

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	250 251 9443	Elaine @ the Link
Community Services	250 692 6736	Kay-LD Seniors Society
Geriatric and Other programs for Seniors	250 692 2412	Primary Care
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral Northern Health-Mental Health	250 692 2449	
Veterans Affairs Canada Prince George Office	1 866 522 2122 1 250 561 5296	Prince George, BC
Mental Health Support	1-800-268-7708	Toll Free

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	250 692 2468	Northern Health Authority
Mental Health and Addiction Services	250 692 2449	Northern Health Authority
Home and Community Health	250 692 2414	Northern Health Authority
Adult Day programs The Pines (Long Term Care)	250 692 2490	Northern Health Authority
Hospital	250 692 2400	Northern Health Authority
MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
BC Nurse/Pharmacist Line	811	www.HealthLinkBC.ca
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	Vancouver Toll Free
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Advocacy and Appeals re Housing		

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250 251 9443	Elaine Wiebe @ the Link
Grocery Shopping	As above	
Home repairs and Maintenance	Better at Home	
Peer Counselling	Better at Home	
Friendly Visiting	Better at Home	

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	n/a	
Health Connections – Northern Health Bus Online Reservations can be done at:	1 888 647 4997	https://nhconnections.pwt.ca/reservation/select_iframe.aspx
Bus Pass Program	n/a	
Taxi (s)	n/a	
Parking Permit (disabled) Service BC SPARC	250 692 2528 1 604 718 7744 1 888 718 7794	Access to applications Inquiries Toll Free
BC Transit Bulkley Nechako Regional Transit System	1 855 499 1119	Tuesday & Thursdays BL to PG return
Seniors Transportation Services-Rambler The Link (LDFES) <i>*(available to those with Physical Disabilities)</i>	250 251 9443 or 250 251 1543 (driver)	Tuesdays & Thursday – Burns Lk Elaine Wiebe

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 Centre – Prince George	1 250 565 4222 1 888 668 1602	Toll Free
Crown Counsel – Northern Headquarters Regional Office	1 800 292 6833 1 800 292 4033	Smithers, BC
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services	1 800 565 5297	www.dialalaw.org .
Access Pro Bono Legal Services – in person only	1-877-762-6664	

Community Advocacy Services	1 877 499 0044 1 250 799 0044	Toll Free

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
Alcoholics Anonymous – Burns Lake Meetings	250 692-9104 250 692 3024 250 698 7325	Tue. – Immaculata Church – 7:30 Sat.– Immaculata Church – 7:30 Wed –108-2 nd Ave. - 7:30
Women’s Meeting		
Narcotics Anonymous	888 543 2499	Prince George
Al-Anon – Southside	250 691 1673	Mon/Thu–6:30 Grassy Plains Gospel Church
Nar-Anon		
Alzheimer Society of BC	1 800 667 3742 250 564 7533	www.alzheimerbc.org Prince George – Sandra
Caregiver support groups		
MS Society – Prince George	1 250 314 0773 1 800 268 7582	info.info.bc@mssociety.ca Toll Free
Arthritis Society	250 614 2233 1 800 321 1433	Prince George www.arthritis.ca/bc
Diabetes Diabetes Education Centers – Northern Health	1 800 268 4656 250 565 2464 250 847 6014	Toll Free Prince George Smithers www.diabetes.ca
Deaf and Hard of Hearing	1 604 660-1800 (Voice) 1 604 660-1807 (TTY)	
Chronic Disease Education Clinic	250 692 2440	LD Hospital / Health Centre

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	n/a	
Band Office – Lake Babine Nation	250 692 4700	
T’sil Kaz Koh	250 692 7717	
Cheslatta Carrier Nation	250 694 3334	
Nee Tahi Buhn	250 694 3494	
Skin Tyee Nation	250 694 3517	
Wet’suwet’en First Nation	250 698 7307	
Métis Services-PG Meti Community Assn.	250 612 2963	Prince George
First Nations Health Auth.-Northern Region	1 250 645 3001 1 604 693 6500	Prince George
Headquarters	1 866 913 0033	Toll Free
Lake Babine (Woyenne) Health Unit	250 692 4720	
Carrier Sekani Family Services Medical Office	250 692 1444	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Immigrant Services –IMSS Immigrant & Multicultural Services Society	1 250 562 2900	Prince George
Settlement Services – IMSS Immigrant & Multicultural Services Society	1 250 562 2900	Prince George
Translation Services – IMSS Immigrant & Multicultural Services Society	1 250 562 2900	Prince George

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Recreation – Multi Plex facilities	250 692 7587	Village of BL – Rec. Director
Recreation – programs	250 692 3817	Village of BL – Main Office
Library(s) Burns Lake	250 692 3192	Monika Willner-Library Director
Granisle	1 250 697 2713	Lisa Rees – Library Director

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada

Employment and Income Assistance	250 692 2528	Service BC
Community Volunteer Income Tax Prep.	n/a	

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250 692 2448	*Lending Library available
Grief Counselling – mental	250 692 2449	

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank – Lakes District	250 692 0316	The Link
Grocery Delivery	n/a	
Meal Delivery – Meals On Wheels The Link (Lakes District Family Enhancement Society)	250 251 9443	Elaine Wiebe

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
John Rustad	1 250 953 4844 1 250 567 6820 1 877 964 5650 E-Mail	MLA (Parliament Building) Constituency Office-Vanderhoof Toll Free – Vanderhoof Office john.rustad.mla@leg.bc.ca
Ellis Ross	1 613 992 7688 1 250 434 0456 E-mail	MP (Hill Office) Constituency Office Terrace Ellis.ross@parl.gc.ca
Service Canada	1-800-622-6332	