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# HAZELTON AREA COMMUNITY DIRECTORY

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Covering the area from Gitanyow to Kispiox

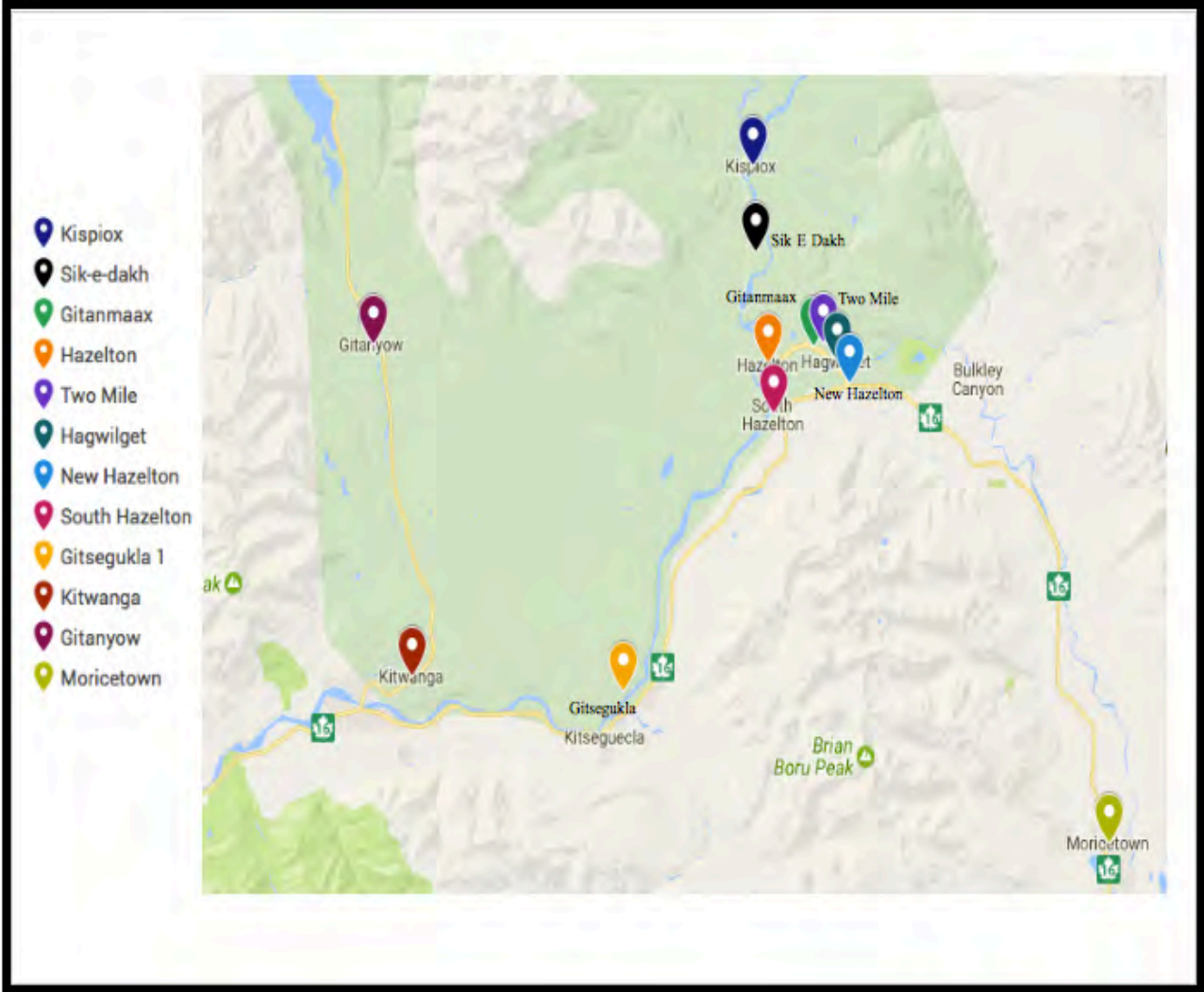
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**Created by the Wellness Task Force  
taskforcecoord@gitxsanhealth.com**

**Updated and Reprinted in 2017 with the Upper Skeena  
Local Action Team- part of the BC Child and Youth Mental  
Health and Substance Use Collaborative**

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# emergency information

**Emergency Number:** \_\_\_\_\_

**Stay calm. Describe the emergency.  
Don't hang up the phone.**

this phone number is: \_\_\_\_\_  
this address is: \_\_\_\_\_  
\_\_\_\_\_

directions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## emergency contact numbers

**police** department: \_\_\_\_\_  
**fire** department: \_\_\_\_\_  
**+** ambulance: \_\_\_\_\_  
poison control center: \_\_\_\_\_  
emergency medical: \_\_\_\_\_  
family physician: \_\_\_\_\_  
my work number: \_\_\_\_\_  
my cell/pager: \_\_\_\_\_  
spouse's work number: \_\_\_\_\_  
spouse's cell/pager: \_\_\_\_\_  
neighbor's name: \_\_\_\_\_  
neighbor's phone: \_\_\_\_\_  
friend/relative's name: \_\_\_\_\_  
friend/relative's phone: \_\_\_\_\_  
other phone numbers: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
notes: \_\_\_\_\_  
\_\_\_\_\_

## family emergency plan

we will meet here: \_\_\_\_\_  
\_\_\_\_\_  
or here: \_\_\_\_\_  
\_\_\_\_\_  
our emergency contact is: \_\_\_\_\_  
phone: \_\_\_\_\_  
address: \_\_\_\_\_  
first aid kit is located: \_\_\_\_\_  
emergency kits are stored: \_\_\_\_\_  
\_\_\_\_\_  
plan for pets: \_\_\_\_\_  
\_\_\_\_\_

# Emergency

## Emergency Numbers

An Emergency may be defined as an ‘Incident that potentially poses an IMMEDIATE threat to life or SUBSTANTIAL INJURY and/or a CRIME IN PROGRESS’

<b>Ambulance</b>	<b>911</b>
<b>Fire</b>	<b>911</b>
<b>Hospital Emergency</b>	<b>911</b>
<b>RCMP</b>	<b>911</b>

## Emergency Preparedness

- BC Provincial Emergency Program      1-800-663-3456

[www.pep.bc.ca](http://www.pep.bc.ca)      [www.getprepared.ca](http://www.getprepared.ca)



**BASIC EMERGENCY SUPPLY KIT** [gov.bc.ca/PreparedBC](http://gov.bc.ca/PreparedBC)

 <p><i>First Aid kit and medications</i></p>	 <p><i>Cell phone with chargers, inverter or solar charger</i></p>	 <p><i>Garbage bags, moist towelettes and plastic ties for personal sanitation</i></p>
 <p><i>Battery-powered or hand crank radio tuned to Environment Canada weather</i></p>	 <p><i>Local maps (identify a family meeting place) and some cash in small bills</i></p>	 <p><i>Water, four litres per person per day for at least three days, for drinking and sanitation</i></p>
 <p><i>Battery-powered or hand crank flashlight with extra batteries</i></p>	 <p><i>At least a three-day supply of non-perishable food. Manual can opener for cans</i></p>	 <p><i>Dust mask to help filter contaminated air</i></p>
 <p><i>Whistle to signal for help</i></p>		 <p><i>Seasonal clothing and footwear</i></p>



