



BC ASSOCIATION OF
Community Response Networks
Stopping Adult Abuse and Neglect ...Together.

Attention: Arlene Johnston
Coordinator of Data, Grants & Agreements
505 - 8840 210 Street, Box 349
Langley, BC V1M 2Y2
Email: grants@bccrns.ca
Phone: 778-952-1405

[Stopping Adult Abuse and Neglect Together - BC Association of Community Response Networks \(bccrns.ca\)](http://bccrns.ca)

2024 Vanderhoof Local Community Contact List

Name of CRN/Community: Vanderhoof, B.C.

Date Submitted/Updated: February 27, 2026

Submitted By: Stacey Leigh 250 567-8587 sleigh@connexus.ca
(Name) (Phone) (Email)

- This is not an all-inclusive list of services in Vanderhoof as our focus is on services for seniors.
 - If you are looking for something that isn't listed, try a Google Search and include 'Prince George area' in the search bar.
 - If you know of something that should be added to this list, please contact Jeannie.
- Printed copies are available at the Vanderhoof Tourism and Cultural Centre and the Vanderhoof Public Library.

EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire & Ambulance	911	
Suicide Crisis Line - Call or Text 24/7	988	
BC Suicide Crisis Line Crisis intervention, suicide prevention and emotional support for those in distress.	1-800-784-2433 or 1-866-661-3311	1-800-SUICIDE
KUU-US Crisis Line BC wide crisis and support line for health and cultural support for Indigenous people.	1-800-588-8717	
Poison Control	1-800-567-8911	

NON-EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Forest Fire Reporting	1-800-663-5555	

Health Link BC Medical Information Find health information and services by speaking to a registered nurse, dietitian, pharmacist, or exercise professional.	811	Health Link BC - 24/7 Health Advice You Can Trust
Health Link BC for Deaf/Hard of Hearing	711 on your TTY (Teletypewriter)	If using Sign Language use VRS (Video Relay Services) call 1-604-215-5101
Nechako Valley Search & Rescue	250-567-5194 (Chris)	250-567-0972 (Chris' cell) https://nechako.vrsar.org
Saik'uz Fire Department Chief To report a non-wildfire in the Saik'uz community.	250-570-9972	(This is the new number as of April 2023)
Seniors Distress Line Answered by trained volunteers - 24 hours/day, 7 days/week; for seniors, for caregivers or for anyone concerned about a senior.	1-604-872-1234	
Vanderhoof Ambulance	250-567-9039	250-614-9936 (regional office) Ambulance Fees (bcehs.ca)
Vanderhoof Volunteer Fire Department	250-567-2616	
Vanderhoof RCMP	250-567-2222	
Vanderhoof Community Paramedic To inquire about health and wellness clinics and other community care programs.	250-567-0113	Community Paramedicine (bcehs.ca) Facebook page: Vanderhoof Community Paramedic CP.Vanderhoof@bcehs.ca

MEDICAL AND HEALTH SERVICES

SERVICE	CONTACT NUMBER	NOTES
Doctor of the Day For First Nations residents in BC who do not have a doctor of their own. Uses Zoom for Healthcare with added privacy.	1-855-344-3800	virtualdoctor@rccbc.ca
Here to Help Mental Health Support, toll free, no waiting, no busy signals, 24 hours a day. Offers information and emotional support.	310-6789	https://www.heretohelp.bc.ca
Northern Health Topics A-Z		Health topics Northern Health

Omineca Medical Clinic Professional health care appointments scheduled Monday to Friday 8 AM - 5 PM, Zoom and telephone appointments available.	205-567-2201	Omineca Medical Clinic - Contact Us and Location of Clinic
Seniors Abuse and Information Line (SAIL)	1-604-437-1940	Toll Free: 1-866-437-1940 Seniors First BC
Seniors Advocate Information specialists who can guide you to the right resources.	1-877-952-3181	Seniors Advocate - Government of British Columbia (seniorsadvocatebc.ca)
St. John Hospital Lab/X-Ray/Acute Care/Surgery	250-567-2211	
Vanderhoof Mental Health and Addiction Services Located in the Vanderhoof Public Health Unit.	250-567-5994	
Vanderhoof Northern Interior Public Health Unit Provides support such as referrals for adult day programs and respite, assisted living/home-care services to allow individuals to remain in their home for as long as possible. Hospice contacts and end-of-life support information. Vaccinations available by appointment.	250-567-6900	

INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Aboriginal Patient Liaison For St. John Hospital - assistance with translation, admission, discharge, cultural support, end of life resources, referrals, and non-insured health benefits.	250-567-8930	angie.prince@northernhealth.ca
Carrier Sekani Family Services Provides comprehensive health, legal and education services to band members.	250-567-2900	Carrier Sekani Family Services Home (csfs.org)
First Nations Health Authority Delivery of First Nations health programs in BC.	Prince George: 1-250-645-3001 Provincial Line: 1-866-913-0033	First Nations Health Authority (fnha.ca)
First Nations Health Benefits	1-855-550-5454	Benefits (fnha.ca)

Hope for Wellness Line Support from experienced and culturally competent counsellors for all indigenous people across Canada. Available in English, French & by request in Cree, Ojibway, Inuktitut.	1-855-242-3310	Home - Hope for Wellness Helpline
Metis Nation Prince George BC	1-877-561-2754	MNBC
National Indian Residential School Survivors Line 24-hour crisis support to Indian Residential School survivors and their families.	1-866-925-4419	Indian Residential Schools Resolution Health Support Program (sac-isc.gc.ca)
Prince George Native Friendship Centre Provides education, court orientation, victim impact assistance.	1-250-564-4324	www.pgnfc.com info@pgnfc.com
Saik'uz First Nation Band Office	250-567-9293	Home :: Saik'uz First Nation (saikuz.com)
Saik'uz Health Centre Health and prevention care for on-reserve members.	250-567-9773	Health :: Saik'uz First Nation (saikuz.com)
Saik'uz Elders Coordinator	Call the Band Office	Elders :: Saik'uz First Nation (saikuz.com)
Stoney Creek Potlatch House	250-567-4916	

HOUSING SERVICES

SERVICE	CONTACT NUMBER	NOTES
BC Housing Vanderhoof Connexus can assist with connecting people to subsidized housing options/ rent assistance.	250-567-9205 1-866-465-6873	Connexus
Homeless Outreach Connexus can assist adults who need immediate financial assistance on a case-by-case basis.	250-567-9205	Connexus
Nechako View Senior Citizens Home Affordable, independent living for seniors over 60.	250-690-7576	Application forms are at the Vanderhoof Remax Real Estate Office
Omineca Safe Home Transition house serving women and children in Vanderhoof, Saik'uz, Fraser Lake, Fort Fraser, Stelat'en, Nadleh Whut'en.	250-567-9959	Services of Omineca Safe Home Society – Omineca Safe Home Society

Parkview Place Contact Connexus. Independent living units for adults 55 & up. Aurora Home - 8 bed moderate dementia care facility	250-567-9205	Connexus Referral from Northern Health required
Riverside Place Assisted Living (14 units available) and Supportive Housing (18 units available).	250 567-9205	Referral required from the Public Health Unit for assisted living
Stuart Nechako Manor Long Term Care, Respite, Hospice room (53 beds available).	250-567-2013	Referrals required from the Public Health Unit

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Adult Day Programs at Stuart Nechako Manor Provides supportive group programming for seniors. Transportation to and from Stuart Nechako Manor can be arranged.	250-567-6900	Referrals required from the Public Health Unit
Canadian Red Cross Health equipment loans, First Aid and CPR training and Emergency and Disaster Services. *to donate used equipment call the National Office.	Prince George: 1-250-564-6566 National Office: 1-800-418-0111	1399-6 th Ave, Prince George Prince George Office - British Columbia and Yukon - Canadian Red Cross
Friendly Calls - Canadian Red Cross Program A free service operated by volunteers to provide wellness checks and weekly phone calls for all adults in BC & Yukon.	1-833-474-0360	friendlycallsbc@redcross.ca Friendly Calls Participant Referral Form - British Columbia and Yukon - Canadian Red Cross
Medichair Northern BC Medical and accessibility products.	1-866-638-1301	MEDichair NorthBC - Your Neighbours In Care (mednorthbc.com)
PG Surg-Med Mobility, home accessibility and daily living products.	1-800-663-2963	PG Surg Med - Leader in Health Care Products
VitalAire Prince George Home oxygen, CPAP supplies.	1-250-562-1148 1-800-633-0794	2039 Ogilvie Street South, Prince George Prince George Sleep Clinic Sleep Apnea & CPAP VitalAire Canada
LifeLine Medical alert service.	250 567-8587	Seniors Community Connector Connexus Community Resources

