



### Local Community Contact List (Template)

Name of CRN/Community: Robson Valley (Community Services)

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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	<b>911</b>	Numbers to call if no 911 service
Crisis Line	1-888-562-1214	24 HR crisis line (PG northern BC)
Poison Control	1-800-567-8911	
Lifeline (or similar service)	1-800-851-0184	Northern Health emergency response
Crisis Line	1-888-564-8336	Youth Crisis line

#### ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse		See regional resources list for each CRN
Police-based Victim Services RCMP OFFICE PBVS @ RVCS OFFICE	250-569-2255 250-569-2266	
Community- based Victim Services		
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)	1-866-563-1113	Prince George + District, E Fry Society (BC Housing)
Emergency Shelter (s) Safe Shelter: Women and Children fleeing domestic violence	250-569-2266 250-566-1847	Monday to Friday 8-4 After hours

Safe shelter after hours contact		
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
Children’s Help Line	310-1234	

### INFORMATION AND REFERRAL

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach	250-569-2266 250-566-9107	RVCS B@H program
Community Services	250-569-2266 250-566-9107	
Geriatric and Other programs for Seniors	250-569-2251	Northern Health McBride
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	250-569-2251	Northern Health McBride
Veterans Affairs Canada	1-866-522-2122	
Dementia support Group	250-569-2018	Northern Health McBride

### HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Psychiatry	250-569-2251	
Mental Health and Addiction Services	250-569-2251 ext 2038	
Home and Community Health	250-569-2251	Community Care
Adult Day programs		
Hospital	250-569-2251	McBride
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	

### 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	250-569-2266 250-569-9107	McBride Valemount

## HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250-569-2266 250-566-9107	Robson Valley Community Services
Grocery Shopping		
Home repairs and Maintenance B@H Program RVCS:	250-569-2266 250-566-9107	Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling		
Friendly Visiting	250-569-2266 250-566-9107	B@H Program RVCS

## TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card BC Bus North	1-844-564-7494	
Health Connections – bus service	1-888-647-4497	
Bus Pass Program	1-866-866-0800	Income Assistance/Disability/Senior Supplement Program
Taxi (s)	250-569-0290	McBride
Parking Permit (disabled)	1-888-718-7794	SPARC
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	Prince George
Family Justice Clinic	1-888-668-1602	Prince George
Crown Counsel	250-614-2601	Prince George
NIDUS – Representation Agreements	1-604-408-7414	

Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services	1-800-663-1919	
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services	250-566-9107	Outreach Services RVCS
Stopping the Violence Outreach	250-566-9107	McBride and Valemount RVCS

### SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA	250-564-7550	Prince George
NA	1-888-543-2499	Prince George
Al-Anon	1-888-425-2666	“ “
Nar-Anon	1-877-254-3348 604-878-8844	BC
Alzheimer Society of BC	1-800-667-3742	
Caregiver support groups	250-569-2251	McBride Community Care Group
MS Society	250-314-0773	Prince George
Arthritis: Society of BC	1-866-414-7766	
Diabetes: Diabetes Canada	1-800-665-6526	
Deaf and Hard of Hearing	604-660-1807 (TTY) 604-660-1800	Province of BC

### FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	250-564-3568	Prince George
Band Office: Lheidli T'enneh Simpccq	1-877-963-8451 1-250-672-9995	Prince George Barrier
Métis Services	1-800-940-1150	
First Nations Health Authority	1-866-913-0033	

### IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	250-563-1014 250-562-2900	Prince George
Settlement Services	250-563-1014 250-562-2900	Prince George
Translation Services	1-877-952-6914	Welcome BC

## MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-960-4400	Reg.Dist. FFG
Parks and Recreation - programs		
Library(s)	250-569-2411	McBride
	250-566-4367	Valemount
Village of McBride	250-569-2229	McBride
Village of Valemount	250-566-4435	Valemount

## INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232 1-800-277-9914	Service Canada
Employment and Income Assistance		Service BC
Community Volunteer Income Tax Prep.		

## DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice: Society	250-563-2551	Prince George
Grief Counselling		
BC Bereavement Helpline	1-877-779-2223	

## FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-569-3186 250-566-3777	McBride Valemount
Grocery Delivery	250-569-0140 250-566-4331	McBride Valemount
Meal Delivery	250-566-4867	Valemount Meals on wheels

## GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Shirley Bond	250-612-4181	MLA
Bob Zimmer	1-855-767-4567	MP: PG/Peace River/ Norther Rockies
Services Canada	1-800-622-6332	

Todd Doherty	250-564-7771	MP: Cariboo/PG