

Your Community Health Guide

2013
Edition



Your Information:

Doctor: _____ Phone: _____

Pharmacy: _____ Phone: _____

Name: _____

Address: _____

Emergency #s: _____

Personal Contact Numbers: _____

Local Community Information starting on Page 18

Your Community Health Guide

Important Telephone Numbers

- **Ambulance/Fire/Hospital/Police** 911
- **Emergency Numbers for Fort Nelson:**
 - RCMP 250-774-2777
 - Fort Nelson Ambulance 250-774-2344
 - Fort Nelson Fire 250-774-2222
 - Fort Nelson Hospital 250-774-8100
- **Taylor Medical Clinic** 250-789-6772
- **Chetwynd Health Unit** 250-788-7200
- **Chetwynd Hospital** 250-788-2236
- **Dawson Creek Health Unit** 250-719-6500
- **Dawson Creek Hospital** 250-782-8501
- **Fort St. John Hospital** 250-262-5200
- **Fort St. John Public Health** 250-263-6000
- **Fort Nelson Public Health** 250-774-7092
- **Hudson's Hope Health Centre** 250-783-9991
- **Tumbler Ridge Health Centre** 250-242-5271
- **Poison Control** 1-800-567-8911
- **HealthLinkBC** 811
- **Senior Health Care Support Line** 1-877-952-3181
- **BC Nurses' Help Line 24/7** 881 or 1-866-215-4700
TTY 1-866-889-4700

www.HealthLinkBC.ca

- **Northern Health Bus** 1-888-647-4997

www.northernhealth.ca/nhconnections

Outpatient Clinics are available to treat a variety of areas:

- Ear, Nose & Throat
- Eyes (incl. Cataract surgery)
- Orthopedics
- Pediatrics
- Dietitian
- Diabetes Education
- Neurology
- Rheumatology
- Dermatology
- Nephrology
- Prince George MS Clinic
- Telehealth
- Radiation Oncology
- Chronic Disease Rehab

Note: Referrals are made through your physician.

Mental Health and Addiction Services:

This service is provided to assist people of all ages suffering from mental illness. Clients can be referred by their doctors or by family members. Often people do not recognize that they need assistance until a crisis happens. This service helps those in crisis, but also assists with coping skills so a crisis can be avoided.

BC Schizophrenia	1-888-888-0029 bcss.prov@telus.net
BC Schizophrenia Society – Family Support	1-888-888-0029 250-261-9189 www.bcss.org
Mental Health & Addiction Services (FSJ)	250-263-6080
Mental Health Crisis	1-877-442-2828
Fort St. John Public Health	250-263-6000

Community Rehabilitation Program

The Community Rehabilitation Program provides community based rehabilitation services by Physiotherapists, Occupational Therapists and Rehabilitation Aides. Physiotherapists and Occupational Therapists are trained professionals who are clinically experienced and must be licensed to practice.

Where possible, we will teach you and/or your family to carry out your own care and adopt prevention and maintenance strategies. A range of services for homebound people of all ages is available including consultation, assessment and some treatment limited by the home environment and staff availability.

Services are available Tuesday to Friday in Dawson Creek, Monday to Thursday in Fort St. John. Service in Chetwynd, Tumbler Ridge, Hudson's Hope and Fort Nelson is dependent on staff travel to these communities.

There are no direct charges for service. If you have a WCB injury, are a Veteran, or ICBC claimant, then WCB, DVA, or ICBC may be billed for services.

How to Contact a Therapist (8:30 to 4:30 Monday to Friday)

Chetwynd Health Unit	250-788-7200
Dawson Creek Health Unit	250-719-6500
Fort Nelson Health Unit	250-774-7092
Fort St. John Health Unit	250-263-6000
Hudson's Hope Health Centre	250-783-9991
Tumbler Ridge Health Centre	250-242-4262

Community Rehabilitation Program

How to Access the Service

Anyone may request service (e.g. self, family, friend, community agency, your physician).