FOOD

SERVICE	CONTACT NUMBER	NOTES
Grocery Delivery from Co-Op	250-567-4406	Free for seniors over 60 within 10 km of Vanderhoof
Paul's Independent Grocer	250-567-6000	Curbside pickup
Meals On Wheels Connexus.	250-567-9205	Connexus One meal/day (\$8) delivered within town limits
Nechako Valley Food Network		exec@nechakohca.org
Neighbourlink Food Bank Food Bank every second Thursday of the month from 9:30 - 12 PM and emergency food available any time. Also serving lunch from 10-12PM every Wednesday. Sandwich lunch provided Fridays at noon.	250-567-9007 250-567-0691 (Eric)	121 Stewart Street West neigh09@telus.net
Vanderhoof Community Garden		bytes@nvfoodnetwork.org
Vanderhoof Farmers Market (June-Sept)		vanderhooffarmersmarket@gmail.com

LOCAL SUPPORTS

SERVICE	CONTACT NUMBER	NOTES
Alzheimer Society - Vanderhoof Meetings held on the second Wednesday of each month from 1-3 PM.		In the Vanderhoof Public Library
Community Inclusion Connexus. Supporting individuals who have developmental disabilities with Life Skill Workers who provide activities to maximize independence.	250-567-9205	www.connexus.ca Referral required through Community Living BC
Community Safety Net - Vanderhoof App Local emergency numbers saved in an app for cell phones.		Search for 'CSN' in your App Store
Connexus Community Resources Society Offers a wide variety of programs and services to help people at every stage of life.	250-567-9205	www.connexus.ca
Seniors Community Connector	250 567-8587	sleigh@connexus.ca

Neighbourlink Sojourners Program Neighbourlink working with RCMP and St. John Hospital to provide lodging for individuals travelling through the area or for those who have medical procedures requiring overnight stays.	250-567-9007 250-567-0691 (Eric)	Neigh09@telus.net
Omineca Safe Home Transition House Serving women and children in Vanderhoof, Saik'uz, Fraser Lake, Fort Fraser, Stellat'en, Nadleh Whut'en.	250-567-9959	www.ominecasafehome.ca
Vanderhoof Alcoholics Anonymous 195-1 st Avenue East (CNC) Wednesdays at 7:30 PM.	250-567-4588 (Gordon)	250-567-8087 (Brian)
Vanderhoof Community Response Network Assists individuals in finding appropriate information and services. Promotes awareness of abuse, neglect, and self-neglect in vulnerable adults.	250 567-8587	sleigh@connexus.ca Community Search - BC Association of Community Response Networks (bccrns.ca)
Vanderhoof Mental Health & Addictions Crisis response, counselling, life skills support, developmental disabilities support, eating disorders, acquired brain injury support, medication management, psychiatric consults, opioid agonist treatment.	250-567-6900 250-567-5994	3299 Hospital Road, Vanderhoof, in the Public Health Unit
Vanderhoof Victim Assistance Connexus. Support to individuals who have been victims of crime, witnessed a crime, or impacted by crime or a traumatic event.	250-567-9205	Connexus

Call the Vanderhoof Health Unit at 250-567-6900 for AA meetings held in Fort Fraser, Fraser Lake, Stellat'en, Fort St. James and Burns Lake.

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
Health Insurance BC (HIBC) Care Cards, BC Services Card.	1-800-663-7100	Health Insurance BC - Province of British Columbia (gov.bc.ca)
Income Assistance for Seniors	1-800-277-9914	Supports for Seniors - Province of British Columbia (gov.bc.ca)
MSP and Fair Pharmacare Medical Services Plan (Health Insurance) and Fair Pharmacare Plan help to assist with costs of eligible prescriptions, specialist appointments, hospital stays and supplies based on income.	1-800-663-7100	Fair PharmaCare plan - Province of British Columbia (gov.bc.ca)
Service BC Vanderhoof Office Licenses, income assistance, registrations, and certificates.	250-567-6301 1-866-866-0800 1-800-663-7867	Service BC Location: Vanderhoof - Province of British Columbia (gov.bc.ca)
Service Canada Vanderhoof Office Old Age Security, Passports, Canada Pension Plan, Social Insurance Numbers.	250-567-4795 For General Inquiries: 1-800-662-6232 For CPP/OAS: 1-800-277-9914	Vanderhoof Service Canada Centre
Veterans Affairs Canada	1-866-522-2122	Home - Veterans Affairs Canada
Vanderhoof Volunteer Income Tax Preparation Free for low-income levels.	250-570-8434(Sheri)	Sheri_10_64@hotmail.com

LEGAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Anti-Fraud Centre	1-888-495-8501	Canadian Anti-Fraud Centre (antifraudcentre-centreantifraude.ca)
BC Ombudsperson Handles complaints about local or provincial public organizations in BC.	1-800-567-3247	Contact Us - Office of the Ombudsperson (bcombudsperson.ca)
Elder Law Clinic - Prince George Free assistance to eligible older adults (+55) with Wills, Power of Attorney, Adult Guardianship & Court procedures.	250-564-5888	Legal Programs - Seniors First BC
Lawyer Referral Services	1-800-663-1919	Lawyer Referral Service Access Pro Bono

Legal Aid	250-570-8161 1-866-577-2525	https://legalaid.bc.ca intake.vanderhoof.ftstjames@legalaid.bc.ca claire.vanderhoof@legalaid.bc.ca
NIDUS Legal education on personal/advance care planning and representation agreements and policy consultation.	1-604-408-7414	About Us Nidus Personal Planning Resource Centre and Registry
Notary Publics of BC	1-800-663-0343	www.notaries.bc.ca
Northern BC Crime Stoppers (includes Vanderhoof & area) To report information on crimes anonymously by phone or online.	1-800-222-8477	1-800-222-TIPS Tip Form (p3tips.com) Northern British Columbia Crime Stoppers Home (northernbccrimestoppers.ca)
Peoples Law School	1-604-331-5400	Wills & estates People's Law School (peopleslawschool.ca)
Public Guardian and Trustee of BC For protection of legal and financial matters for adults who require assistance in decision making and estate services or for children under 19.	1-800-663-7867 1-604-660-4444	https://www.trustee.bc.ca
Seniors First BC (Elder Advocacy) Also known as SAIL (Seniors Abuse and Information Line) and will assist with legal advocacy, victim services, education.	1-866-437-1940	Seniors First BC
Vanderhoof Court House	250-570-8161	https://www.provincialcourt.bc.ca/court-location/vanderhoof
Vanderhoof Court Worker	1-855-221-1186 (extension 325)	
Prince George Court House Includes schedules for local court dates.	1-250-614-2700	https://www.provincialcourt.bc.ca/court-location/prince-george
Victim Link BC	1-800-563-0808	www.victimsinfo.ca

TRANSPORTATION, PARKING AND ACCESS SERVICES

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

BC Bus Transportation from Prince Rupert to Prince George, Fort Nelson and Valemont.	1-844-564-7494	Home BC Bus North
CN Rail Passenger Service Vanderhoof Platform is located near Subway.		Travel to British Columbia by train VIA Rail
Disability Travel Card Allows one support person to accompany an individual with a mobility challenge at a reduced fare.	1-877-376-6362	info@easterseals.ca Community Access - Easter Seals BC and Yukon (eastersealsbcy.ca)
Northern Health Connection Bus Seniors over 60 can ride this bus even if they do not have medical appointments.	1-888-647-4997	Northern Health Connections (nhconnections.ca)
SPARC BC Parking Permits Free parking for people with mobility concerns who need designated parking spots.	1-888-718-7794	permits@sparc.bc.ca Parking Permits - Sparc BC
Translink Trip Planner To plan routes when using sky train or buses in the Lower Mainland.	1-604-953-3333	Trip Planner TransLink
Vanderhoof Community Bus Wheelchair accessible bus. The route loops around the community and out to Saik'uz; Monday to Friday; On-call appointments can be arranged. *Not available on Statutory holidays.	250-570-8532	Community Bus : Vanderhoof
Vanderhoof Airport	250-567-4711	Call the District of Vanderhoof Municipal Office

