



## Local Community Contact List (Template)

Name of CRN/Community: Fraser Lake & area

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(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    | <b>911</b>          | Numbers to call if no 911 service |
| FL RCMP Detachment            | <b>250-699-7777</b> |                                   |
| FL Fire Department            | <b>250-699-6601</b> |                                   |
| Crisis Line                   | 250.699-6315        | 888.562-1214/888.564-8336         |
| Poison Control                | 800.567-8911        |                                   |
| Lifeline (or similar service) | 250.699-6315        | 800.279-5799                      |
| Fire – household              | 250-699-7783        | FL Fire Chief                     |
| Fire - WILDFIRE               | 800.663-5555        |                                   |

### ADULT ABUSE SERVICES

| SERVICE                          | CONTACT NUMBER | NOTES                                        |
|----------------------------------|----------------|----------------------------------------------|
| Health Authority - for reporting | 844-465-7414   | Reception<br>Administration<br>Social Worker |
| Fraser Lake Health Centre        | 250.699-6225   |                                              |
| Fraser Lake Health Centre        | 250.699-8960   |                                              |
| Fraser Lake Health Centre        | 250.699-7742   |                                              |

|                                                                                                                        |                                                              |                                                             |
|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------|
| Police-based Victim Services<br>Police-based Victim Services                                                           | 250.699-7777<br>250-567-8073                                 | FL RCMP Detachment                                          |
| Community- based Victim Services                                                                                       | 250-699-8080                                                 | FL Victim Services                                          |
| Community Living BC<br><br>BC Helpline                                                                                 | 604-664-0101<br>877-660-2522<br>211                          | Vancouver<br>Toll free<br>Bc211.ca                          |
| Sexual Abuse Centre<br>LGBT National youth talk-line<br>PFLAG Canada - coming out support<br>Foundry Prince George     | 250.564-8302<br>800.246-7743<br>888.688-5428<br>236.423-1571 | Prince George<br><br>1148 7 <sup>th</sup> Ave Prince George |
| Emergency Shelter (s) Vanderhoof                                                                                       | 250.567-9959                                                 | Omenica Safe Home                                           |
| BCCEAS - SAIL (Seniors Abuse<br>and Information Line) - for<br>information<br>about abuse and for emotional<br>support | 604.437-1940<br>866.437-1940<br>604.660-4444                 | Toll free                                                   |
| Victim Link<br>Stop Smoking<br>Problem Gambling                                                                        | 800.563-0808<br>866.366-3667<br>800.GAMBLER                  |                                                             |
| bc211                                                                                                                  | 211                                                          |                                                             |

## INFORMATION AND REFERRAL

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

| SERVICE                                                                                              | CONTACT NUMBER                                           | NOTES                   |
|------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-------------------------|
| Seniors Outreach - Autumn Services                                                                   | 250.699-0056                                             | Autumn Services Centre  |
| Community Services - Autumn Services                                                                 | 250.699-0056                                             | Autumn Services Centre  |
| Community Services - FL Men's Shed                                                                   | 250.699-6878                                             | FL Men's Shed           |
| Geriatric and senior programs<br>Better @ Home program<br>Therapeutic Activation program             | 250.699-0056                                             | Autumn Services Centre  |
| Problem Gambling Helpline                                                                            | 888.795-6111                                             |                         |
| Alcohol and Drug Referral<br>Alcohol & Drug Referral - EMERGENCY<br>Alcoholic's Anonymous - FL group | 800.784-2433<br>988<br>250.699-1699<br>778.665-0135 Bill | National<br>Fraser Lake |
| Veterans Affairs Canada<br>FL Royal Canadian Legion Br # 274                                         | 866.522-2122<br>250.699-6268                             | Fraser Lake             |

## HEALTH/MENTAL HEALTH

| SERVICE                                                                                                                                                               | CONTACT NUMBER                                               | NOTES                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------------|
| Mental Health/Geriatric Outreach                                                                                                                                      | 250.699-6225                                                 | FL Health Centre                                                        |
| Mental Health and Addiction Services                                                                                                                                  | 250.567-9205                                                 | Vanderhoof                                                              |
| Home and Community Health<br>Life Skills Coordinator<br>Community Connector Program<br>Community Connector                                                            | 250.699-6225<br>250.487-0817<br>250.567-8587<br>250.567-9205 | FL Health Clinic<br>Mandy Polson<br>Connexus Vanderhoof<br>Stacey Leigh |
| Adult Day programs<br>Therapeutic Activation Program (TAPS)                                                                                                           | 250.699-0056                                                 | Autumn Services FL                                                      |
| St Johns Hospital Vanderhoof<br>Mental Health Centre Vanderhoof<br>Fraser Lake Health Centre<br>Nechako Cares - Mental Health supports for children, youth & families | 250.567-2211<br>250.567-5994<br>250.699-6225<br>844.645-7811 | 3255 Hospital Rd Vanderhoof<br>Fraser Lake<br>Vanderhoof                |

