



Local Community Contact List

Name of CRN/Community: **Sea to Sky CRN**

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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	1-800-784-2433	Language Service: Both of the 310-6789 and 1-800-SUICIDE phone lines are available in over 140 languages using a language service. Let us know which language you require, and we will try and provide an interpreter. Contact us anywhere in BC 1-800-SUICIDE or 1-800-784-2433 Mental Health Support Line: 310-6789 Vancouver Coastal Regional Distress Line: 604-872-3311 Sunshine Coast/Sea to Sky: 1-866-661-3311 Seniors Distress Line: 604-872-1234 Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)
Poison Control	1-800-567-8911	
Lifeline (or similar service)	1-866-582-5284	

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
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Health Authority contact(s) – for reporting abuse	1-877-732-2899	See regional resources list for each CRN
Police-based Victim Services	604 892-6153	
Community- based Victim Services	604-894-6101 – Pemberton 604-892-5796 - Squamish	Sea to Sky Community Services
Community Living BC	Phone: 604.664.0101 Toll Free: <u>1.877.660.2522</u>	Squamish Community Living BC: 604-892-5796
Transition House (s)	604-892-5748	Sea to Sky Region - PearlSpace
Emergency Shelter (s)	604-390-3000	Under One Roof - Squamish
BCCEAS – SAIL (Seniors Abuse and Information Line) – for information about abuse and for emotional support	604-437-1940 Toll Free:1-866-437-1940	
Victim Link	1-800-563-0808	
bc211	211	Lower Mainland only
LBGTQ Contact	604-684-5307 Toll Free 1-800-566-1170 Trans Lifeline Phone: 1-877-330-6366	Pride Squamish - pridesquamish@gmail.com First Nation twospiritinclusion@squamish.net PearlSpace Specialized Resource Line - 604-389-9168

INFORMATION AND REFERRAL

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach	604-520-6621	Seniors Society of BC
Community Services	604-892-5796 – Squamish 604-894-6101- Pemberton	Sea to Sky Community Services
Geriatric and Other programs for Seniors	778-894-3200	
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	604-313-5119	
Veterans Affairs Canada	1-866-522-2122	

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
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Mental Health/Geriatric Outreach	778-894-3200	778-894-3200- Squamish 604-894-6939- Pemberton
Mental Health and Addiction Services	778-894-3200	778-894-3200 - Squamish 604-894-6939- Pemberton
Home and Community Health	604-892-2293	604-892-2293 - Squamish 604-894-6939- Pemberton
Adult Day programs	(604) 892-2293	604-892-2293 - Squamish 604-894-6939- Pemberton
Hospital	604-892-5211	604-892-5211 - Squamish 604-894-6939- Pemberton
MSP and PharmaCare	604-683-7151 1-800-663-7100	
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 1-866-465-6873	
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Advocacy and Appeals re Housing	604-892-5796	Sea to Sky Community Services Legal Advocacy Program
PearlSpace	604-892-5748	Offer Rental Supports, transitional & Safe Housing
Sea to Sky Community Services	604-892-5796	Subsidized housing for seniors, disability, Low income and family housing; rental supports, homeless outreach and prevention; market value housing
Westwinds Senior Housing	604-892-3311	55+ Senior Housing at below market value

HOME SUPPORT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Better at Home	604-892-5796	604-892-5796 - Squamish 604-894-6101 - Pemberton
Home Support	604-892-2293 - Sea to sky - Vancouver Coastal Health	Squamish Nation Home Support - 604-982-0332

Home repairs and Maintenance	1.888.513.5566	
Friendly Visiting	604-892-5796 - Better at Home	

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	604-892-3567	
Health Connections – bus service	1-855-993-3100	
Bus Pass Program	1-866-866-0800	
Taxi (s)		Squamish Taxi (604) 567-1111 Howe Sound Taxi 604-898-8888 Yellow Cabs 604-892-5995 Pemberton: 604-894-1111
Parking Permit (disabled)	1-888-718-7794	e-mail: permits@sparc.bc.ca Telephone: 604-718-7744 or 1-888-718-7794
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	604-981-0084	
Crown Counsel	604 660-4353	
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services	604-687-3221	BC Legal Referral Services
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Law Advocacy Services	604-892-5796	Squamish/Whistler/Pemberton

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
Alcohol Anonymous	Website: https://www.district19aa.ca/squamish	View Website for dates/times for both Squamish and Pemberton meetings
NA	1-877-909-3636	
Al-Anon	(1-888-425-2666)	
Nar-Anon	1-800-477-6291 (toll free)	
Alzheimer Society of BC	1-800-936-6033	
Caregiver support groups	1 877 520-3267	
MS Society	(604) 689-3144	
Arthritis	1.800.321.1433	
Diabetes	Toll Free: 1-888-874-9333	Toll Free: 1-888-874-9333 Phone: (604) 683-3734 Fax: (604) 628-3821 Email: info@bcdiabetes.ca
Deaf and Hard of Hearing	604 660-1800	Office: 604 660-1800 Fax: 604 660-1859 Email: pdhhs@gov.bc.ca

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	Phone: 1 866 441 7522	
Band Office	(604) 892-5166	
Métis Services	Toll free: (855)-376-9263	
First Nations Health Authority	(toll-free): 1-855-550-5454	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	1-800-622-6232 – Service Canada	
Settlement Services	(604) 567-2222 - Squamish 604-698-5960; 604-894-6101 - Pemberton & Whistler	

Translation Services	604-684-2940 ; 604-297-8400	

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	(604) 898-3604	(604) 898-3604 - Squamish 604.894.6136 - Pemberton
Parks and Recreation - programs	(604) 898-3604	(604) 898-3604 - Squamish 604.894.6136 - Pemberton
Library(s)	(604) 892-3110	(604) 892-3110 - Squamish (604) 894-6916 - Pemberton

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.	https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html	Find a free Tax Clinic Online

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	604-892-6051 – Sea to Sky Hospice Society	
Grief Counselling	https://counsellingbc.com/counsellors/location/squamish-324/practice/grief-and-loss-general-132	

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	(604) 567-9228 - Squamish	604 698 5521 - Pemberton
Meal Delivery	Meals on Wheels - 604-390-3000	

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Patrick Weiler – Sea to Sky Member of Parliament	Phone: 604-913-2660	Email: Patrick.Weiler@parl.gc.ca
Services Canada	1-800-622-6332	
Service BC	604-892-2400	Sea to Sky Branch
Canada Revenue Agency	1-800-959-8281	

Please contact info@bccrns.ca with any questions regarding

this form.