



# 2025 Terrace & Area Social Service Navigator

## For Community Resources Across the Northwest Visit: [pacificnorthwest.fetchbc.ca](http://pacificnorthwest.fetchbc.ca)

### Terrace & Area Emergency Numbers

Ambulance/Fire/Police .....9-1-1  
Poison Control .....1-800-567-8911  
Northern Crisis Line.....1-888-562-1214  
Teen Crisis Line.....1-888-564-8336  
Suicide Crisis Line.....9-8-8

### Hotlines

HealthLink BC .....8-1-1  
Options for Sexual Health.....1-800-739-7367  
Palliative Care Hotline .....250-565-2000  
• Ask for palliative physician on call

Pregnancy Options BC.....1-888-875-3163  
First Nations Health Authority  
Doctor of the Day.....1-855-344-3800

### Mental Health & Addictions

Mental Health & Addictions.....250-631-4202

Ksan Society.....778-634-2343 ext. 102  
• Support for with HIV/HCV.

Mental Health and Family Resource Centre.....250-922-5178  
• Support and education for families

### Seniors Services

Happy Gan Centre for Seniors.....250-635-9090  
Volunteer Terrace.....250-638-1330  
Terrace View Lodge.....250-631-4209  
McConnel Estates Assisted Living Residences.....250-638-2095

### First Nations Supports

Aboriginal Patient Liaison.....250-638-4085  
• Support and Discharge Planning for Aboriginal patients at Ksyen Regional Hospital

Kermode Friendship Society.....250-635-4906  
• Family support and child/youth mental health programs.

### Legal Services

TDCSS Poverty Law.....250-635-3178  
Family Justice Centre.....250-638-6557  
Native Court Worker & Counselling Association of BC.....1-877-811-1190

### Education & Employment

Coast Mountain College.....250-635-6511  
UNBC Terrace .....1-800-697-7388  
Northwest Training.....250-638-8108  
• Career & counselling employment centre

Kermode Friendship Society Employment Program.....250-635-4906

### Housing & Food Security

Ksan Place.....250-635-2654  
• Variety of housing supports  
• Food security/ Food Share

BC Housing.....250-638-1619  
M'akola Housing Society .....250-638-8339  
• Subsidized housing for indigenous and non-indigenous applicants

Food Bank.....250-635-5446  
Terrace Churches  
Food Bank.....250-900-9916  
Kasan Housing Society...778-634-2343

### Community Health

Ksyen/ Mills Memorial Regional Hospital.....250-635-2211  
Terrace Health Unit.....250-631-4200  
• Mental Health Assessments  
• Therapy Medical/Support  
• Accommodations Immunizations  
• Sexual Health  
• Iskut Valley Health Services..250-234-3511

Kitsumkalum Health Centre.....250-635-6172  
Kitselas Health Centre.....250-635-5084  
Nisga'a Valley Health Authority.....250-633-5000  
Gitanyow Human Services.....250-849-5572  
Gitsegukla Health.....250-849-5231  
Stikine Health Centre (Dease Lake).....250-771-4444  
Tahltan Health Services (Telegraph Creek).....250-235-3211  
Amplifon Hearing Clinic.....250-635-4327  
Connect Hearing.....250-615-5077

### Children, Youth & Families

Ministry of Children and Family Development.....250-638-2311  
Child and Youth Mental Health.....250-615-4860  
Kermode Friendship Society.....250-635-4906  
• Early childhood, youth, and family programming available.  
• Head Start program

Ksan Society.....250-635-2373 ext. 225  
• PEACE program for children & youth  
• Group & individual counselling

TDCSS TYES Program .....250-635-3178  
• Drop-in youth programming

Northwest Inter-Nation Family & Community Services.....250-638-0451  
• Family supports & cultural programs

Skeena CCRR Child Care Resource Centre .....250-638-0228  
Terrace Child Development Centre.....250-635-9388

### Transportation

BC Transit & HandyDART.....250-635-2666  
Northern Health Connections.....1-888-647-4997  
Travel Assistance Program.....1-800-663-7100

Nisga'a Valley Health Authority Medical Transportation  
Gitlaxt'aamiks.....1-888-233-2212  
Gitwinkshlkw.....1-800-993-3513  
Laxgalts'ap.....1-800-991-5667  
Gingolx.....1-800-991-5671  
Kitsumkalum Emergency Patient Travel.....1-250-641-1553

### Finances & Government Forms

Service BC Office.....250-638-6515  
• Will support with Income Assistance  
  
Ministry of Social Development & Poverty Reduction.....1-866-866-0800  
• Income assistance and disability supplemental benefits

Employment Insurance & Sickness Benefits.....1-800-206-7218  
Medical Services Plan .....1-800-663-7100  
Canada Pension Plan/ Old Age Security.....1-800-277-9914  
Terrace Women's Resource Centre.....250-638-0228  
• Assistance with government forms

### Community Services

Terrace & District Community Services Society.....250-635-3178  
• Support for people with disabilities  
• Counselling and support services  
• Youth & family services

Thompson Community Services.....250-615-3278  
• Services and programs for individuals with developmental disabilities

Adult Sunshine Centre.....250-631-4198  
• Supportive group programs & health services for seniors and adults with disabilities

Skeena Diversity Society.....250-635-6530  
• Immigration and inclusion services

Terrace Women's Resource Centre Society.....250-638-0228  
• Accessibility services, assistance with government forms, child care information

Volunteer Terrace.....250-638-1330  
• Seniors' programs  
• Community tax program

Ksan Society .....250-635-2373  
• Counselling & Supports

Ksan Society .....778-634-2343  
• Housing supports

Provincial Networking Group Inc (PNGI).....250-635-4479  
• Life skills services



TO ORDER MORE COPIES  
OR TO UPDATE:  
250-917-8927  
[pnwadmin@pnwdivisionbc.ca](mailto:pnwadmin@pnwdivisionbc.ca)