Services

- Assessment and some treatment for acute, chronic and palliative care
- Assessment and prescription for adaptive equipment to help with activities of daily living (e.g. eating, dressing, bathing, toileting)
- Teaching clients and caregivers how to transfer safely using good body mechanics
- Assessment for wheelchair fittings and total body lifting equipment
- Prescription of walking aids
- Exercise programs (limited availability)
- Use of heat, cold or electrical modalities in the treatment of pain and swelling of joints (in some communities)
- Assessment of homes to provide recommendations for changes to reduce architectural barriers
- Advice on purchasing shoes, orthotics, supportive stockings, braces and splints
- Referral to other community health care services (e.g. family physician, long term care assessment, home care nursing, home support, foot care clinic)

Home Support Services

Home Support Services are provided to foster a healthy home environment and facilitate independent living for clients by helping to meet the physical and emotional needs of individuals and their families in their own homes. The intent of the service is to enable adults with chronic or long-term disabilities to remain as independent as possible by assisting with activities of daily living and personal care. Support is also available to clients requiring short term assistance, for a period of up to 2 weeks, after an acute illness or an exacerbation of a chronic illness. The service is not intended to take over the functions of family and friends. In cooperation with all concerned, we will create a care plan to meet the needs of the client.

Services

Short Term Hours

Short Term Hours (total of up to 2 weeks) can be put in place for clients requiring short term assistance. For example, help at home after being discharged from hospital. If the service is required to be longer than the 2 week term, then the client will be referred to a Long Term Care Case Manager.

Long Term Hours

A Long Term Care case manager who is a Nurse will come to your home to assess your abilities and your needs. She will work with you and your support persons to develop a care plan.

Services provided by Home Support may include personal care, such as bathing and grooming. Laundry and linen change associated with bathing and incontinence can also be provided if the Community Health Worker is providing personal care.

Home Support Services

Tasks done by a Community Health Worker to assist clients requiring personal assistance with activities of daily living may include, but are not limited to the following:

- Bathing/dressing
- Hair washing/shaving/routine nail care
- Oral hygiene/toileting
- Assistance with walking

How to Access the Service:

Chetwynd Health Unit	250-788-7200
Dawson Creek Health Unit	250-719-6500
Fort Nelson Health Unit	250-774-7092
Fort St. John Health Unit	250-263-6000
Hudson's Hope Health Centre	250-783-9991
Tumbler Ridge Health Centre	250-242-4262

Live In Caregiver Program:

*More Caregiver Information
on Page 13*

Live In Caregiver Program **1-877-227-4577**

Process

1. Phone 1-877-4577 to find out what is required, and what forms have to be completed.
2. Apply for a Business Number (your Accountant can help you or phone Ministry of Labour)
3. Contact Revenue Canada 1-800-959-5525 to get a payroll number
4. Advertise on the National Job for 14 days (www.jobbank.gc.ca; BC Helpline for ad (Victoria) 1-877-952-6914)
5. Apply to have a LMO (Labour Market Opinion) on www.ServiceCanada.gc.ca

Continued on next page

6. A Positive LMO must accompany the caregivers permit request.
7. CIC (Canadian Immigration Center) 1-888-242-2100, download permit application at www.cic.gc.ca/english/work/index.asp
8. BC Employment Standards 1-800-663-3316
9. Work Safe BC 1-888-721-7233 www.worksafebc.com/contact
10. Ministry of Labour Prince George 250-565-6120 - Obtain Letter of Acknowledgment of Intent to Employ a Domestic in BC, (once hired you have to register the caregiver's information)

Community Home Care Nursing Service

The Community Home Care Nursing Service provides community based nursing care by Registered Nurses.

The goal of the service is to support and enable you to manage your own health, to the extent you are able, by as much as possible maximizing independence and promoting wellness. Wherever possible, we will teach you and/or your family to carry out your own care and adopt prevention and maintenance strategies. In addition, there is a geriatric-social worker who can offer social worker services.