## Crisis Lines

***All calls are free of charge***

- 24 Hour Aboriginal Crisis Line 1-800-588-8717
- 24 Hour Crisis Line (no call display) 1-888-562-1214
- 24 Hour Suicide/Distress Line 1-888-784-2433
- Community Living BC Emergency Line 1-800-663-9122
- HealthLink BC 8-1-1
- Help Line for Children of Domestic Violence 310-1234
- Kids Help Phone 1-800-668-6868
  - 24 hour, toll free, anonymous phone counselling, referral and internet service for children and youth. Also visit: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- KUU-US Crisis Line 1-800-588-8717
  - Can connect to local counsellors and resources
- Northern Youth Online  
[www.northernyouthonline.ca](http://www.northernyouthonline.ca)
  - An online chat service for youth in crisis or who need information or referrals within Northern BC. The chat line is open from 4:00 pm to 10:00 pm daily. Funded by Northern Health.

- Passage Transition House (Domestic Abuse) 250-847-2595
- Senior Abuse & Info Line ([www.bcceas.ca](http://www.bcceas.ca)) 1-866-437-1940
- Teen Crisis Line (no call display) 1-888-564-8336
- Victim LINK 1-800-563-0808
  - BC-wide telephone helpline, available 24 hours a day, 7 days a week. Victim Link BC provides information and referral services to all victims of crime, and immediate crisis support to victims of family and sexual violence. Referrals for all kinds of crimes including sexual assault, violence in relationships, elder abuse, and adult survivors of physical or sexual abuse.

## Domestic Violence Support

- Broadway Place Emergency Shelter (Smithers) 250-847-4660
  - for men, women and/or families in crisis that need short term shelter
- Passage Transition House (Smithers) 250-847-2595  
(24 hour line)
  - for women and their children

## Home Emergency

- Emergency Coordination **Emergency Only**  
1-800-663-3456  
or 250-615-4800
  - <http://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery>
  - For flooding, earthquakes, severe weather, disease, avalanche, wildfires.
- Poison 1-800-567-8911
- Power Outage 1-888-769-3766

## Patient Travel (for Indigenous patients)

- Emergency patient travel in Gitxsan territories  
1-800-663-9935
- Gitxsan Health Emergency line (during office hours)  
250-842-5165
- Gitxsan Health Patient Travel 250-842-5001  
250-842-8629  
(after hours until midnight)
- Hagwilget Patient Travel 250-842-5272
- Gitanmaax Patient Travel 250-842-6320



## Libraries

- Book Bus  
<https://www.facebook.com/BookBus2/>
  - The Book Bus, operated by L.O.G.S., brings FREE books to communities in the Hazelton area from Kispiox to Gitanyow.
  
- Hazelton & District Public Library 250-842-5961
  - Story time, books, interlibrary loans, summer reading club. Visit <http://hazelton.bc.libraries.coop/> for hours of operation and programs.

## Movie Theatres

- Roi Movie Theatre (Smithers) 250-847-2440
- Tri-Town Theatre (Gitanmaax) 250-842-5442

## Music Festivals

- Gospel Mountain Music Fest Society  
<http://www.angelfire.com/bc/gospelmusicfest/>
- Kispiox Valley Music Festival Society [www.kvmfs.ca](http://www.kvmfs.ca)  
250-842-6390

## Museums

- K'san Historic Village      <http://ksan.org/>      250-842-5544

## Other

- Roche Stitchers      250-842-6076

## Churches & Faith Based Organizations

- 7th Day Adventist Church      250-842-5596
- Gitsegukla Corps Church      250-849-5371
- Hazelton Family Life Society      250-842-8879
- Hazelton Pentecostal Church      250-842-6264
- Jehovah's Witness      250-842-6976
- Mount Roche Church      250-842-6986
- Mountainview United Church      250-842-4606
- Salvation Army Upper Skeena      250-842-5551
- Sik-E-Dakh Salvation Army      250-842-5707
- St. Mary's Catholic Church      250-842-5383
- St. Peter's Anglican Church      250-842-5222

## Community Centres and Drop-Ins

### Community Halls

#### **Call Band Offices to book a hall or a center**

- Gitanmaax Community Hall 250-842-6707
- Gitanyow Community Hall 250-849-5384
- Gitsegukla Independent School 250-849-5678
- Gitwangak Community Hall 250-849-5429
- Hagwilget Community Hall 250-842-6713
- Ken Trombley Arena 250-842-6662
- Kispiox Community Center 250-842-6532
- New Hazelton Meeting Place 250-842-6571
- Sik-e-Dakh Community Hall 250-842-5241
- Wet'suwet'en Multiplex 250-847-2133

### Youth Drop-In Centers

- Gitanmaax Youth Drop-In Centre 250-842-4133
- Gitsegukla Youth Drop-In Centre 250-849-5231
- Kispiox Youth Drop-In Centre 250-842-5219
- Sik-E-Dakh Youth Drop-In Centre 250-842-5241

- Gitanyow Youth Worker

250-849-5572

## Community Organizations & Meals

### Community Meals

- Community Kitchen at the Learning Shop/Storyteller's Foundation 250-842-6500
  - Build community, food skills, and share knowledge at this free weekly kitchen. Contact: Anissa Watson
  - Runs September to March
- Dietician 1-800-667-3438  
Or 811
  - Toll-free line provides nutrition resources to the public, dietitians and health professionals.
- Food Bank Salvation Army 250-842-5551
  - September-June Wednesdays. 2-4:30. Limited days open during July & August. Check Bulkley Browser for updates or call the number. The first visit requires an application & ID for everyone accessing the food bank.
- Gitanmaax Elders' Lunch 250-842-5297
  - Gitanmaax Hall 11am-1pm Wednesdays. Changes frequently, best to call to confirm date and time.



- Gitsegukla Elder's Lunch 250-849-5231
  
- Hagwilget Elders' Lunch 250-842-5272
  - Call for details.
  
- Meals on Wheels 250-842-5217
  - Provides home cooked meals to individuals with disabilities. Services are also directed to individuals who are home bound, have a chronic or acute medical condition or are recovering from surgery, illness or injury. Meals provided on Tuesdays and Thursday for a nominal fee.
  
- Moricetown Elder's Lunch 250-847-9328
  
- Starting Smart (Hazelton) 250-842-4516
  - Located at the Grace Lynn Family Centre behind the hospital 2510 Highway 62. Program for families from the prenatal period until a baby is six months old. By accessing the Stepping Stones Toddler Program, families are welcome to attend weekly drop-ins until their children have started school.
  - Tuesdays: Clinic Drop-in at Wrinch Memorial Hospital from 1-4. Talk to a nurse about your plans to get pregnant, your pregnancy, breastfeeding your baby,

postpartum depression or anything that comes up. Pick up free bread & milk.

