accommodation for cancer patients and their caregivers from Northern BC who travel to PG as outpatients.
Nechako Youth Detox	250-565-2881	Youth 13-18 residential program
Northern Midwifery Care – Postpartum Mama Baby Drop in also	250-562-0834	cahedges@shaw.ca
Northern Regional Mental Health – Support Team - Youth Services	250-649-7660	
Northern Regional Mental Health – Acquired Brain Injury – Nechako Centre	250-565-7393	Provides various Northern Health Mental Health and Addictions services
Nursing Support Services Program – Northern Health	250-612-4519	For children up to 19 who have special health care needs and are living at home and/or attending school or childcare setting. Provides training. Kim.Shannon@northernhealth.ca
Online Medical Support - Medeo	inquiry@medeohealth.com	www.medeohealth.com
Public Health Nursing	250-565-7381	www.northernhealth.ca
Spinal Cord Injury BC		Through Brain Injury Group
YMCA of Northern BC	250-562-9341	Provides health & wellness programs. Targets families.

		Services such as: Minds in Motion, Elder Abuse Awareness training, recreation services assisting at Simon Fraser Lodge, etc. 100 Mile House to PG.
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HOUSING

SERVICE	CONTACT NUMBER	NOTES
Aboriginal Housing Society	250-564-9794	Provides safe, affordable housing for people of all incomes, ages and capacities
Adult Residential Services	250-564-6408	Offers group and supported living homes for adults who have developmental disabilities. Supports people to live in the community as independently as possible. Aimhi@aimhi.ca
Advocacy and Appeals re Housing		nil
BC Housing	250-562-9251 604-433-1711 1-866-465-6873	L o c a l V a n c o u v e r Toll Free 1-800-667-1235

Gateway Lodge Assisted Living	250-612-5500	Adults - live independently but require regular assistance with daily activities because of age, illness or disabilities. www.northernhealth.ca
Home Adaptations – B.C. Housing	1-800-257-7756	
Home Sharing Services	250-564-6408	Residential option for the developmentally disabled to live with a family in the community.
Homeowner Protection Office	1-800-407-7757	
Housing Outreach Services – Ketso Yoh	250-563-1982 250-563-0283 fax	Assists with living arrangements, maintains housing lists, advocacy, referrals and landlord/tenant issues
Rainbow Village	250-563-1113	Through Elizabeth Fry – low income rentals
Housing for Seniors		
Alward Place Senior Citizens Home	250-645-6100	65+. Some beds for BC Housing. Offers a wellness program
Asher Place Seniors Residence	250-645-6100	
Aspen 1 and 2: The Cottages	250-645-6100	BC Resident and 65+. Must be able to live independently.
AWAC - Supported Housing Program	250-562-6262	Directed toward marginalized women.
Chateau Prince George	250-564-0202	Retirement residence. 55+
Country Seniors Community	250-962-5570 or 250-962-5580	Retirement residence. 55+
Elizabeth Fry Place	250-563-1113	55+, low income or people with disabilities
Emmaus House	250-964-1175	Non-profit supportive living for 65 +
Hartland Manor	250-962-9840	Complex care facility

Jubilee Lodge – Complex Care Facility	250-565-2286	19+
Laurier Manor (Northern Health)	250-645-6188	Assisted living suites, must be BC resident and 55+.
Parkside Care Home	250-612-5575	Complex care unit. www.northernhealth.ca
Parkside Intermediate Care Home	250-612-5575	Nursing home
Rainbow Care Home	250-645-8006	
Rainbow Adult Day Centre	250-649-7293 Fax: 250-563-9376	
Rainbow Lodge	250-645-4250 Fax: 250-563-4376	
Riverbend Manor Seniors Community Housing	250-596-8097	55+ - 1 and 2 bedroom suites
Rodica House	250-563-9566	Retirement residence for seniors who live fairly independently. Provide basic needs. www.rodicahouse.com
Seniors Housing Information Line	250-564-9100 250-564-5888	The PG Council of Seniors operates a resource and referral centre. Info.pgcos@gmail.com
Simon Fraser Lodge	250-563-3413	Complex care facility for 19+ info@simonfraserlodge.ca
Tse'Koo Huba Yoh	250-564-6454 Fax: 250-564-6453	2 nd stage housing for homeless women or those who are at high risk of homelessness www.pgnfc.com

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Cancer Car Program Wheels on Hope	250-645-2373 1-888-939-3322	Run by Freemasons of BC & Yukon. Volunteers will pick up cancer patients within PG

		city limits and drive to appointments at the BC Cancer Agency, Dr appt or any other Northern Health facility
Community Home Nursing Program	250-565-7317 or 250-565-7322	Assistance for people with acute, chronic, rehabilitative, and palliative care needs. Provides assessments, direct care and teaching. Referral required.