The **Home Community Care Social Worker** can help a client navigate through challenging situations such as applying for government programs and refer to many other valuable services within our community. Our Geriatric Social Worker is available to all eligible home and community care clients and can be reached at 250-263-6000.

This service for Dawson Creek and Fort St. John is available on a non-emergency basis, seven days a week including statutory holidays. In Chetwynd, Fort Nelson, Hudson's Hope and Tumbler Ridge, Home Care Nursing Services are offered on a full time or part time basis and are not available on weekends or statutory holidays.

Community Home Care Nursing Services

How to Contact the Nurse (8:30 to 4:30 Monday to Friday)

Chetwynd Health Unit	250-788-7200
Dawson Creek Health Unit	250-719-6500
Fort Nelson Health Unit	250-774-7092
Fort St. John Health Unit	250-263-6000
Hudson's Hope Health Centre	250-783-9991
Tumbler Ridge Health Centre	250-242-4262

Services

A range of services is available including assessment, management and support for:

- Wound/ostomy/catheter care/education regarding your care
- Cardiac rehabilitation
- Medication regime
- Palliative care including pain management, symptom management and supportive counselling for the terminally ill
- Chronic health conditions (e.g. diabetes, chronic lung or cardiac disease)
- Geriatric Social Worker 250-263-6000

How to Access the Service

Anyone may request service (e.g. self, family, friend, community agency, your physician). Contact the Community Home Care Nursing Service numbers.

If eligible for services, you will be contacted by a nurse to arrange a visit. After the initial visit, if service is continued, a physician must be involved.

When indicated and with your permission the nurse will refer you to other community health care services (e.g. family physician, physiotherapy, occupational therapy, long term care assessment, foot care clinic, meal service option).

Facilities/Services/Local Community Info

<i>Facility</i>	<i>Contact</i>
<hr/>	
Chetwynd	
Assisted Living Surerus Place	250-788-3736
<hr/>	
Dawson Creek	
Aurora	250-719-0006
Centennial Manor	250-782-3905
Heritage Heights	250-782-1840
Northview	250-719-0072
Rotary Manor	250-719-3480 F: 250-782-3749
Rotary Village	250-782-2611
Selwyn Place Apartments	250-782-4291
Southview	250-782-2611
Spruceland Manor	250-782-1495
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Pouce Coupe	
Tremblay House	250-786-5794
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Fort Nelson	
Grace Manor	250-774-4930
<hr/>	
Fort St. John	
BC Housing Authority 1539 – 11th Ave., Prince George, BC V2L 3S6	1-800-667-1235 www.bchousing.org
Heritage I Contact Licar Management/BC Housing	250-785-2662 250-785-5086
Heritage II Contact Long Term Care	250-263-6000

Facilities/Services/Local Community Info

Facility *Contact*

Fort St. John (Ctd.)

Heritage III – Independent Living

Contact Licar Management/BC Housing 250-785-5086

North Peace Senior Housing

250-785-8983

Peace Lutheran Apartments (Independent Living)

www.npshs.org
npshs@fsjmail.net

Peace Villa

250-261-7450

F: 250-261-7665

The Abbeyfield House

250-785-8381

Hudson's Hope

Hudson's Hope Health Care and Housing Society

Silver Willow Court

250-783-5521

Taylor

Taylor McMahon Manor

Contact Licar Management/BC Housing 250-785-2662

1-800-257-7756

Complaint Resolution For Assisted Living Residents

Office of the Assisted Living Registrar of BC 1-866-714-3378

1-604-733-5996

info-alregistrar.bc.ca

www.health.gov.bc.ca/assisted

Assisted Living provides housing, hospitality, and personal assistance to adults who can live independently and make appropriate choices related to their day to day and health care needs. You must meet eligibility criteria and have a long term care assessment. Rental is calculated based on your income and is 70% of that yearly income.