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
BC Bereavement Helpline	1-877-779-2223	www.bcbereavementhelpline.com
Grace Memorial Funeral Home	250-567-4814	Funeral Home Vanderhoof Home Grace Memorial Funeral Home
Living My Culture People of various cultures share their stories of illness/end of life/grief.	N/A	Living My Culture

Memorial Society of BC A non-profit society that helps plan simple, dignified, affordable funerals.	1-888-816-5902	www.memorialsocietybc.org
Vanderhoof Cemetery (District of Vanderhoof)	250-567-4711	Call the District of Vanderhoof Municipal Office
Vanderhoof Hospice Society	250-570-9390	Services - Vanderhoof Hospice Society
Vital Statistics Agency Registration of deaths in BC.	1-888-876-1633	www.vs.gov.bc.ca

PROVINCIAL SUPPORTS (Including Prince George)

SERVICE	CONTACT NUMBER	NOTES
Alzheimer Society of Prince George/ Dementia Helpline Support for those experiencing signs of dementia and support for family members or caregivers. Helpline available 9 AM to 8 PM daily with strategies for managing illness and obtaining assessments.	Prince George: 1-800-564-7533 Provincial Line: 1-800-667-3742	alzheimer.ca smeehan@alzheimerbc.org 302-1811 Victoria Street Prince George, B.C. V2L 2L6
Arthritis Society Canada Research, innovation, advocacy for those with arthritis.	1-800-321-1433	Home Arthritis Society Canada Services & Programs - Arthritis BC (arthritisbcandme.info)
Assisted Living Registry To investigate complaints related to the health or safety of a resident in a care home.	1-866-714-3378	Hlth.assistedlivingregistry@gov.bc.ca
BC Ambulance Billing	1-250-356-0052	billing@bcehs.ca
BC Caregivers Benefit Compassionate care benefits, family caregiver benefits.	Call Service Canada	Caregiving benefits and leave - Canada.ca
BC Northern Health General Inquiry Line	1-250-565-7317	
BC Palliative Care Benefits (Plan P) For assistance with prescriptions for care and treatment at home for pain and end of life care.	Call Service BC	Palliative Care Benefits (Plan P) - information for prescribers - Province of British Columbia (gov.bc.ca)

BC Psychiatric Medications Plan (Plan G) For assistance with eligible psychiatric medications and prescriptions for the treatment of opioid addiction.	Call Service BC	Psychiatric Medications Plan (Plan G) - Province of British Columbia (gov.bc.ca)
Family Caregivers of BC Caregivers Support Line.	1-877-520-3267	Family Caregivers of British Columbia Support and Resources for You (familycaregiversbc.ca)
First Link Dementia Helpline (See Alzheimer Society above).	1-800-936-6033(English) 1-833-674-5003 (Punjabi) 1-833-674-5007 (Cantonese/Mandarin) 1-604-681-8651	First Link® Dementia Helpline Alzheimer Society of British Columbia
Home Adaptations Program with Canada Mortgage and Housing For low income/living with limitations. Apply for renovation assistance to accommodate living at home.	1-800-668-2642	www.hafi.ca
Nar-Anon BC For those affected by someone else's addiction. Virtual meetings available.	1-604-878-8844	BCNaranon@gmail.com Nar-Anon Meetings in British Columbia – Nar-Anon Family Groups of BC (naranonbc.com)
Northern Brain Injury Association	1-866-979-4673	www.northernbrainpower.ca
Pain BC Support for all individuals living with pain.	1-844-430-0818	www.painbc.ca
Prince George Alzheimer Resource Centre In conjunction with the Alzheimer Society of Prince George.	1-866-564-7533	Info.princegeorge@alzheimersbc.org
Prince George Brain Injury Association	1-250-564-2447	Prince George Brain Injured Group Society PG BIG
Prince George Cancer Clinic	1-250-645-7323	BC Cancer - Prince George (Centre for the North)
Prince George Seniors Resource Centre Empowerment, information and advocacy for seniors offered by the PG Council of Seniors.	250-564-5888	