Friendly Phone	250-564-5888	Daily phone communication provided by PGCOS or house bound individuals
Friendly Visiting		nil
Home and Community Care- Interprofessional Team	250-565-7317	Provides a variety of community based services for support. www.northernhealth.ca .
Home Support – long term care Interprofessional Team	250-565-7322 250-565-7410 fax	Enables the elderly and those with chronic or palliative illnesses to function independently in their homes.
Long Term Care- Interprofessional Team	250-565-7322	Assists in the home or care in a residential facility for adults who have lived in BC for past 3 month. When can't manage at home, are assessed for housing or a residential care facility and waitlisted if appropriate. www.northernhealth.ca .
PG Council of Seniors Better At Homes	250-564-5888	Social visits for seniors living alone or house bound. betterathomes@pgcos.ca

		www.pgcoss.ca
Meals on Wheels (through PG Senior Centre)	250-564-5888	Currently delivers in bowl area of Prince George only. mow@pgcos.ca info.pgcoss@gmail.com
Home Repairs and Maintenance	nil	Only agencies that provide volunteers who have undergone a criminal record check.

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Bus Pass Program	250-563-6665 local Toll Free: 1-866-866-0800	For Senior citizens and person with disabilities on restricted incomes. rick@bc.pwt.ca www.buspass.gov.bc.ca
Carefree Society/Handy Dart	250-562-1394 250-562-1393 fax	Carefreesociety_@telus.net
Health Connections – bus service Northern Health Connections	1-888-647-4997	Toll Free. Travel service program for patients needing to travel for out of town medical appointments in northern BC and between northern BC and Vancouver. Also to Grande Prairie.
Northern Regional Office – Transportation	250-565-6185	

Parking Permit (disabled) SPARC	1-888-718-7794 604-718-7733	www.sparcbc.ca or info@sparc.bc.ca
Taxi (s)		
Airporter Shuttle Service	250-563-2220	
Emerald Taxi Ltd	250-563-3333	
Prince George Taxi	250-564-4444	
Paxton Shuttle Service	250-612-1111	
Translink Trip Planner	604-953-3333	Lower Mainland

LEGAL

SERVICE	CONTACT NUMBER	NOTES
(SAIL) Senior's First BC Lower mainland	604-437-1940 1-866-437-1940	Legal Advocacy Program and Elder Law Clinic
Dial A Law	1-800-565-5297	www.dialalaw.org
Family Justice Centre	250-565-4222	Toll free: 1-888-668-1602
Lawyer Referral Services	1-800-663-1919	
Legal Aid	250-564-9717 Fax: 250-564-8636 1-866-577-2525	www.legalaid.bc.ca
NIDUS – Representation Agreements		www.nidus.ca info@nidus.ca
Peoples Law School	604-331-5400 Fax: 604-331-5401	info@peopleslawschool.ca
Public Guardian and Trustee	1-604-660-4444	
Community Advocacy Services		
Elizabeth Fry Society	250-563-1113 Fax: 250-563-8765	Information and assistance for women
Ombudsperson	1-800-567-3247	Toll free
PG Community Corrections	250-614-2678	www.gov.bc.ca/pssg/

PG Native Friendship Centre	250-564-3568	Emotional support and empowerment using an Aboriginal approach. Court orientation, support liaison and a culturally based network for all victims of crime. Education and assistance with the Criminal Justice System and Crime Victim Assistance Programs. Assistance with completing Victim Impact Statements.
Prince George Urban Aboriginal Justice Society	250-562-7928	Mission is to reduce the number of Aboriginal people in conflict with the law through diversion from the court system. pquajs@telus.net
Provincial and Supreme Court Registry (PG courthouse)	250-614-2700 Fax: 250-614-2717	

Youth Forensic/Court Services - MCFD	250-565-7115	
Youth Probation Services	250-614-2660	