|                                |                              |                        |
|--------------------------------|------------------------------|------------------------|
| MSP and PharmaCare             | 604.683-7151<br>800.663-7100 | Vancouver<br>Toll Free |
| BC Nurse/Pharmacist Line       | 811                          |                        |
| Assisted Living Registry       | 866.714-3378                 |                        |
| Online Medical Support - Medeo | 888.297-2973                 |                        |

## HOUSING

| SERVICE    | CONTACT NUMBER               | NOTES                     |
|------------|------------------------------|---------------------------|
| BC Housing | 604.433-1711<br>866.465-6873 | Vancouver<br>Toll<br>Free |

## HOME SUPPORT

| SERVICE                                                                                             | CONTACT NUMBER | NOTES                                                                             |
|-----------------------------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------|
| Better at Home                                                                                      | 250.699-0056   | Autumn Services – Erica Weik                                                      |
| Grocery Shopping                                                                                    | 250.699-0056   | Autumn Services – Erica Weik                                                      |
| Light home repairs, yard work, snow removal, shoveling driveways<br>Maintenance - upon availability | 250.699-0056   | Only agencies that provide volunteers who have undergone a criminal record check. |
| FL Mens Shed - assist when available                                                                | 250.699-1233   | Open Tues & Fri 10-4:30                                                           |
| Friendly Visiting                                                                                   | 250.699-0056   | Autumn Services – Erica Weik                                                      |
| Housekeeping & laundry                                                                              | 250.699-0056   | Autumn Services – Erica Weik                                                      |

## TRANSPORTATION

| SERVICE                                                      | CONTACT NUMBER | NOTES                                                             |
|--------------------------------------------------------------|----------------|-------------------------------------------------------------------|
| Get Up & Go Van - Autumn Services<br>Bookings on demand      | 250.699-0056   | Travel to Prince George (east) to Smithers (west)                 |
| Health Connections - bus service<br>Travels north & south    | 888.647-4997   | Tues, Wed depart @ 7:55 am from FL Health Centre to Prince George |
| BC Transit - departs FL mall \$5                             | 250.563-0011   | Tues, Thurs, Sat departs FL @ 8:37 am (2hrs 45 min to PG)         |
| BC Bus North - departs FL mall \$35<br>Travels north & south | 844.564-7494   | Thurs & Sat PG to P Rupert<br>Fri & Sun P Rupert to PG            |
| Village of Fraser Lake bus FREE                              | 250.699-1495   | On demand booking Wed & Fri only                                  |
| Translink Trip Planner                                       | 604.953-3333   | Lower Mainland                                                    |

## LEGAL

| SERVICE                           | CONTACT NUMBER               | NOTES                                       |
|-----------------------------------|------------------------------|---------------------------------------------|
| BC CEAS (SAIL)                    | 604.437-1940<br>866.437-1940 | Legal Advocacy Program and Elder Law Clinic |
| Legal Aid                         | 866.577-2525                 | Provincial                                  |
| Seniors Advocate                  | 877.952-3181                 | Provincial                                  |
| Crown Counsel                     | 250.567-5809                 | Vanderhoof                                  |
| NIDUS - Representation Agreements | 604.408-7414                 | Provincial                                  |
| Public Guardian and Trustee       | 604.660-4444                 | Provincial                                  |
| Peoples Law School                | 604.331-5400                 | Provincial                                  |

|                                                                                                                                                    |                                                              |                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Legal service Notary Public,<br>Vanderhoof<br>Legal service Lawyer, Vanderhoof<br>Family Law, Vanderhoof<br>Marriage Commissioner - Fraser<br>Lake | 250.570-7570<br>250.567-2800<br>250.567-6717<br>250-699-2415 | Daniel Lyons Law Corp<br>Michael Reid – Lawyer<br>Jacqueline R Reed – Law<br>Laura McMaster - FL |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------|