- Thursdays: Drop in from 10-3 at the Grace Lynn Centre (grey & red building) behind the hospital. Come for yoga at 10:30, lunch at noon, and an afternoon program at 1 p.m. We often have an educated guest speaker, and discuss everything baby and toddler. Free pre-natal vitamins, bread, milk, and dry-food in our free food store and free clothes in our free closet. Parents, grandparents, caregivers, and kids welcome.
- Facebook: Starting Smart Hazelton
- Website: [hazeltonstartingsmart.wikidot.com](http://hazeltonstartingsmart.wikidot.com)
- Email: [cpnpstar@gmail.com](mailto:cpnpstar@gmail.com)

## Education & Employment

### Child & Youth Services (0-18 years)

- At'en Ba'gigh'iyi z'ilhdic (ANABIP) 250-847-3630
  - Program for Wet'suwet'en in Smithers, Moricetown & Hagwilget. Voluntary program includes safety, health, wellness, and prevention, and early intervention, reconnection to cultural practices, education, training and healing support. Also visit <http://www.wetsuweten.com>
  
- Bulkley Valley Child Development Centre 250-842-5044

250-847-4122

- Provide Occupational therapy, Physiotherapy, Speech language pathology, Infant development, early year's program and assessments for preschool. Now located in the former Gitanmaax daycare, 2724 Hwy 62.

- Child Care Subsidy-BC 1-888-338-6622

- Child care programs, information and subsidy for low income families.

- Child & Youth Special Needs Program (Hazelton)

250-842-7003

- Thomas Robinson Consulting provides individual support to children 0-18 who have been diagnosed with intellectual disabilities. One to one support to children with autism is also provided.

- For referrals call 250-847-7720

- [Thomasrobinsonconsulting.ca](http://Thomasrobinsonconsulting.ca)

- Gitxsan Child & Family Services 250-842-2258

- Provide culturally-sensitive support, prevention and protection services to Gitxsan children and their families

- Serving Kispiox, Sik-e-Dakh, Gitwangak and Gitanyow

- Gitxsan-Wet'suwet'en Early Majagalee Network

250-842-5044

- Provides Aboriginal Infant Development services from Gitanyow to Kispiox

- [upperkeenacoordinators@gmail.com](mailto:upperkeenacoordinators@gmail.com)

- Hazelton Victims Services RCMP (non-emergency)
  - 250-842-5244
  - Lessen the impact of crime and trauma on victims and their families and to assist them in their recovery
  - Enhance victim safety and help reduce the risk of further victimization
  - Increase victims' level of participation in the criminal justice system
  - Prepare victims acting as witnesses for court proceedings
  
- Ministry of Children & Family Development (Hazelton)
  - 250-842-7624
  - Full range of programs for child & youth mental health program, support services.
  
- Ministry of Children & Family Development (Smithers)
  - 250-847-7727
  
- Parent Child Assistance Program Office (PCAP)
  - 250-842-2319
  - Providing support for the Gitksan communities. Providing mentorship for new and pregnant mothers who suffer with addiction or have given birth to a child with fetal alcohol syndrome in the last three years.
  
- Senden Center
  - 250-842-2284

- Senden offers youth development and employment services support based on a holistic approach rooted in the lands and communities of the Upper Skeena. Facebook.com/sendencentre

## Preschool (0-6 groups)

- Aboriginal Supported Child Development      250-842-7003
  - ASCD enables children who require extra support to be included in a childcare, preschool or after-school setting when their parents or caregivers are working or going to school. Specifically for Aboriginal children and youth with special needs. Northwest Branch.
- Anspayaxw Head Start (Kispiox)      250-842-4106
  - Funded by First Nations Health Authority to enhance early childhood development, school readiness and overall family health and wellness for First Nations preschool children. Available to children aged 2 to 6, who are toilet trained. Free to attend. Priority is given to First Nations children, but spaces may be available for non-indigenous children.
- Book Bags for Babies      250-842-6121
  - A book bag filled with books, pamphlets and other material from the local library is presented to babies and toddlers each time the public health nurses are visited for

immunizations. Sponsored by the Learners Opportunity Group Society.

- Building Blocks/Nobody's Perfect Programs 250-842-4632
  - Nobody's Perfect Parenting Program provides parents of children from birth to age 5 with a safe place to build on their parenting skills, an opportunity to learn new skills and concepts, and a place to interact with other parents who have children the same age.
  
- Child Care Resource/Referral (Smithers) 250-847-8824
  - Provides child care providers with resources for caring for children, training and professional development opportunities, information and support. Covers Gitanyow, Hazelton, Gitsegukla, and Kitwanga.
  
- Child Care Subsidy 1-888-338-6622
  - Child care programs, information and subsidy for low income families.
  
- Gitanmaax Day Care 250-842-0349
  - Childcare for infants and toddlers from 2 months to 4 years. Monthly cost of \$200 for status families.
  
- Gitanmaax Language Nest 250-842-6009
  - Offered Mon-Fri starting September 10<sup>th</sup>. Transportation is available by bus from Kispiox, Glen Vowell and Gitanmaax. See link below for more information

<http://www.gitanmaax.com/Education/Headstart/SitePages/Welcome.aspx>

- Gitanmaax Nursery Program 250-842-6282
  - Pre-school program for children who are 4 and 5 years old. Children can attend for a half day, either in the morning or afternoon. Monthly cost is \$200.
  
- Gitsegukla Head Start & Outreach Program 250-849-8481
  - Free pre-school program for children 30 months to 5 years. ½ day program with pre-schoolers, aged 4 and 5, in the morning and infants/toddlers aged 30 to 36 months in the afternoon. Space may be available for children who do not reside in Gisegukla.
  - headstart@gitsegukla.net
  
- Helping Hands for Healthy Babies 250-842-5355
  
- Little Flowers Learning HUB 250-842-4608
  - Toddler play group that offers crafts, snacks and information for parents with kids from birth to kindergarten. Mondays at the New Hazelton meeting Centre and Tuesdays at the Grace-Lynn Family Centre from 10-2.
  
- Starting Smart (Hazelton) 250-842-4608
  - Located behind the hospital 2510 Highway 62. Program for families from the prenatal period until a baby is six months old. By accessing the Stepping Stones Toddler

Program, families are welcome to attend weekly drop-ins until their children have entered the toddler years.

- Tuesdays: Clinic Drop-in at Wrinch Memorial Hospital from 1-4. Talk to a nurse about your plans to get pregnant, your pregnancy, breastfeeding your baby, postpartum depression or anything that comes up. Pick up free bread & milk.
- Thursdays: Drop in from 10-3 at the Grace Lynn Centre (grey & red building) behind the hospital. Come for yoga at 10:30, lunch at noon, and an afternoon program at 1 p.m. We often have an educated guest speaker, and discuss everything baby and toddler. Free pre-natal vitamins, bread, milk, and dry-food in our free store. Parents, grandparents, caregivers, and kids welcome.
- [hazeltonstartingsmart.wikidot.com](http://hazeltonstartingsmart.wikidot.com)

- Wo'umxhl Simalgex Day Care 250-849-5061
  - Pre-school program for 2 ½ to 4 year olds. May have availability to take infants. Gitxsan Language nest in the morning. Charge assessed for off-reserve families.