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Caregiver and Support groups		
AA	250-564-7550	877-644-2266 toll free
Acquired Brain Injury Program	250-562-4673 1-866-979-4672	Assessments, referrals, case management services. Provides funding for acquired brain injury services www.northernhealth.ca
AiMHi – PG Association for Community Living	250-564-6408	Community Living Agency. Wendy.brophy@aimhi.ca www.aimhi.ca
Alano Club of PG	250-563-9517	Meeting place for sober alcoholics or anyone in recovery from substance abuse.
Alzheimer Resource Centre	250-564-7533 or 250-645-2200	
Anorexia Support Group	250-565-7179	Through Northern Health
Arthritis Society	1-800-321-1433	couttspl@shaw.ca www.arthritis.ca
Asperger's (Autism) Support Group	250-961-7620	cwalker@autismbc.ca www.autismbc.ca
Association Advocating for Women and Community - Outreach Support Service	250-562-6262	Provides advocacy, referrals and support for women at risk
Brain Injury Group (Prince George)	250-562-4673 1-886-979-4672 toll free	Info@nbia.ca
Canadian Cancer Society	250-564-0885 1-800-811-5666 toll free	Accommodation for cancer patients and families close to treatment centers

Canadian Diabetes Association – PG and District	250-561-9284	www.diabetes.ca
Children and Families Information Line	250-645-3978	Public health nurse available to address concerns re: children's health and parenting.
CNIB	250-552-0316 Fax: 250-563-1787 1-800-563-2642 help line	604-431-2121 ext 6094
COPD Support Group	250-963-8669 pgcopd@telus.net	Affiliated with The Better Breathers' Clubs of BC
Cystic Fibrosis Foundation	250-561-2129	rnlgird@hotmail.com
Dementia Help Line	1-800-936-6033	Province Wide number

Diabetes Education Centre	250-565-2464	Support and education
Father's and Tots Support Circle – Hadih House - through Intersect	250-563-7976	Support group for fathers
Heart and Stoke Foundation	250-562-8611	www.heartandstroke.bc.ca
Heartbeat Support Group	250-961-9330	reception@cmhapg.ca . Confidential support group for those who have lost someone to suicide.
Intersect Youth and Family Services	250-562-6639 250-562-4692 Fax	info@mail.intersect.bc.ca www.intersect.bc.ca
Kidney Foundation of Canada – PG Chapter	250-962-7958 or 250-964-3944 or 250-563-9627	Prince.George@kidney.bc.ca www.kidney.bc.ca
Kinsmen Club	250-562-8767	Serving the Community's greatest need. Supports charities but in extreme circumstances may provide some funding for families in crisis.
Knights of Columbus	250-964-2744	Catholic men's service organization. Offers family assistance including hampers, financial or physical respite for medical purposes, wheelchairs and lifts for vehicles. johnbethhodgson@telus.net
Loyal Order of Moose	250-563-3060	Sponsors youth team sports and provides assistance to at- risk-children
Mom's and Tots Support Circle – Hadih House - Intersect	250-563-7976	Support group for moms – emphasis on health, promoting healthy lifestyles with their children. hadihhouse@gmail.com
Mood Disorders Support Group	250-561-8033 1-888-561-8055 toll free	kimdixon@bcsspg.org nimanager@bcss.org www.bcsspg.org

Multiple Sclerosis Society – PG Chapter	250-564-7074	www.mssociety.ca
Nar-Anon	250-612-6680 1-888-543-2499	www.bc.rscma.bc.ca
Northern BC Childrens' and Families Hearing Society	250-563-2425	Emotional support and networking for those deaf or hard of hearing as well as their interpreters and caregivers pgdeaf@telus.net www.nbc hearingsociety.com
Northern BC Friends of Children	250-564-2217	Assists families with children in extraordinary medical need by

		offering financial assistance, providing information, emotional support and coordinating efforts with other organizations and service providers. info@friendsofchildren.ca www.friendsofchildren.ca
Northern Brain Injury Association	250-562-4673	Links survivors to closest community with brain injury supports to help in their recovery
Northern John Howard Society	250-561-7343 Fax: 250-561-0510	Assists offenders and ex-offenders, their families and victims. Variety of programs for all offenders. inquiry@njhsbc.com www.njhs.ca
Northern Women's Centre Society at UNBC	250-960-5632 Fax: 250-960-5617	Provides a safe physical and social environment for women. Support, information and referrals - 24 hr access empower@unbc.ca
Northern Youth Online	250-564-8336 1-888-562-1214 – 24 hrs	Confidential, anonymous, non-judgmental peer emotional support. pgcrisiscentre@telus.net Youth Chat website: www.northernyouthonline.ca