Facilities/Services/Local Community Info

<i>Service</i>	<i>Contact</i>
Accessible Parking Permits SPARC BC	1-604-718-7733 www.sparc.bc.ca info@sparc.bc.ca <i>Note forms are available at your Doctor's Office</i>
Adaptable Clothing Easy Living Silver Threads Silvert's	1-800-665-1976 1-877-988-5656 www.escapesclothing.com 1-800-387-7088 www.silverts.com
Advanced Care Planning	My voice document: http://www.health.gov.bc.ca/library/publications/year/2012/MyVoice-AdvanceCarePlanningGuide.pdf
Alcohol & Drug Info & Referral Services	1-800-663-1441
Alzheimer's Society of BC	1-800-667-3742 www.alzheimer.org
Arthritis Society	1-866-414-7766
Arthritis Answer Line	1-800-321-1433 www.arthritis.ca/bc
BC Housing Authority 1539 – 11th Ave., Prince George, BC V2L 3S6	1-800-667-1235 www.bchousing.org
Licar Management/BC Housing	250-785-5086
BC NurseLine	811 or 1-866-215-4700 TTY 1-866-215-4700
BC Seniors' Guide/Info Line	1-800-465-4911 www.gov.bc.ca/seniors
BC Senior Branch	1-800-465-4011 www.bcseniorgames.org
Canadian Blood Services	1-888-236-6283 www.blood.ca/registry
Unrelated Bone Marrow Donor	1-888-236-6283 www.onematch.ca

Facilities/Services/Local Community Info

<i>Service</i>	<i>Contact</i>
Canadian Cancer Society	1-800-663-4242
Canadian Diabetes Association	1-800-268-4656
Canadian Health Coalition	www.HealthCoalition.ca
Canadian Mental Health Association	604-688-3234 www.cmha-bc.ca
Canadian National Institute of the Blind (CNIB)	1-888-801-2642
Canadian Virtual Hospice	www.virtualhospice.ca
Caregiver Information	
Caregivers Website	www.caregiverssolutions.ca
Family Caregivers' Network Society	250-384-0408 1-877-520-3267 www.familycaregiversnetwork.org www.caringvoice.com caregiversupport@fcns.ca
Live In Caregiver Program	1-877-227-4577
Nanny Agency	www.nannies.com
Pacific Live-In-Caregivers	250-616-2346 www.pacificcaregivers.pacificcaregivers@shaw.ca
VON Canada Caregiver Connect	www.caregiver-connect.ca
Caregiver Information/Hiring	
BC Employment Standards	1-800-663-3316
Canada Revenue Agency	www.cra.gc.ca <i>Go to Medical and Disability-Related Information 2011 for very detailed information</i>
Crown Publications – Queen's Printers	250-387-2432
Ministry of Labour Prince George	250-565-6120
Council of Senior Citizens' Organizations of BC (COSCO)	www.coscobc.ca
Crohn's and Colitis Support Group	604-794-7656
Dawson Creek Home Medical Needs	250-719-0577 F: 250-719-0578
Dept of Veterans' Affairs	1-866-522-2122
Enquiry BC (Services/Programs)	1-800-663-7867
<i>Your Community Health Guide</i>	13

<i>Service</i>	<i>Contact</i>
Federal Agencies	
Canada Pension Plan	1-800-277-9914
Guaranteed Income Supplement	
Old Age Pension	
Seniors' Information – Canada	www.seniors.gc.ca
Grants – Programs to improve or adapt current housing to accommodate the needs of Seniors	
HAFI (Home Adaptations for Independence)	
<i>Financial assistance in the form of a grant or forgivable loan to help low-income seniors and people with disabilities remain in their own home.</i>	
	www.bchousing.org/HAFI hafi@bchousing.org
HASI (Home Adaptations for Seniors' Independence Program)	
	www.affordablewarmth.ca/node/802
Home Owner Grant Information	www.sbr.gov.bc.ca
Housing information	
	604-646-7055 F: 604-646-7054 www.bchousing.org/HAFI www.housing.gov.bc.ca/pub/buildingaccesshandbook2007 www.saferhomesociety.com
Health Insurance BC (HIBC)	
Medical Plan & PharmaCare	1-800-663-7100
HealthLink BC	811
Heart & Stroke Foundation of BC & Yukon	250-562-8611 www.heartandstroke.ca
Home Adaptations	
Safety Bath Hydrotherapy Systems	
Grande Prairie Branch	780-532-3511
Prince George Branch	250-963-7777
Home Oxygen Program (Referral from Doctor in Fort St. John)	
Home Oxygen Program Northern Health	250-649-4815
Dawson Creek Health Unit	250-263-6000