## [Computer Access](#)

**Ask at your local band office about computer access**

- Hazelton District Public Library 250-842-5961
  - Computers and wireless internet access available
- Northwest Community College 250-842-5291



- Or visit <https://www.nwcc.bc.ca/campus/hazelton-campus>

- Upper Skeena Development Center 250-842-6110

## Elementary Schools

- Gitanyow Independent School 250-849-5384
- Gitsegukla Elementary 250-849-5739
- Gitwangak Elementary 250-849-8421
- Kispiox Elementary 250-842-6148
- Kitwanga Elementary 250-849-5484
- Majagaleehl Gali Aks Elementary 250-842-5313
- Moricetown Elementary 250-847-3166
- New Hazelton Elementary 250-842-5777

## Employment & Training Services

- Employment Insurance 1-800-206-7218
  - Employment and Social Development Canada offers a wide variety of training programs to individuals who require assistance to overcome real or potential obstacles in labour market. If you are taking a training course, you must show, without a doubt, that taking a

course is not an obstacle to your active job search or to your acceptance of appropriate employment.

- Senden Center 250-842-2284
  - Senden offers youth development and employment services support based on a holistic approach rooted in the lands and communities of the Upper Skeena. Facebook.com/sendencentre
- Upper Skeena Development Center/Work BC 250-842-6110
  - Employment and youth programs, community development, referrals, public computer access.
- Youth Works -- Storyteller's Foundation 250-842-6500
  - A supported employment program where youth are paid to work in a food production, catering and wreath making business while developing skills and assets as they work towards their goals. Interested youth need to apply using the number above.

## High School & Post-Secondary

- Gitanyow Education 250-849-5384
- Gitsegukla Education 250-849-8451
- Gitwangak Education Society 250-849-5330
- Gitxsan Wet'suwet'en Education Society 250-842-0216

- Adult learning, specializing in First Nation education, dogwood diplomas, certificates and education programs.  
<http://gwes.ca>

- Hagwilget Education 250-842-6258
- Hazelton Secondary School 250-842-5214
- iCount High School Moricetown 250-847-6121
- Moricetown Adult Learning Centre 250-847-1477
- Northwest Community College 250-842-5291
  - Or visit <https://www.nwcc.bc.ca/campus/hazelton-campus>
- University of Northern British Columbia (Terrace)  
1-800-697-7388

## Learning Support Services

- Community Services Literacy (Smithers) 250-847-9515
  - Offers adult literacy programming with volunteer tutors, literacy awareness and tutor training workshops. Promotes family literacy and activities to help parents and children incorporate literacy into their daily lives.

## Fitness & Recreation

**For more information on activities in Hazelton visit**

**<http://newhazelton.ca>**

**Contact your local band office for information on recreation programs for youth**

- Community Centre (Moricetown) 250-847-4757
- FitNation 778-202-1817
  - Simple low-impact exercises. Especially great for people starting out exercising and wanting to ease into it. Workout can be 10 minutes to 40 minutes.
- Hazelton's Learn To Skate & Figure Skating 250-842-7067
  - Also visit <https://www.facebook.com/hazeltonskatingclub>
- Hazelton's Minor Hockey 250 877-3089
  - Also visit <http://hazeltonminorhockey.ca/>
- New Hazelton Fitness Centre 250-842-6571
- Ross Lake & Seeley Lake Provincial Park 250-638-8490
- Skeena Ice Arena Association 250-842-6662
  - Public skating, mom-n-tots skate, events

- Wet'suwet'en Multiplex 250-847-2133
- Women's Fitness Group 250-842-5313
- Yoga Shack 250-842-4114

## Health and Wellness

### Chiropractic Offices

- Bulkley Valley Chiropractic Center 250-847-4468
- Smithers Family Chiropractic Center 250-847-4482
- Willowvale Chiropractic Center 250-847-3040

### Dental Clinic

Contact your health centre to find out about dental programs and coverage for you and your family.

- Driftwood Dental 250-847-6824
- Smithers Dental Clinic 250-847-9898
- Tyhee Dental 250-847-4577
- Wrinch Dental Clinic 250-842-5339  
-Located in Wrinch Memorial Hospital

## Doctors' Offices

- Broadway Medical Clinic (Smithers) 250-847-3097
- Central Square Medical Clinic (Smithers) 250-847-8761
- Coho Clinic (Smithers) 250-847-2240
- Hazelton Family & Community Clinic 250-842-4060
- Park Ave Medical Clinic (Terrace) 250-615-5030
- Wedzinkwah Family Medicine Centre (Smithers)  
250-847-5660
- Wrinch Memorial Doctor's Clinic 250-842-5234

## Domestic Violence Non-Emergency

- Northern Society for Domestic Peace (250) 847-9000  
Toll Free in BC: 1-877-633-9933
  - Offering victim services for women, men, seniors and families, programs for children who witness violence. Also offering women pregnancy and community outreach programs and training and education services. Visit website here: <http://domesticpeace.ca>
- Report Child Abuse (Hazelton) 250-842-7624
  - Ministry for Children and Family Development.

- Report Child Abuse (Smithers) 250-847-7727  
- Ministry for Children and Family Development.

## Eye Care and Optometrists

- FYI Eye Care 250-847-3611
- Dr. T. Nagy, Ophthalmologist (referral required)  
250-615-5002

## First Nations Health Authority

*Health & wellness planning, health coverage, benefits program, healthy living information, traditional healing and nurse information.*

Visit website here: <http://www.fnha.ca>

### **Community Engagement Coordinators**

Rhoda Hallgren	Carrier Lakes	<a href="mailto:Rhoda.Hallgren@fnha.ca">Rhoda.Hallgren@fnha.ca</a>	(250) 251-1546
Shannon Hall	Tlingit-Kaska	<a href="mailto:Shannon.Hall@fnha.ca">Shannon.Hall@fnha.ca</a>	(778) 349-2860
Verna Howard	Gitxsan/ Wet'su'weten	<a href="mailto:Verna.Howard@fnha.ca">Verna.Howard@fnha.ca</a>	(778) 202-0976

- First Nations Health Authority , Head Office (Vancouver)  
604-693-6500

- First Nations Health Authority Indian Residential Schools information line  
1-877-477-0775
- First Nations Health Authority, Smithers 250-917-8569
- First Nations Health Authority, Terrace 250-615-5334  
250-615-5337

## Health Centers

Call health centers for information on home and community care, local groups or programs such as AA or women's/men's groups, family support workers, hospice, wellness coordinators, public health, HIV/ AIDS education or support, patient travels, immunizations, health workers, counsellors or chiropractor visits.