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Paraplegic Association – Spinal Cord Injury BC	250-563-6942 1-800-689-2477 Cpcasd57.bc.ca	info@sci.bc.ca Toll Free. www.bcpara.org
Parent Advocacy Support Line DPAC Advocacy	250-561-6800 school district 57 admin office	School District 57 Parent Advisory Council. Assists parents dealing with issues at child's school
Parent Support Circles	250-962-0600 604-669-1616 ext 105	parentnorth@shaw.ca www.parentsupportbc.ca
Parkinson's Support Group	1-800-668-3330 toll free	To find local group
PEACE (previously Children Who Witness Abuse) – Elizabeth Fry Society	250-563-1113 Fax: 250-563-8765 1-866-563-1113 – 24 hrs	Provides services for children 3-18 exposed to domestic violence
PG Elks	250-562-5522	
PG Lupus – Chapter of BC Lupus Society	1-866-58-LUPUS	info@belupus.org
Prince George Hospice Society	250-563-2551	
Rainbows	250-562-3477	Peer support groups for children, youth and adults who are or have been experiencing a loss or transition such as death, divorce, separation, abandonment, or

		becoming part of a step/blend family. www.rainbowspg.com
Royal Canadian Legion # 43	250-562-1292	
Schizophrenia Society, BC (Bridges)	250-561-8033	Provides support and education. kimdixon@bcsspg.org

Senior Peer Support Group (PG Council of Seniors)	250-564-5888 ext 12	
Stop the Violence	250-562-3868 1-866-563-1113	Violence prevention and counselling services for women who have experienced violence in all forms, specializing in sexual violence. shelter@pgfry.bc.ca
Stroke Recovery Branch – PG	250-441-0086	www.strokerecoverybc.ca Coordinator: Luella Novak Email: luella_novak@hotmail.com
Surpassing our Survival (S.O.S) Society Prince George Sexual Assault Centre	250-564-8302 Fax: 250-564-8308	Assists adults, youth and children who have experienced sexual abuse and /or sexual violence. pgsac@telus.net
The Village (Parent Support BC)	1-822-345-9777	Registry of programs, resources and services for parents and grandparents in the community. parentnorth@shaw.ca www.parentsupportbc.ca
Therapeutic Riding Association	250-649-8410	For disabled children and youth admin@therapeuticriding.com
United Way of Northern BC	250-561-1040 Fax: 250-562-8102	info@unitedwaybc.ca

FIRST NATIONS/INDIGENOUS SERVICES

Friendship Centre		
Band Office - Carrier Sekani Family Services	250-562-3591 Fax: 250-562-2272 1-800-889-6855 toll free	Provides: child welfare, family support, parenting education, counselling, referrals and health services to band members. www.csfs.org

Band Office - Carrier Sekani Tribal Council	250-562-6279 250-562-8206 fax	Provides advisory services to eight affiliated First Nations communities
Central Interior Native Health Society	250-564-4422 250-564-8900 fax	Team of Primary Health Care providers. Goal: promote physical, mental, emotional and spiritual harmony. Programs: Clinic, Medical, Cultural, Social Work and Addiction Services. info@cinhs.org

Native Friendship Centre (IFDP)	250-564-4324	Infant and Family Development Programs
PG Native Friendship Centre -Native Healing Centre -Native Healing Centre Child/Youth Counselling Services	250-564-4324 250-564-3568 Fax: 250-563-0924	Emotional support and empowerment using an Aboriginal approach. Court orientation, support liaison and a culturally based network for all victims of crime. Education and assistance with the Criminal Justice System and Crime Victim Assistance Programs. Assistance with completing Victim Impact Statements.
Metis Services		
Aboriginal Housing Society (Metis Housing Society)	250-564-9794 Fax: 250-564-9793	Supplies low income Aboriginal individuals and families with low cost rental housing. info@ahspg.ca
Kikino Metis Children & Family Services Society	250-563-1661	Promotes the physical, mental, emotional and spiritual well-being of Metis children and families in PG Area. Provides prevention and early intervention services. www.kikino.org
Lheidi T'enneh First Nation	250-963-8451 Fax: 250-963-6954 1-877-963-8451 toll free	

