



Local Community Contact List

Name of CRN/Community: Robson Valley CRN

Date Submitted/Updated: July 2026

Submitted By: Robson Valley Community Services 1(844) 324-2004 sandy@rvcsbc.org

(Name)

(Phone)

(Email)

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 Police non-emergency line	911 250-566-4466 (Valemount) 250-569-2255 (McBride)	Mon – Fri 8am-5pm Mon – Fri 9am-5pm
Crisis Line Suicide Crisis helpline Suicide Prevention	1-888-562-1214 9-8-8 (call or txt) 1-800-784-2433	All lines available 24/7
Poison Control	1-800-222-1222	
Northern Health Lifeline	1-800- 851- 0184	
Health Link BC	811	

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse		See regional resources list for each CRN
Police-based Victim Services	1-844-324-2004	
Community- based Victim Services		
Transition House (s)	250-563-7305 250-374-6162	Prince George Kamloops
Emergency Shelter (s)	1-844-324-2004	For self identifying Women

Seniors First BC – 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 1-800-566-1170	Toll free

INFORMATION AND REFERRAL

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach	(250) 566-9138	Valemount Health Center
Community Services	1-844-324-2004	Robson Valley Community Services
Geriatric and Other programs for Seniors	(250) 566-4867	Valemount Senior Citizens Housing Society: social and exercise programs
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	(250) 566- 9138	Referral required via Dr
Mental Health and Addiction Services BC Mental Health Support Line	(250) 566- 9138 (Valemount) (250) 569-2251 (McBride) 310-6789	No referral No area code. Available 24/7
Home and Community Health/Community Paramedic	(250) 566-9138 (Valemount) (250) 569-2251 (McBride)	Call clinic for referral
Health Center/ Clinic	(250) 566-9138 (Valemount)	

MSP and PharmaCare	(604) 683-7151 1-800-663-7100	Vancouver Toll Free
Health Link BC- RN	811	
Assisted Living Registry	1-866-714-3378	
Online Medical Support - Medeo	1-888-297-2973	
Pharmacist Line	1-833-882-0022	gov.bc.ca/seeapharmacist
Life skills Worker	(250) 566-9138	Corey Schock

HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing – Applicant Services Northern Regional Office	1-800-257-7756 1-800-667-1235	
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Residential Tenancy Branch	1-800-665-8779	Tenants/renters/landlords

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	1-844-324-2004	Provided by RVCS
Grocery Shopping	1-844-324-2004	Provided by RVCS through Better at Home
Home repairs and Maintenance		Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling	1 250 566 9107	Provided by RVCS
Friendly Visiting	1-844-324-2004	Provided by RVCS through Better at Home

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Valemount Car-a-van	1 (778) 915-8550	
Northern Health Connections – bus service	1-888-647-4997	Call to book a seat
Bus Pass Program		
Taxi(s)		
Parking Permit (disabled)	1-888-718-7794	
Translink Trip Planner	1-604-953-3333	Lower Mainland

LEGAL

SERVICE	CONTACT NUMBER	NOTES
Seniors First BC (SAIL)	604-437-1940 1-866-437-1940	Legal Advocacy Program and Elder Law Clinic

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA Valemount Group- Steps & Traditions AA Helpline (PG)	In-Person or zoom meeting ID: 992 782 0546 1 (250) 564-7550	Held @ Valemount Public Library Basement 1090A Main St. Mondays 7PM- 8PM www.bcyukonaa.org
NA Valemount local group	In-person or zoom meeting ID: 989 100 0870	Held @ Anglican United Church 1175 7 th ave Fridays 7PM -8PM
Al-Anon	1-250-564-7550	
Nar-Anon / NA Helpline	1-866-683-6819	For those struggling with addiction or their families
Dementia/Alzheimer Society of BC	1-800-936-6033	www.alzheimer.ca/bc/en
Eating Disorders National Eating Disorder Info Centre (NEDIC)	1-800-665-1822 1-866-633-4220	Kelty Mental Health Centre nedic@uhn.ca
MS Society	1-604-689-3144	www.mssociety.ca
Arthritis	1- 866- 414- 7766	info@arthritis.ca
Diabetes BC diabetes Foundation	1-888-874-9333 1-604-628-2395	BCDiabetes.ca bcdiabetes.org
Deaf and Hard of Hearing	1-604-660-1859	PDHHS.gov.bc.ca

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	1-250-564-3568	
Band Office (Simpco)	1-250-672-9995	Toll free 1-800-678-1129
Métis Services	1-250-563-1661	
First Nations Health Authority	1-250-645-3006	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMB	E R	NOTES
Health and Seniors Information Line	211		Lower Mainland
Local Immigrant Services	250-562-2900		https://www.imss.ca/
Settlement Services	250-562-2900		
Translation Services	250-562-2900		

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	1-250-566-9893	Valemount visitor info centre
Parks and Recreation - programs	1 250- 566- 9893	Valemount visitor info centre
Valemount Public Library	1(250) 566-4367	library@valemount.ca

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance 4448	(250) 566-	Service BC
Community Volunteer Income Tax Program (250) 566-9107 (CVITP)		Provided through RVCS
WorkBC (250) 566-9107		1444 5 th Ave. Located @ RVCS
Ministry of Social Development and Poverty Reduction 1-866-866-0800		Income assistance, PPMD, Persons with Disability's

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	1 (250) 566-9138	Ext 2000 (local clinic)
Grief Counselling	1 (250) 566 9138	Ext 2000 (local clinic)
BC Bereavement Support and Counselling	1-877-779-2223	Mon- Fri 9am-5pm

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	(250) 566-1840	10am-noon every second Wednesday of the month
Grocery Delivery	1-844-324-2004	Provided thru RVCS better at home
Meal Delivery	(250) 566-1302	Meals on Wheels

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Village of Valemount	1 (250) 566 4435	
Rosalyn Bird	1 (250) 213-1296	Local MLA
Service Canada	1-800-622-6332	
Service BC	1 (250) 566- 4448	Open Mon- Fri 9am-4:30pm
Provincial Court of BC	1 (250) 566-4652	Local Valemount courthouse