- Gitanmaax Health Centre 250-842-6320
- Gitanyow Health Center 250-849-5572
- Gitsegukla Health Center 250-849-5231
- Gitwangak Health Center 250-849-5555
- Gitxsan Health Society 250-842-5165
- Hagwilget Health Center 250-842-5272



- Kispiox Health Center 250-842-6236
- NHA Public Health Center 250-842-4640
- Sik-E-Dakh/Glen Vowell 250-842-6876

## Hospice Services

- Upper Skeena Hospice Society 250-842-4639  
 - Offers support to patients, families, and friends throughout the last stages of illness, at the time of death, and during bereavement.

## Hospitals

- Bulkley Valley District Hospital (Smithers) 250-847-2611
- Mills Memorial Hospital (Terrace) 250-635-2211
- Wrinch Memorial Hospital (Hazelton) 250-842-5211

## Pharmacy

- Three Rivers Pharmacy 250-842-6040

## Physiotherapy

- Alpine Physiotherapy 250-877-6966
- Jaap Kalkman 250-847-9808
  - Appointments available at Wrinch Memorial Hospital  
Tuesdays and Thursdays
- Jocelyn Chandler
  - Community Physiotherapist for Hazelton and area  
250-842-8087
- Transitions Physiotherapy 250-877-7575

## Registered Massage Therapy

- Rivers Masage Therapy at Wrinch Memorial Hospital  
Physiotherapy Room  
-Harriet Hall PDP, RMT 250-842-6031  
[harriet.hall.rmt@gmail.com](mailto:harriet.hall.rmt@gmail.com)

## Pregnancy & Sexual Health Services

- Elizabeth Bagshaw Women's Clinic [www.ebwc.ca](http://www.ebwc.ca)  
1-877-736-7171
  - Abortion and reproductive care located in Vancouver. A  
doctor's referral is not required.

- Helping Hands & Heart Birthing Services      250-877-2813
  - Doula services provided by Judi Calhoun
  
- Maternal Child Health      250-849-5231
  - Gitanyow Human Services
  
- Northern Health Authority Public Health      250-842-4640
  - Contraceptive information and supplies available without an appointment
  
- Options for Sexual Health Hotline      1-800-739-7367
  
- Parent Child Assistance Program Office      250-842-2319
  - Located in Gitxsan territory providing support for the surrounding communities. Providing mentorship for new and pregnant mothers who suffer with addiction or have given birth to a child with FAS or FAE in the last three years.
  
- Positive Living North- Bulkley Valley      250-877-0042
  - Sexual health harm reduction, support services, HIV/AIDS and Hepatitis C education and awareness.
  
- Pregnancy Options BC Line      1-888-875-3163
  - Provides support, referrals and counselling for women seeking abortion.

- Starting Smart Hazelton 250-842-4608
  - Offer perinatal home visits and free vitamins
  - Thursdays: Drop in from 10-3 at the Grace Lynn Centre (grey & red building) behind the hospital. Come for yoga at 10:30, lunch at noon, and an afternoon program at 1 p.m. Often have an educated guest speaker, and discuss everything baby and toddler. Free pre-natal vitamins, bread, milk, and dry-food in our free store. Parents, grandparents, caregivers, and kids welcome.
  - Website: [hazeltonstartingsmart.wikidot.com](http://hazeltonstartingsmart.wikidot.com)
  
- Skeena Midwives cell 250-877-9156
  - Angela Smith, Registered Midwife. Full service woman-centered prenatal, birth and postpartum care. Free with care card. For women who wish to birth in Hazelton or Smithers. Self-refer by calling the cell number. Referral forms at doctor's clinic and most health stations.
  
- Smithers Pregnancy Outreach 250-847-9477
  - Pregnancy Outreach program, prenatal classes, breastfeeding support, postpartum support, doulas, nutrition information/support, peer support
  
- Women's Hospital & Health Centre 1-888-875-3163
  
- Wrinch Memorial Doctors Clinic 250-842-5234

- Contraceptive information, birth control, contraceptive management, counselling available with an appointment.

## Housing & Transportation

### Housing

- BC Housing [www.bchousing.org](http://www.bchousing.org) 1-866-465-6873
- Canada Mortgage and Housing [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca)  
1-800-668-2642
- M'akola Group of Societies 250-638-8339
  - Provides subsidized housing, affordable rentals and assisted living units, primarily for Aboriginal people and families, throughout most of British Columbia.  
[www.makola.bc.ca](http://www.makola.bc.ca) or 1-877-384-1423 for housing applications.
- Shelter Aid for Elderly Renters assistance program  
1-800-257-7756
- For other options also visit  
[www.bulkleybrowser.ca](http://www.bulkleybrowser.ca) (local listings)  
[www.bcclassified.com](http://www.bcclassified.com) (BC wide newspaper)

## Transport / Travel

- BC Transit for Smithers & Telkwa 250-847-4993
- BC Transit for Upper Skeena 250-842-2134
  - Call for schedule and fare information. Operated by First Canada
- Canadian Pacific Railway 1-888-333-8111
  - Visit [www.cpr.ca](http://www.cpr.ca)
  - For shipping goods
- Drive BC Or visit [www.drivebc.ca](http://www.drivebc.ca) 1-800-550-4997
  - Traveller information services for BC, highway information, inland ferries, and construction delays and wait times. Weather information and road conditions.
- Greyhound Bus Canada Or visit [www.greyhound.ca](http://www.greyhound.ca)
  - 1-800-661-8747
  - Smithers 250-847-2204
  - Hazelton 250-842-6259
- Northern Health Connections Bus 1-888-647-4997
  - Affordable travel service for patients needing to travel for medical reasons. Can also visit [www.nhconnections.ca](http://www.nhconnections.ca)
- Smithers Regional Airport 250-847-3664

- Via Rail Canada      [www.viarail.ca](http://www.viarail.ca)      1-888-842-7245

## Legal Services

- District of New Hazelton      250-842-6571
  - Commissioner for taking affidavits, public works, corporate officer, meeting center, business center, fire chief, ICBC services.
- Marriage Commissioner (Hazelton & Area)      250-842-2192
- Village of Hazelton      250-842-5992
  - Commissioner for taking affidavits

## Fee For Service Lawyers

- Kathryn Johnson Notary Public (Smithers)      250-847-2626
  - Notary public can offer many of the same services as a lawyer but not all. Contact office for more information and prices on services.
- Megan Olson Law (Smithers)      250-847-9088
  - Fee for service lawyer

## Legal Aid & Free Resources

- Dial – a – law (24/7) 604-687-4680
  - A library of legal information prepared by lawyers. It offers general information on a variety of topics on law in British Columbia.
- Gitxsan Unlocking Aboriginal Justice 250-842-2220  
Toll free 1-855-342-2200
  - Support for people involved with the Canadian Justice System based on traditional Gitxsan laws. Can be self-referred or referred by community, clan, house, lawyer or legal aid, RCMP or Crown Counsel.
- Wet'suswet'en Unlocking Aboriginal Justice 250-847-3630  
Toll free 1-888-296-4411
  - In partnership with the Canadian Justice System, committed to strengthening and enhancing our Wet'suwet'en traditions and laws, to restore peace and balance in our nation.
- Hazelton/Smithers Native Court Worker 1-877-811-1190
  - Through the Native Court Worker & Counseling Association of British Columbia. Provides culturally appropriate justice and health related services according to individual need, including alcohol and drug counselling.