## SUPPORT GROUPS

| SERVICE                                | CONTACT NUMBER               | NOTES                      |
|----------------------------------------|------------------------------|----------------------------|
| Dementia Help Line                     | 604.681-8651                 | Provincial                 |
| AA - Nadleh 1 <sup>st</sup> Nation     | 250.690-7272                 | Nadleh First Nation        |
| AA - Stellat'en 1 <sup>st</sup> Nation | 250.699-8034                 | Stellat'en First Nation    |
| AA - Fraser Lake                       | 250.699-1699<br>778.665-0135 | Fraser Lake<br>Fraser Lake |
| Alzheimer Society of BC                | 604.681-6530                 | Provincial                 |
| Alzheimer Society of PG                | 800.936-6033                 | Regional – Prince George   |
| Caregiver support groups               | 250.699-0056                 | Autumn Services - monthly  |
| MS Society of PG                       | 250.614-2233                 | Prince George              |
| Diabetes Society of PG                 | 250.561-9284                 | Prince George              |
| Deaf and Hard of Hearing PG            | 250.562-8001                 | Prince George              |
| Brain Injury Group of PG               | 250.567-2447                 | Prince George              |

## FIRST NATIONS/INDIGENOUS SERVICES

| SERVICE                           | CONTACT NUMBER | NOTES                   |
|-----------------------------------|----------------|-------------------------|
| Friendship Centre - Prince George | 250.564-3568   | Prince George           |
| Band Office - Nadleh              | 250.690-7272   | Nadleh First Nation     |
| Band Office - Stellat'en          | 250.699-8034   | Stellat'en First Nation |
| First Nations Health Authority    | 866.913-0033   | Provincial              |

## IMMIGRANT SERVICES

| SERVICE                             | CONTACT NUMBER | NOTES          |
|-------------------------------------|----------------|----------------|
| Health and Seniors Information Line | 211            | Lower Mainland |
| Fraser Lake Public Library          | 250.699-8888   | Fraser Lake    |

## MUNICIPAL SERVICES

| SERVICE                                                              | CONTACT NUMBER | NOTES               |
|----------------------------------------------------------------------|----------------|---------------------|
| FL Village Office                                                    | 250.699-6257   | Open 8-4 pm Mon-Fri |
| FL Recreation Coordinator                                            | 250.699-6257   |                     |
| FL Public Works                                                      | 250.699-6257   |                     |
| FL Transfer station 10 to 6 pm Monday to Sunday (closed on holidays) | 250.699-6257   | Open daily 10 – 6pm |
| FL Public Library                                                    | 250.699-8888   |                     |

## INCOME AND BENEFITS

| SERVICE | CONTACT NUMBER | NOTES |
|---------|----------------|-------|
|---------|----------------|-------|

|                |              |                |
|----------------|--------------|----------------|
| CPP, OAS, GAIN | 800.622-6232 | Service Canada |
|----------------|--------------|----------------|

|                                  |              |                                                   |
|----------------------------------|--------------|---------------------------------------------------|
| Employment and Income Assistance | 250.567-6301 | Service BC Vanderhoof                             |
| Work BC                          | 250.567-7375 | Call to book appt in Fraser Lake – every Thursday |
| Lorraine's Bookkeeping           | 250.699-1054 | @ Autumn Services Feb – April                     |

## DEATH, DYING AND GRIEF SERVICES

| SERVICE                                        | CONTACT NUMBER        | NOTES                          |
|------------------------------------------------|-----------------------|--------------------------------|
| Hospice - new group (2025)                     | Phone # not available | Call Connie Neilson as contact |
| Grief Counselling                              | 877.779-2223          | BC Bereavement helpline        |
| Mental wellness & counselling - Mary Macdonald | 250.552-6662          | Mary Macdonald – Fraser Lake   |

## FOOD PROGRAMS

| SERVICE                     | CONTACT NUMBER | NOTES                 |
|-----------------------------|----------------|-----------------------|
| Food Bank - Fraser Lake     | 250.699-0056   | Twice a month 9-3 pm  |
| Food Bank - Fort Fraser     | 250.570-7496   | Once a month 10-11 am |
| Meal Delivery - Fraser Lake | 250.699-0056   | Autumn Services       |
| Meal Delivery - Fraser Lake | 250.699-6268   | Royal Canadian Legion |
| Grocery shopping            | 250.699-0056   | Autumn Services       |

## GOVERNMENT REPRESENTATIVES

| SERVICE                         | CONTACT NUMBER | NOTES                    |
|---------------------------------|----------------|--------------------------|
|                                 |                | MLA Omineca Lakes        |
| Ellis Ross – Conservative Party | 613.992-7688   | MP Skeena Bulkley Valley |
| Services Canada                 | 800.622-6332   | Provincial               |