



Local Community Contact List

Name of CRN/Community: **Terrace BC CRN**

Date Submitted/Updated: **2026**

Submitted By: **Danielle Lavoie**

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	1 888-562-1214	
Poison Control	1800-567-8911	
Lifeline (or similar service)	250-631-4272	

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse	1-844-465-7414	Northern Health
Police-based Victim Services	250-638-7411	
Community- based Victim Services	1 888-337-5726 or 250-635-6447	
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)	250-635-6447	Ksan Society
Emergency Shelter (s)	250-635-6447	Ksan Society
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
BC211	211	A helpline that will direct people to support services, through the Province of BC and the United Way of Lower Mainland
LGBTQ Contact	1 800-566-1170	In the lower mainland

INFORMATION AND REFERRAL

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Services	250-635-9090	Happy Gang – social and meals
Community Services	250-638-1330 or 250-635-3178	Volunteer Terrace or TDCSS (Terrace and District Community Services Society)
Geriatric and other programs for Seniors	250-638-1330 or 250-631-4272	Volunteer Terrace or Terrace Sunshine Centre for Seniors
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	211	BC211
Veterans Affairs Canada	1-866-522-2122	
Financial Assistance for those experiencing medical challenges	250-641-6505	Kimmunity Angels help people pay for flights, beds and prescriptions, for example
Financial Assistance for those experiencing medical challenges	778-634-3844	Helping Hands helps people to pay for their prescriptions if they can't afford them.
Palliative, Hospice, Caregiver, and Grief support	250-635-4811	Terrace Regional Hospice Network
Social groups, and a variety of supports for seniors	250-635-4906	Kermode Friendship Society

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	250-631-4202	Northern Health
Community and Mental Health Services	250-631-4202	Northern Health
Home and Community Care	250-631-4234	Northern Health
Hospital	250-635-2211	Ksyen Regional Hospital
MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
BC Nurse/Pharmacist Line	811	
Assisted Living Registry	1-866-714-3378	
Online Medical Support - Medeo	1-888-297-2973	
Mental Health Support	310-6789	No area code needed
Intensive Case Management	250-631-4647	
Problem Gambling Online	1-888-795-6111	
Volunteer Terrace	250-638-1330	Housekeeping, Helping Handyman (small odd jobs to keep seniors in their homes longer),

Medical Equipment	www.assistlist.ca	ASSIST LIST Charitable organization in British Columbia that promotes public health by empowering our community to buy, sell, and donate health medical equipment.
Medical Equipment	250-635-2623	Red Cross: Terrace Short Term Loan Program alleviates the pressures that come along with injury or illness, assists people with mobility issues, allows people to return home from hospital earlier, and supports those in palliative care who wish to spend final days in the comfort of their own home
Medical Equipment	250-638-1301	MOTION MOBILITY & ACCESSIBILITY PRODUCTS
Medical Equipment	250-635-4811	Medical equipment for those who receive hospice services. Northern Health also access this medical equipment as needed.

HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	604-433-1711 1-866-465-6873	Vancouve rToll Free
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Advocacy and Appeals re Housing	250-635-3178	Terrace and District Community Services
Seniors Housing Navigation	250-635-3178	TDCSS

SERVICE	CONTACT NUMBER	NOTES
SAFER - Shelter Aid for Elderly renters	1 800-257-7756	
HAFI	604-259-1211	Home adaptations Grant

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Home Support and Home Care Nursing	250-631-4272	Northern Health
Better at Home - Housekeeping	250-638-1330	Volunteer Terrace
Grocery Shopping	250-638-1330	Volunteer Terrace
Home repairs and Maintenance	250-638-1330	Volunteer Terrace (Helping Handyman Program)

Peer Counselling	211	BC211
Visiting Volunteer Program	250-635-4811	Terrace Regional Hospice Network

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-635-2666	An accessible door-to-door shared transit service for people with permanent or temporary disabilities that prevent them for using fixed-route transit
Bus service	1 888-647-4997	Northern Health Connections bus for medical
Bus Pass Program	1 866-866-0800	
Taxi (s)	250-635-7177	Kalum Kab's they do have wheelchair accessible vans now.
Parking Permit (disabled)	1 888-718-7794	SPARC BC
Translink Trip Planner	604-953-3333	Lower Mainland
Transportation	250-638-1330	Volunteer Terrace: Has volunteer drivers or will pay for taxis for very low-income seniors to go to medical appointments.
Transportation	250-635-4811	Will transport those who are referred to Hospice Service or already receiving services.
Hope Air	1-877-346-HOPE (4673)	hopeair.ca Hope Air believes that every Canadian should have access to the medical appointments and treatments they need and that where you live or whether you can afford to travel should not impact the care you receive
Elders' Transportation Assistance Program	1-800-990-2432	