- Lawyer Referral Services 1-800-663-1919
  - General information on legal topics, referral to a lawyer
  - Monday to Friday 8:30 to 4:30
  
- Legal Services Society of BC 1-866-577-2525
  - Immediate free legal advice, legal information, family law, advice, referrals.
  
- Upper Skeena Counselling & Legal Assistance Society 250-842-5218
  - Assistance society, notary public for a fee, apply for legal aid, legal services, commissioner for taking affidavits.
  
- Family Justice Services (Terrace) 250-638-6557
  - Couples mediation, agreements, free/voluntary

## [Crown Council & Courts](#)

- Court Registry (Smithers) 250-847-7376
- Crown Counsel (Smithers) 250-847-7364
- Smithers Community Corrections 250-847-7365  
1-888-242-3788

## Complaints & Grievances

- BC Human Rights Coalition 1-877-689-8474
  - Provides free representation to complainants who have cases before the BC Human Rights Tribunal on a province-wide basis. They integrate information, advocacy and education. The advocacy program protects existing rights, education and helps in the prevention of discrimination.
  
- Canadian Human Rights Commission 1-888-214-1090
  - Services include promoting human rights through research and policy development, protecting human rights through a fair and effective complaints process, representing the public interest to advance human rights for all Canadians; and auditing employers under federal jurisdiction for compliance with employment equity
  - Or visit [www.chrc-ccdp.gc.ca/eng](http://www.chrc-ccdp.gc.ca/eng)
  
- College of Physicians and Surgeons of British Columbia 1-800-461-3008
  - This is the avenue to file a complaint against a physician or surgeon
  - Or visit [www.cpsbc.ca](http://www.cpsbc.ca)
  
- First Nations Health Authority 1-800-317-7878
  - For help with nursing services, funding, healthy living, wellness planning and mental health and substance use information.

- Or visit [www.fnha.ca](http://www.fnha.ca)
- Health Professions Review Board of British Columbia  
1-888-953-4986
  - If you have made a complaint to the College of Physicians and Surgeons and have received a decision letter you can contact the Review Board and request a review of their decision within 30 days of receiving the letter. Phone the number to speak to an intake worker for more information.
  - Or visit [www.hprb.gov.bc.ca](http://www.hprb.gov.bc.ca)
- Provincial Health Services BC: Patient Care Quality Office  
1-888-875-3256
  - PHSA plans, coordinates and evaluates specialized health services with the health authorities across BC to provide equitable and cost-effective health care for people needing cancer treatment, management of a complex mental health problem or cardiac care.
  - Or visit [www.phsa.ca](http://www.phsa.ca)

## Victim Services

- Hazelton Victims Services 778-210-0283  
-Support for victims of domestic assault, sexual assault or criminal harassment. For men or women, any age.
- Victim LINK 1-800-563-0808

- BC-wide telephone helpline, available 24 hours a day, 7 days a week. Victim Link BC provides information and referral services to all victims of crime, and immediate crisis support
- Domestic Violence Victims Response (RCMP)
  - 250-847-9374
- Northern Society for Domestic Peace
  - 250-847-9000
  - 1-877-633-9933
  - Offering victim services for women, men, seniors and families, programs for children who witness violence. Also offering women, pregnancy and community outreach programs and training and education services. Visit website here: <http://domesticpeace.ca>
  - Community Based Victim Services 778-210-0283
- Victim LINK
  - 1-800-563-0808
  - BC-wide telephone helpline, 24/7 Victim Link BC provides information and referral services to all victims of crime, and immediate crisis support to victims of family and sexual violence. Referrals for all kinds of crimes including sexual assault, violence in relationships, elder abuse, and adult survivors of physical or sexual abuse.

## Mental Health & Substance Use

-Contact your health centre for information on counselling services available in community.

### Adult Services

- BC Schizophrenia Society 250-847-9779  
Toll free 1-888-847-9779
  - BCSS is an agency dedicated to support, educating the public, raising funds for research and advocating for better services for people with schizophrenia and other serious and persistent mental illness.
  
- Bounce Back BC  
<http://bouncebackbc.ca/>
  - Bounce Back teaches effective skills to help adults overcome early symptoms of depression and improve their mental health. Learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive.
  
- Bulkley Valley Brain Injury 250-877-7723
  
- Canadian Mental Health Association  
[www.cmha.ca](http://www.cmha.ca)

- Promotes mental health for all ages and supports resilience and recovery of people experiencing mental illness.

- Dze L K'ant Friendship Centre 250-847-5211

- Full Circle (Fetal Alcohol Syndrome support) program, family support & more.

- Hazelton Community Services 250-842-5355

- Local provider for Community Living BC
- Provides support services to adults with developmental disabilities to lead healthy, happy, sustainable lives and each individual will be supported to achieve his or her own potential, self-determination and valued place in his or her community. HCS will assist individuals in requesting services from CLBC. Contact: Amber Grimm

- First Nations Action & Support Team (FAST)

250-842-5165 x. 406

778-202-1428

- Suicide postvention and support for individuals and family of those who have attempted or committed suicide. Referral to counsellors, debriefing and support.
- Serves 11 Nations, based out of Sik-E-Dakh
- Open 8:30am – 4:30 pm, call cell phone after hours
- Or email [fast@gitxsanhealth.com](mailto:fast@gitxsanhealth.com)

- First Nations Court Worker 1-877-811-1190
  - Alcohol and drug counselling also available
  
- Mental Health & Addictions Line 310-6789
  
- Northern Health Mental Health & Addictions (Hazelton) 250-842-5144
  - Adult only services offered in Hazelton through Northern Health.
  - Community Counselling Services.
  
- Northern Health Mental Health & Addictions (Smithers) 250-847-6405
  - Adult only services offered in Smithers through Northern Health.
  
- Northern Health Mental Health & Addictions (Terrace) 250-631-4202
  - Adult only services offered in Terrace through Northern Health.
  
- Terrace & District Community Services 250-635-7087
  - For youth and families, information on counselling and addictions for the Northwest.