Prince George Sexual Assault Centre Telephone counselling for those who have experienced sexual assault or domestic violence.	1-250-564-8302	www.pgsac.org
Problem Gambling Helpline Support for anyone who is adversely affected by their own, or another's gambling.	1-888-795-6111	Home Gambling Support BC
Stop Smoking Support for quitting smoking with personal telephone coach using chat, text and email, and access to peer support.	1-877-455-2233	A free program to quit or reduce nicotine. QuitNow.ca
Stroke Recovery BC	1-888-313-3377	Learn how to recover from stroke and how to help stroke survivors too. (strokerecoverybc.ca)
Volunteer for Northern Health	1-250-645-8520	volunteers@northernhealth.ca
Wellness Together Canada To connect with a mental health professional one-on-one.	1-866-585-0445 adult 1-888-668-6810 youth	Or text WELLNESS to 741741 for adults Or text WELLNESS to 686868 for youth Wellness Together Canada Home

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Immigrant Services	1-778-990-8653	Prince George Programs & Services Immigrant Services Society of BC (ISSofBC) (issbc.org)
Prince George Multicultural Services Society	1-250-563-8525	mhs@multiculturalheritage.com Multicultural Heritage Society Prince George

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
District of Vanderhoof Municipal Office	250-567-4711	Vanderhoof
Fire Station - Craig Smith	250-567-2616	
Mayor - Kevin Moutray	250-567-0567	Mayor & Council : Vanderhoof

Parks and Recreation Department	250-570-8174	
Public Works Department	250-567-4611	
Regional District of Bulkley-Nechako Rural Area F Representative - Shirley Moon	1-800-320-3339	inquiries@rdbn.bc.ca

GOVERNMENT SERVICES

SERVICE	CONTACT NUMBER	NOTES
MLA: John Rustad	250-567-6820	Nechako Lakes John.rustad@convervativebc.ca
MP: Todd Doherty	1-250-564-7771	Cariboo-Prince George Todd.doherty@parl.gc.ca
Office of the Seniors Advocate The Office analyzes seniors services and makes recommendations regarding issues in health care, housing, income support, community support & transportation.	1-800-952-3181	Seniors Advocate - Government of British Columbia (seniorsadvocatebc.ca) info@seniorsadvocatebc.ca
Service BC Vanderhoof Office	250-567-6301	1-800-663-7867 servicebc.vanderhoof@gov.bc.ca
Service Canada Vanderhoof Office	250-567-4795	1-800-622-6232
Vanderhoof Post Office	250-567-4321	1-866-607-6301 canada post Vanderhoof opening hours 192 Stewart St FindOpen CA (find-open.ca)

RECREATION

SERVICE	CONTACT NUMBER	NOTES
Access 2 Card Allows one support person to accompany an individual with a mobility challenge at a reduced fare for recreational facilities, theatres, cultural activities.	1-877-376-6362	access2card@easterseals.ca Get Your Card - Access2 (access2card.ca)
Vanderhoof Tourism Information and Cultural Centre and Community Museum	250-567-3374	478 First Street (Highway 16)

Nechako Senior Citizens Friendship Centre Exercise & Wellness Groups, Cards and Games group, Quilting, Potlucks, Work Bees and Music ETC.	250-567-9058 (Joanne) 778-916-9337 (Milton)	219 Victoria Street East, Vanderhoof Facebook page: Nechako Senior Citizen Society
Vanderhoof Aquatic Centre	250-567-3957	390 Columbia Street
Vanderhoof Arena	250-567-4555	340 Columbia Street
Vanderhoof Public Library A host of programming including English as a Second Language, a kitchen tool lending service, online courses, ETC.	250-567-4060	Vanderhoof Public Library (vanderhooflibrary.com)
Vanderhoof YMCA Seniors Stretch Class, Aquafit, Gentle Fitness.	250-570-9505	icc@bc.ymca.ca Vanderhoof - YMCA of Northern BC Facebook Page: NBCYMCAVanderhoof
Vanderhoof Mens Shed Monday to Friday 8:30-12:30 PM. For friendship and fun. Small engine and appliance repairs, recycled goods and furniture, ramps, sheds, and dock construction ETC.	250-567-8429 (Cliff)	2593 Burrard Avenue vhfmsmenshed@gmail.com
Riverside Place Seniors Community Connector Drop In Social Group Free Games, Crafts, Lunch & visiting Seniors Strength & Mobility Class	250 567-8587 10 - 3 Every Thursday Wed & Fri 1 - 2 pm	sleigh@connexus.ca Riverside Place 242 Louvain St. Lower Level activity room Riverside Place activity room