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	Local number is 250 635-2132
Family Justice Clinic	250-638-6557	Terrace Family Justice Centre
Crown Counsel	250-638-2131	
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
People's Law School	604-331-5400	

SERVICE	CONTACT NUMBER	NOTES
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Lawyer Referral Services	1 800 663-1919	
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services	250-638-1330	Terrace Restorative Justice Program - through Volunteer Terrace
Family Law Advocate and Poverty Law Advocate	250 635-3178	Through TDCSS (Terrace and District Community Services Society)

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA	250-635-6533	
NA	1888 543-2499	
Al-Anon	250-635-2211	Kysen Regional Hospital
Nar-Anon	604-878-8844	24-Hour Hotline
Alzheimer Support	1 800-667-3742	Alzheimer Society of BC
Caregiver Support groups	250-635-4811	Terrace Regional Hospice Network
MS Support	1 800-268-7582	
Arthritis	1 800-321-1433	MS Society
Diabetes	1 800-226-8464	

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	250-635-4906	Kermode Friendship Society
Band Office	250-635-6177	Kitsumkalum Band office
Métis Services	250-638-1199	Northwest BC Metis Association
First Nations Health Authority	1 866-913-0033	
Indian Residential School Survivors Crisis Line	1-866-925-4419	
Kitselas Band	250-635-5084	
Health Services	250-635-6172	Kitsumkalum Health Centre

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	250-635-6530	Skeena Diversity (multi-cultural society)

SERVICE	CONTACT NUMBER	NOTES
Settlement Services	250-635-6530	Skeena Diversity

Translation Services	250-635-6530	Not all languages can be translated. An appointment should be booked before the appointment.
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VETERAN’S SERVICES

SERVICE	CONTACT NUMBER	NOTES
Last Post Fund	1-800-465-7113	Assistance in funding the funeral, burial, and memorial or eligible Canadian veterans
Royal Canadian Legion Branch 13	250-635-5825	- Offering free-of-charge services to all Veterans and their families regardless of whether they are members of the Legion. - Assistance with Disability Claims through Veterans Affairs Canada - Emergency Financial Assistance through the Poppy Fund
VAC Assistance Services	1-800-268-7708	Psychological and mental health support hotline
Veterans Affairs Canada	1-866-522-2122	

WOMEN’S SERVICE

SERVICE	CONTACT NUMBER	NOTES
Women’s Transition House	250-635-6447 or 1-888-337-5726	24-hour service Text: 641-SAFE KSAN SOCIETY
Women’s Wellness Clinic	250-638-2229	4710 Keith Avenue

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice and Palliative Care	250-635-4811	Terrace Regional Hospice Network
Grief Counselling	250-635-4811	Terrace Regional Hospice Network
Mackay’s Funeral Services LTD & Crematorium	1-888-394-8881	

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-635-5446	Salvation Army

Food Out Front	foodoutfront@gmail.com	Support with growing food
Food Share and Tuesday lunch Delivery	250-641-7299	Ksan Place

SERVICE	CONTACT NUMBER	NOTES
Meals on Wheels	250-631-4272	Provides home-delivered meals to support the nutritional needs of seniors, the disabled and those recovering from surgery or illness in the community
Terrace Church's Food Bank	250-635-9670	
Hospice Meal Program	250-635-4811	For those who are referred to hospice or are already receiving services.
The Garage Community Space	250-631-3791	Food and multiple agency support

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-615-3000 or 250 615-3030	Terrace Sportsplex and Terrace Aquatic Centre
Parks and Recreation - programs	250-615-3000 or 250 615-3030	Terrace Sportsplex and Terrace Aquatic Centre
Library(s)	250-638-8177	

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	1-800-663-7100	Service BC

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Ellis Ross	250-632-8518	MP
Claire Rattee	778-401-5694	MLA
Sean Bujtas	250-635-6311	Mayor of Terrace