## Alcoholics Anonymous (AA)

<b>Where?</b>	<b>Time</b>	<b>Contact</b>
Gitanmaax Health Station	Thursday 7pm – 8 pm	(250) 842 – 6320
Gitsegukla Health Station	Tuesday 7pm – 8pm	(250) 849 – 5231
Wilp Si'Satxw in Kitwanga (also a narcotics anonymous same time Monday)	Monday 7pm – 8pm	1-877-849-5211
Kispiox Health Center	Monday 7pm – 8pm	(250) 842 – 6236

## Child & Youth Mental Health Services

- Ministry of Children & Family Development (Hazelton)  
250-842-7624
  - Full range of programs for child & youth mental health program, community living BC, support services in Hazelton.
- Ministry of Children & Family Development (Smithers)  
250-847-7727





- Nechako Youth Detox (Prince George) 250-565-2881  
- Can self-refer, waitlist managed by NHA
- Wrinch Memorial Hospital 250-842-5211  
- Voluntary admission through physician by appointment or emergency

### Helplines for Addictions (other)

- Gambling Counsellor (Terrace) 250-635-3178  
- Available to make presentations in Hazelton
- Gambling Helpline 1-888-795-6111
- Kids Help Phone 1-800-668-6868  
- 24 hour, toll free, anonymous phone counselling, referral and internet service for children and youth. Also visit: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- TOPS (Take Off Pounds Sensibly) 250-842-6697
- Tobacco Reduction Coordinator 250-649-7271  
- Available to make presentations in Hazelton
- Quitnow.ca 1-877-455-2233  
- Free smoking cessation medication

## 12 Step Programs

- Al-Anon Information/Location 1-877-644-2266  
or [www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)
  - The Al-Anon Family Groups (any age) are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. Al-Anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership.

The closest Al-Anon is in Smithers

Thursday 7 PM	St. James Anglican Church	1636 Princess St.
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Or Terrace

Monday 7 PM	Mills Memorial Hospital	4720 Haugland Ave
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- Alcohol & Drug Information & Referral 1-800-663-1441

## Wellness Centers

- Day Treatment Programs (Smithers) 250-847-6405
  - Provides a client centered approach to wellness. The program focuses on assisting individual's to achieve greater responsibility for their individual recovery, provides access to resources for on-going support and

uses the harm reduction model to promote quality health and well-being.

- Wilp Si'Satxw Healing Center 250-849-5211  
1-877-849-5211
  - Delivering quality service to clients who are seeking help for their addictions and collateral issues.

## Resources and Public Services

### Band Offices

- Gitanmaax Band Office 250-842-5297
- Gitanyow Band Office 250-849-5222
- Gitsegukla Band Office 250-849-5490
- Gitwangak Band Office 250-849-5591  
ext. 21
- Hagwilget Village Services 250-842-6258
- Kispiox Band Office 250-842-5248
- Moricetown/Kyah Wiget Band Office  
250-847-2133
- Sik-e-Dakh/ Glen Vowell Band Office 250-842-5241

## Chiefs' Offices

- Gitanyow Chiefs 250-849-5373
- Gitxsan Hereditary Chiefs 250-842-6780
- Office of the Wet'suwet'en 250-847-3630

## Fire Departments

**Call 911 for emergency dispatch for all areas**

- Gitanmaax Fire Department 250-842-6760
- Gitanyow Fire Department 250-849-5394
- Gitsegukla Fire Department 778-202-0346
- Gitwangak Fire Department 250-849-5570
- Hagwilget Fire Department 250-842-7007
- Hazelton Fire Department 250-842-5433
- Kispiox Fire Department 250-842-6995
- Moricetown Fire Department 250-877-0227
- New Hazelton Fire Department (covers South Hazelton)  
250-842-0097
- Sik-E-Dakh/Glen Vowell Fire Department 250-842-4065

### Gitksan Development Corporation

- Gitksan Development Corporation 604-940-1213

### Gitksan Government Commission

- The Gitksan Government Commission 250-842-2248
  - Responsible for providing technical, advisory and support services to Gitanyow, Gitanmaax, Glen Vowell and Kispiox.
  - Wrap Around Program provides support, advocacy and goal setting with a family and cultural approach to Mental health. Self-referrals accepted.
  - Education Advisor provides advice and support to the Band Education staff or to the Education Societies administering the Band education programs.

### Municipal Offices

- District of New Hazelton 250-842-6571
- Regional District Kitimat-Stikine 1-800-663-3208
  - Includes South Hazelton, Two Mile, Kispiox Valley and Suskwa Valley
- Village of Hazelton 250-842-5991

### Non-Emergency Services

- BC211 [bc211.ca](http://bc211.ca) 2-1-1

-Providing free information and referral regarding community, government and social services in BC.

- BC Child Care Subsidy 1-800-663-7867
  - A child care subsidy or allowance is available to help low income families in B.C. with the cost of child care.
  
- Crime Stoppers 250-847-9666
  
- HealthLink BC 811
  - Connects you to a registered nurse, a registered dietitian or a pharmacist. Free provincial health hotline.
  
- RCMP – Hazelton 250-842-5244
  
- RCMP – Smithers 250-847-3233
  
- Service BC 250-842-6573
  - Income Assistance, MSP, disability, licences (business and personal), billings and tax, medical services billing, property and business registration, tenancy information, statistics BC.
  
- Service Canada 1-800-622-6232
  - For deaf or hard of hearing: 1-800-926-9105
  - Available Monday to Friday 8 am – 5pm.

- Provides general information on Government of Canada programs, services and initiatives and guidance on how to access them.
- Employment insurance, social insurance numbers, pension plans, old age security, student loans, work-sharing, federal income support for parents of missing or murdered children.

## Public Services

- Child Protection Reports 250-842-7624  
1-800-663-9122

(24 hours)

- If you think a child or youth under 19 years of age is being abused or neglected, you have the legal duty to report your concern to a child welfare worker. Reports can be made to the local number during office hours or through the toll free number 24 hours a day.

- Commission for Public Complaints against the RCMP  
1-800-665-6878
  - For deaf or hard of hearing: 1-866-432-5837
- MLA Office 250-842-6338
- MP Office 250-877-4140
- Ombudsman of BC 1-800-567-3247



- Enquiries and complaints about the administrative practices and services of public agencies

## Recycling, Waste Reduction & Disposal

- Compost Depot at the Learning Shop 250-842-6500
- Hazelton Bottle Depot (also takes recycling) 250-842-0555
- Recycling Hotline 1-800-667-4321
  - Recycling Hotline is a free, province-wide live information service for recycling, pollution prevention, waste avoidance, safe disposal options and regulations.
  - Or visit [www.rcbc.bc.ca](http://www.rcbc.bc.ca)
- Regional District of Kitimat – Stikine 1-800-663-3208
  - For a recycling guide and information. Or visit [www.rdks.bc.ca](http://www.rdks.bc.ca)
  - Hazelton Landfill is open every day from 10 am – 7 pm and closed Tuesday – Wednesday and statutory holidays.
- Smithers & Area Bottle Depot 250-847-8944

## Seniors & Disability Information

### Assisted Living Support / Seniors Information

- BC211 Or visit [bc211.ca](http://bc211.ca) 2-1-1

- Providing free information regarding community, government and social services in BC.

- BC Senior's Advocate 1-877-952-3181

- Better At Home 250-842-6876

- Better at Home is a program that helps seniors with simple non-medical day-to-day tasks so that they can continue to live independently in their own homes and remain connected to their communities.

- Contact the Sik-E-Dakh Health centre and speak to a nurse for more information.

