



Local Community Contact List

Name of CRN/Community: Williams Lake BC CRN

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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	911	Numbers to call if no 911 service
Crisis Line	1-888-353-2273	
Poison Control	911	
Lifeline (or similar service)	1-800-387-1215	Phillips Life Line

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse	1-866-437-1940	See regional resources list for each CRN
Police-based Victim Services	250-392-6211	
Community- based Victim Services	250-398-8220	CMHA
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)	250-398-5658	Chiwid Transition House
Emergency Shelter (s)	250-398-6831	Cariboo friendship 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

LBGTQ Contact	604-684-5307 1-800-566-1170	Toll free
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INFORMATION AND REFERRAL

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach	778-412-1855	Seniors Advocacy and Outreach
Geriatric and Other programs for Seniors	250-392-1483	Interior Health – Williams Lake
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	250-392-1483	
Veterans Affairs Canada	1-866-522-2122	

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health and Addiction Services	250-392-1483	
Home and Community Health	250-305-4060	
Adult Day programs	250-267-1193	
Hospital	250-392-4411	
MSP and Pharma Care	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	

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	250-392-4118	Women's Contact Society

SAFER	778-412-1855	Help with safer Applications
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HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	778-412-2430 778-412-2430	
Grocery Shopping		
Home repairs and Maintenance		All volunteers must have undergone a criminal record check.
Peer Counselling		
Friendly Visiting		

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-398-7812	
Health Connections – bus service	250-398-7812	Kamloops/Williams Lake
Taxi (s)	250-392-4151 778-267-2002	
Parking Permit (disabled)	778-412-1855	Seniors Advocacy Program
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	
Crown Counsel	250-398-4473	
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services	1-604-685-8889	Yellow pages – various lawyers

Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services	250-392-4118	Legal Advocate and Family Law Advocate

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA	250-392-2264	
NA		
Al-Anon		
Nar-Anon		
Alzheimer Society of BC	250-377-8200	Kamloops
Alzheimer's Support Group	1-800-936-6033	Call to register
Caregiver support groups		
MS Society	1-800-268-7582	Kamloops
Arthritis	1-604207-0400	
Diabetes	1-604-683-3734	
Deaf and Hard of Hearing		

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	250-398-6831	
Band Offices		
Métis Services	250-392-4428	
First Nations Health Authority	1-866-913-2081	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	250-392-7833	CCPL
Settlement Services	250-392-7833	CCPL
Translation Services		

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-398-7665	

Parks and Recreation - programs	Same as above	
Library(s)	250-392-3630	

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GIS	1-800-622-6232	Service Canada
Seniors supports	778-412-1855	Seniors Advocate Williams Lake

Employment and Income Assistance		Service BC
Community Volunteer Income Tax Program	250-392-7946	Seniors Activity Center

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250-392-5430	
Funeral Services	250-392-3234	Cariboo Chilcotin Funeral Services

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-392-2429	Salvation Army
Grocery Delivery	250-392-7225	Save on foods
Meal Delivery – Meals on Wheels	250-398-8846	

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
MLA office	250-305-3800	Lorne Doerkson
MP Office	250-564-7771	Todd Doherty
Services Canada	1-800-622-6332	