



Local Community Contact List

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

Date Submitted/Updated: **14/08/2026**

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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	1-888-353-2273	For emotional support and can direct caller to appropriate health care provider if needed, 24 hours a day)
Poison Control	1-800-567-8911	Central, toll free number
Lifeline (or similar service)	1-888-339-6588	Lifeline is an easy-to-use personal response service that lets you summon help any time of the day or night – even if you can't speak. All you have to do is press your Help Button, worn on a wristband or pendant, and a trained Personal Response Associate will ensure you get help fast.
Police, Fire and Ambulance	911	

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse	250-374-5111 (Kamloops) 250- 674-2244 (Clearwater)	See regional resources list for each CRN
Police-based Victim Services	1-250-674-7963	Cell phone number. Police based victim services, covering geographical area of McLure to Blue River
Community- based Victim Services	250-674-2135 cell # or toll free 1-855-674-2135	Safe Home - women and children only, Available 24/7
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)	250-674-2600	YCS Transition House, office hours M-F 8:30-4:30. One apartment in Clearwater.
Emergency Shelter (s)	250-374-6162	Women's Emergency Shelter Kamloops safe refuge and ongoing support and advocacy
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
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) 672-0025	4431 Barriere Town Rd, Barriere
Community Services	Barriere 250-672-9773 or Clearwater 250-674-2600	Office hours for Yellowhead Community Services Society Barriere may have reduced office hours. Clearwater Monday through Friday 8:30am-12:00pm and 1:00pm-4:30pm
Geriatric and Other programs for Seniors	250-672-0025	Barriere & District Seniors Society Drop-In Center
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	250-672-9773 Barriere 250-674-2600 Clearwater	Yellowhead Community Services
Veterans Affairs Canada	1-866-522-2122	
Legion Branch #242	(250)672-5913	4673 Shaver Road, Barriere

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	250-672-9773 (Barriere) or 250- 674-2600 (Clearwater)	Yellowhead Community Services
Mental Health and Addiction Services	250-672-9773 (Barriere) or 250- 674-2600 (Clearwater)	Yellowhead Community Services
Home and Community Health	250-672-9731	Barriere Health Center
	250-672-9795	Barriere Medical Clinic
	250-672-0501	Khaya Family Practice
Pharmacy	250-672-9791	Barriere IDA
Adult Day programs	250-672-0025 or 1-800-707-8550	Barriere Adult Day Centre Provides a range of health, social and therapeutic recreational day programs to help improve and maintain the well-being of older adults and adults with disabilities in the community. Services are designed to help individuals to remain at home and may include health education and monitoring, personal care, bathing programs, therapeutic social programs, and recreational programs.
Hospital	250-674-2244 (Clearwater) or 250-374-5111 (Kamloops)	Dr. Helmcken Memorial Hospital 640 Park Drive, Clearwater Royal Inland Hospital 311 Columbia Street, Kamloops
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	
Chiropractor	604-720-9942	Backwoods Chiropractic
Footcare	778-257-5091	From the Heart Foot Care (Mobile)

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		
BC Housing (Interior Region)	250-493-0301 Toll-free: 1-800-834-7149	Interior Region Office 451 Winnipeg Street Penticton, BC V2A 5M6 Reception hours: 9:00 am to 4:00 pm PST
Yellowhead Pioneer Residence	(250) 672-0019	Yellowhead Pioneer Residence, located in Barriere, provides housing, hospitality and personal assistance services with a focus on choice, privacy, independence, individuality, dignity, and respect. This facility has 10 publicly subsidized ground level, one bedroom, assisted living suites.

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250-674-2600	Yellowhead Community Services
Social Prescribing Program	250-674-2600	Yellowhead Community Services
Grocery Shopping	(250) 672-9929	AG Foods 4510 Barriere Town, Barriere BC V0E1E0
Home repairs and Maintenance		Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling	250-674-2600	Yellowhead Community Services
Friendly Visiting	250-674-2600	Yellowhead Community Services

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-674-3935	Yellowhead Community Services Valley Connector – Route 10 Clearwater to Kamloops and return – Tuesdays and Thursdays only! Barriere – All passengers, each way - \$5.00

Health Connections – bus service	1-855-359-3935	Health Connections is a health authority based regional travel assistance program that offers subsidized transportation options to help defray costs for rural residents who must travel to obtain non-emergency, physician-referred medical care outside their home communities. Health authorities, through funding from the Ministry of Health, have implemented Health Connections programs to meet the unique needs of selected communities in their regions.
Bus Pass Program	1-866-866-0800	Low-income seniors or those receiving disability assistance may be eligible for a reduced cost annual TransLink or BC Transit bus pass.
Taxi (s)	(250) 571-9864	397 Russell St, Barrière, BC V0E 1E0 Located in Esso Gas Station

Parking Permit (disabled)	1-888-718-7794	SPARC BC has been advocating for the rights of people with mobility limitations since 1969, and managing the Parking Permit Program for People with Disabilities since 1984. Designated parking allows people with disabilities to have access to buildings and services in the community.
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	1-844-747-3963	
Crown Counsel	778-699-2234 or 1-888-758-2888	Interior Region
NIDUS – Representation Agreements	1-604-408-7414	Personal planning is about planning for when you are alive and you need help making decisions, managing your affairs, or both. Adults in BC who are 19 years or older are presumed to be capable of making decisions about their personal care, health care, legal matters, and the routine management of their financial affairs, and no one has automatic legal authority to act on their behalf if they need help while alive.
Public Guardian and Trustee	1-604-660-4444	Provide a range of services to adults who may need help managing their personal, legal and financial affairs and do not have other decision makers available to help them.
Peoples Law School	604-331-5400	People's Law School is a non-profit society in British Columbia, dedicated to making the law accessible to everyone. Provides free education and information to help people effectively deal with the legal problems of daily life.