- The Meadows Assisted Living (Smithers) 250-847-8884

- Meals on Wheels 250-842-5217

- Provides home cooked meals to individuals with disabilities and seniors for a nominal fee. Services are also directed to individuals who are home bound, have a chronic or acute medical condition or are recovering from surgery, illness or injury.

- Roche View Lodge (New Hazelton) 250-842-5040

- Housing located in New Hazelton for seniors and people with disabilities.

- Service Canada Pension 1-800-277-9914

- Providing information on old age security and the Canadian pension plan.
- Skeena Place Assisted Living 250-842-5217
  - Assisted living located in Old Hazelton. It is situated beside the Wrinch Memorial Hospital, close to complementary health-care services. Tenants receive hospitality and personal care services such as meals, housekeeping and laundry, recreational programs, assistance with medications, and a 24-hour response system. Tenants must be assessed for suitability by a home and community care nurse.

## Services For Those Living With Disabilities

- Child & Youth Special Needs Program (Hazelton) 250-842-7003
  - Facilitated through Tom Robinson Consulting. Funded by the Ministry of Children and Family Development. This is a program that parents must request. They are located in the old preschool next to HSS.
- Community Living BC Community Inclusion (Smithers) 250-847-7780
  - Provides funding for services that help adults with developmental disabilities. Offers list of programs, information on applying for grants and news. Also assist people to request services and advocate for those that

have qualified for services but are not yet receiving funding. Visit: <http://www.communitylivingbc.ca/>

- Hazelton Community Services 250-842-5355

- Local provider for Community Living BC
- Provides support services to adults with developmental disabilities to lead healthy, happy, sustainable lives and each individual will be supported to achieve his or her own potential, self-determination and valued place in his or her community. HCS will assist individuals in requesting services from CLBC. Contact: Amber Grimm

- Meals on Wheels 250-842-5217

- Provides home cooked meals to individuals with disabilities. Services are also directed to individuals who are home bound, have a chronic or acute medical condition or are recovering from surgery, illness or injury. Meals provided Tuesday and Thursdays for a nominal fee.

- Parking Permits 1-888-718-7794

- For parking specific inquiries for those who have a mobility limitation call this number or visit <http://www.sparc.bc.ca/parking-permit>. Forms can also be obtained from your doctor.

- Provincial Program (Social Planning & Resource Council)

1-877-660-2522

- Organization providing accessibility, community development, income security and social planning.
- Roche View Lodge (Hazelton) Housing 250-842-5040
  - Located in New Hazelton for seniors and people with disabilities.
- Skeena Supported Employment Society 250-842-0010
  - Located at the Skeena Bakery. Community organization conceived to address the lack of meaningful employment, and training opportunities and life skills for people with disabilities in the Hazelton's and neighbouring villages.
- Terrace and District Community Services Society 250-635-3178
  - Offers a variety of specialized programs geared towards helping people in the Northwest. Including, community living support, counselling support, employment services and youth and mental health services.

## Tax Information & Financial Programs

### Credit Counselling Services

Credit Counselling Society of BC

1-888-527-8999



1-866-866-0800

- Income assistance, disability assistance, information on income and disability services within BC, work BC and bus passes.

- Service BC

250-842-6573

- Income Assistance, MSP, disability, licences (business and personal), billings and tax, medical services billing, property and business registration, tenancy information, statistics BC.

## Immigrant Services

- Citizen and Immigration Service

1-888-242-2100

[www.cic.gc.ca](http://www.cic.gc.ca)

- Apply to visit, study, and work or immigrate to Canada, apply for citizenship, a permanent resident card or refugee protection, check the status of your application or find a form.
- TTY (deaf, speech impaired or hard of hearing)

1-888-576-8502

- Smithers Community Services

250-847-9515

- For information on English as a Second Language program.

## Tax Benefits and Information

- Canada Child Tax Benefit 1-800-387-1193
  - The Canada Child Tax Benefit is a tax-free monthly payment available to eligible Canadian families to help with the cost of raising children. The CCTB can incorporate the National Child Benefit, a monthly benefit for low-income families with children, and the Child Disability Benefit, a monthly benefit for families caring for children with severe and prolonged mental or physical impairments.
- Canada Revenue Agency Refund Enquiries 1-800-959-1956
  - This automated phone service provides information about your income tax refund.
- Child & Family Benefits Overpayment 1-888-863-8662
  - Call this number to discuss child and family benefits overpayments and make payment arrangements with an agent.
- GST/HST Credit for low income families 1-800-959-1953
  - Canada revenue agency, information on child benefits, goods and services and credit information.
- Income Tax Refund Enquiries [www.cra.arc.gc.ca](http://www.cra.arc.gc.ca)  
1-800-959-1956



- Individual Income Tax & Trust Inquiries 1-800-959-8281
  - Call this number for tax information for individuals, trusts, international tax and non-residents, including personal income tax returns, instalments, and RRSPs or to get our forms and publications.
- Tax Information Phone Service 1-800-267-6999
  - Run by Canadian Revenue Agency, providing remittance vouchers, telerefund, benefits, registered plans and authentication.

## Volunteer and Community Opportunities

### Community Development

- Kispiox Valley Community Association 250-842-5635
- Kitwanga Community Association 250-849-8408
- Storyteller's Foundation [www.upperskeena.ca](http://www.upperskeena.ca)  
250-842-6500
  - Storytellers' Foundation is a fiercely place-based and community driven organization. We serve as a catalyst for grassroots learning and organizing. We create spaces for people to gain skills, knowledge and confidence to act on their dreams for justice and equality within a locally controlled sustenance economy. Offers various

community services, including literacy outreach, youth-run kitchen programs, gardening and healthy eating/active living education camps.

## Volunteer Opportunities

- Skeena Watershed Conservation Coalition 250-842-2494
  - Working to cultivate a sustainable future from a sustainable environment rooted in our culture and thriving wild salmon ecosystem by getting people out and connecting with our watershed. A few examples of the SWCC's method of engagement - our River Expeditions, our YOW (Youth On Water) Program, and our GET THE SHELL OUT of the Sacred Headwaters Campaign. <http://skeenawatershed.com/>
  
- Upper Skeena Arena Project  
<http://heartofthehazeltons.ca/>
  
- Volunteer BC 604-837-5877
- Volunteer Smithers 250-847-9515
- Wrinch Memorial Hospital Auxiliary 250-842-6524

## Veterinary and Animal Services

### Animal Services

- Northwest Animal Shelter info@nwas.ca

### Pest Control

- Health Canada Pest Management Agency (on Reserve)  
1-800-267-6315
  - For help with pesticide information and incident forms.

### Veterinarian

- Babine Pet Hospital (Smithers) 250-847-8887
- Kermodei Veterinary Hospital (Terrace) 250-635-2726
- Mobile Clinic 778-210-0128
  - Spay, Neuters, Dentistry, Wellness Care
  - vettopetmobile.ca
- Skeena Animal Hospital (Terrace) 250-635-6491