Metis Elders Society	250-562-2771	pgmes2003@yahoo.ca
Metis Nation BC	250-561-2754	
First Nations Health Authority	250-645-3001	
Nechako Metis Elders Council	250-563-4111	
Nezul Be Hunuyeh Child and Family Services Society	250-561-0790 Fax: 250-561-1591 1-855-562-0790 toll free	Services to family of the Tl'azt'en and Nak'azdli communities including support, intervention, assessment and referral
Reconnect Youth Village/Helping Handz	250-562-2538 Fax: 250-564-1432	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Citizenship and Immigration Canada PG	250-565-4488 1-800-663-7867 Service Canada	Provides information regarding citizenship and immigration programs www.canada.com
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	250-562-2900	lmss.pg@imss.ca

Immigrant and Multicultural Services Society (MISS)	1-877-562-2977 toll free	www.imss.ca
Multicultural Heritage Society	250-563-8525	Promotes cross-cultural sharing and cultural diversity education
Settlement Services		nil
Translation Services		nil

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Ambulance – non emergency	250-562-7241 1800-665-7199	

By-law Enforcement	250-561-7622	Animal Control bylaw, on/off street parking, Business Licenses
City Councilors (see Government Representatives for specific names)	250-561-7600	Deals with issues affecting the municipality. To contact a counselor, phone or write to city hall.
City Hall – PG	250-561-7600	servicecentre@city.pg.bc.ca
City of PG – Service Centre	250-561-7600	Community Services Enquires
PG Aquatic Pool	250-561-7787	
Canfor Leisure Pool	250-561-7636	
Library(s) Bob Harkins Branch	250-563-9251	
Parks and Recreation – facilities Aquatic Centre	250-561-7787	
Police – non emergency	250-561-3300	
Prince George Advisory Committee on Accessibility	250-561-7657 Fax: 250-561-7724	Contact through City of PG
Social Development and Property Reduction (Ministry of)	1-800-663-7867 1-866-866-0800	www.iaselfserve.gov.bc.ca

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GIS	1-800-277-9914	Service Canada
Employment and Income Assistance	1-866-866-0800 toll free	Service BC
Health Insurance BC (HIBC)	1-800-663-7100 toll free	Care Card / BC Services Car Medical Services Plan and PharmaCare www.hibc.gov.bc.ca
Service BC	250-565-4488 1-800-663-7867 Gen inquiries	Deals with various licenses, permits, business registrations and forms, provincial programs and payments.

		www.governmentagents.gov.bc.ca
Service Canada	1-800-662-6232 1-800-206-7218 – EI Enquires	Portal to all federal agencies. Accepts EI claims, employment opportunities, job bank, incentives to employers, Old Age Security, Spousal Allowance, pleasure craft licensing, passports and Canada Pension Plan. Arranges for new or replacement Social Insurance Number. www.servicecanada.gc.ca
Tax Clinics – Seniors	250-564-5888	Personal taxes done free of charge for seniors in March and April. info.pgcoss@gmail.com
Vital Statistics	1-888-876-1633	

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice Society – Prince George	250-563-2551 250-563-2481	Forest Expo House Rotary Hospice House info@hospiceprincegeorge.ca
Grief Counselling		
Cemetery	250-561-7500	
Coroner's Office	1-888-991-2111	
Griefworks BC	1-877-234-3322	
John Howard Society	250-561-7343	
Rainbows – Hospice Society	250-563-2551 or 250-563-2481	Grief and loss program for 5-15 year olds. cgladwin@hospiceprincegeorge.ca

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Good Food Box	250-564-3859 thegoodfoodboxpg @g mail.com	Low cost monthly food box filled with local BC grown products.
Salvation Army Food Bank	250-564-4000	salarmy1@telus.net
Grocery Delivery		nil
Meal Delivery		
Food Hampers – Prince George Native Friendship Centre	250-564-3568	efaulkner@pgnfc.com
Meals on Wheels	250-564-5888	amha.pgcos@gmail.com
St Vincent de Paul Society	250-564-7871	Help the poor, lonely and needy, food available throughout the
		day at the drop in centre. svdp@shaw.ca

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
BC Civil Liberties Association Northern Chapter	604-687-2919 Fax: 604-687-3045 1-835-556-7507 toll free	Provides assistance to those who request information or have complaints about civil liberties violations by government agencies, employers or other organizations. Does not provide legal advice or legal representation. www.bccla.org
Kiel Giddens – MLA Prince George-Mackenzie	250-387-3507	MLA kiel.giddens.mla@leg.bc.ca
Services Canada	250-565-6779 1-877-855-3222	Front Counter general inquires Toll Free

	1-800-622-6232	
Rosalyn Bird – MLA Prince George-Valemount		MLA Rosalyn.bird. mla@leg.bc.ca