Lawyer Referral Services	604-687-3221	Any BC resident can call 604-687-3221 to be referred to an expert lawyer who will provide up to a half-hour of free legal consultation. You can receive a free half-hour consultation with an expert lawyer. Telephone line at 604-687-3221 from 8:30 AM to 5:00 PM, Monday to Friday.
Access Pro Bono Legal Services – in person only	1-877-762-6664	Provides free and pro bono legal services to individuals throughout BC.
Community Advocacy Services		

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	If you have questions about Alzheimer's disease or other dementias, call the Alzheimer Society of B.C.'s First Link® Dementia Helpline for information and support (toll-free in B.C. only): English: 1-800-936-6033 (Monday to Friday, 9 a.m. to 8 p.m.) Cantonese and Mandarin: 1-833-674-5007 (Monday to Friday, 9 a.m. to 4 p.m.) Punjabi, Hindi and Urdu: 1-833-674-5003 (Monday to Friday, 9 a.m. to 4 p.m.) For callers outside of B.C., please call 604-681-8651. Note: Standard rates may apply for calls.
AA	1-800-727-7710	AA District 62
NA		
Al-Anon		
Nar-Anon	1-855-444-2262	Provides an online listing of local support groups for men and women with addiction who wish to maintain a drug-free lifestyle. Recovering addicts meet regularly to help each other stay clean and share recovery with one another. Closed meetings are for members or for recovering addicts only, while open meetings are available to anyone interested in the program.
Alzheimer Society of BC	Toll-free: 1-800-667-3742	Provincial Office 300 - 828 West 8th Avenue Vancouver, B.C. V5Z 1E2 Phone: 604-681-6530 Fax: 604-669-6907 info@alzheimerbcb.org
Caregiver support groups	1-877-520-3267	Toll-free Caregiver Support Line 8:30 am–4:00 pm Monday to Friday
MS Society	250-314-0773 or 1-888-304-6622	The Kamloops and Area Chapter of the Multiple Sclerosis Society of Canada
Arthritis	1-800-321-1433 (toll-free)	The Arthritis Answers Line is a toll-free telephone information service staffed by highly trained volunteers who provide information, support, and assistance to those who call.
Diabetes	1-800-226-8464	Information & Support info@diabetes.ca

Deaf and Hard of Hearing	778-819-0951	Provides mental health services for deaf, hard of hearing and deaf-blind individuals throughout BC. Support includes interpreting, life skills workshops, individual and family counselling, group programs, advocacy, mental health information and resources.

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Simpcw - People of the Rivers	250-672-9995	Simpcw First Nation 7555 Dunn Lake Road, Chu Chua
Band Office	250-672-9995	Band email: reception@simpcw.com
Métis Services	250-672-9995	
First Nations Health Authority	250-851-4836	770-175 2nd Avenue, Kamloops, BC, V2C 5W1
Kamloops Aboriginal Friendship Societ	250-376-1296	125 Palm Street, Kamloops, BC, V2B 8J7

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	(778) 470-6101 or (587) 988-8574	Kamloops Immigrant Services 448 Tranquille Rd, Kamloops, BC V2B 3H2 Can-Loop Immigration Services Inc. 1315 Summit Dr #1302, Kamloops, BC V2C 5R9
Settlement Services	778-470-6101	Kamloops-Cariboo Regional Immigrants Society
Translation Services	778-470-6101	KAMLOOPS IMMIGRANT SERVICES Coordinates and directly provides high-quality interpretation and translation services in over 40 languages, including: French, Punjabi, Hindi, Gujarati, Cantonese, Mandarin, Taiwanese, Japanese, Spanish, and German. This is a fee-for-service program available to individual clients, as well as private and public service agencies.

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-672-9751	District of Barriere
Parks and Recreation - programs	250-672-9751	District of Barriere
Library(s)	250-672-5811	4511 Barriere Town Rd, Barrière, BC V0E 1E0

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	1-800-622-6232	Service BC
Community Volunteer Income Tax Prep.		
Barriere Work BC	(250) 672-0036	#5-4480 Barriere Town Rd, Barrière, BC V0E 1E0 WorkBC Centres help access job search resources, employment planning, skills assessment, training, work experience opportunities

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	(250)672-9391	Barriere And District Hospice Society
Grief Counselling	250 672-9773	Yellowhead Community Services

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-672-0029	Barriere Food Bank Society 4748 Gilbert Dr, Barrière, BC V0E 1E0
Grocery Delivery	(250) 672-9929	AG Foods, No minimum/ \$5 delivery charge
Navigate Your Plate Nutrition Services	250-214-3539	Amanda Turner, RD Personal Grocery Shopping, Customized Eating Guides, Nutrition Counselling & Workshops

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Ward Stamer	(250) 387-3507	MLA Kamloops-North Thompson
Frank Kaputo	250-851-4991	MP Kamloops—Thompson—Nicola
Services Canada	1-800-622-6332	520 Seymour Street, Floor 1, Kamloops, British Columbia, V2C2G9

Please contact info@bccrns.ca with any questions regarding this form.