Facilities/Services/Local Community Info

<i>Service</i>	<i>Contact</i>
Life-Line Northern Health	1-800-851-0184
Life-Line (Legion Members)	1-800-543-3546
Medical Services Plan	1-800-663-7100
MLA www.gov.bc.ca	MP www.canada.gc.ca
Blair Lekstrom, MLA	1-877-784-1330 250-784-1330/250-387-1960 F: 250-784-1333/250-387-9103 10300 – 10th Ave. Dawson Creek, BC V1G 376 Blair.Lekstrom.mla@leg.bc.ca
Pat Pimm, MLA	250-263-0101/250-952-6784 F: 250-263-0104/250-387-9100 10104 – 100th St. Fort St. John, BC V1J 3Y7 Pat.Pimm.mla@leg.bc.ca
Bob Zimmer, MP	1-855-767-4567 9916 100th Ave. Fort St. John, BC V1J 1Y5 Bob.Zimmer@parl.gc.ca Fort St. John - Bob.Zimmer.C1A@parl.gc.ca
Ministry of Health	www.gov.bc.ca/health
Multiple Sclerosis Society of Canada	1-800-268-7582 www.mssociety.ca
Northern Health Corporate	1-866-565-2999 F: 250-565-2640 Suite 300 – 299 Victoria St., Prince George, BC V2L 5B8 www.northernhealth.ca
Patient Care Quality Office for complaints	1-877-677-7715 patientcarequalityoffice@northernhealth.ca
Northern Health Bus	1-888-647-4997 www.northernhealth.ca/nhconnections
Northern Health Tobacco Reductions NICC	811
Northern Lights College	1-866-463-6652
Old Age Pension Plan, GIS, CPP	1-800-277-9914
Pharmacare	1-800-663-7100
Poison Control Centre	1-800-567-8911

Facilities/Services/Local Community Info

<i>Service</i>	<i>Contact</i>
SAFER (Shelter for Elderly Renters)	1-800-257-7756 (BC Housing Press 1)
Seniors Advocate BC	SeniorsAdvocate@gov.bc.ca
Seniors Advocacy and Information Line:	604-437-1940 Toll Free 1-866-437-1940
Seniors Information (Federal)	www.seniors.gc.ca
BC Centre for Elder Advocacy and Support	www.bcceas.ca
Seniors' Groups	
Chetwynd	
Chetwynd Seniors	250-788-2810
Dawson Creek	
South Peace Seniors' Access	250 -782-1138 Ext 225
Community Action for Seniors Independence (CASI)	250-782-1138 Ext 228
Fort Nelson	
Northern Lamplighters Activities Centre	250-774-4549
Northern Rockies Seniors Society	250-774-3193
Box 52 Fort Nelson BC V0C 1R0	nrss@live.ca
Fort St. John	
Save Our Northern Seniors	250-785-3245 jalittle@awink.com or jleahy@shaw.ca
Pouce Coupe	
Pouce Coupe Senior Citizens Branch 105	250-786-0111
Tumbler Ridge	
Tumbler Ridge Forever Young Society	250-242-5589
Lloyd Frank, President	beafrank@persona.ca
Senior Health Care Support Line	1-877-952-3181
Services Canada (Old Age Security and Canada Pension)	1-800-277-9914 www.sdc.gc.ca
Social Services Medical	1-800-866-0800

Facilities/Services/Local Community Info

<i>Service</i>	<i>Contact</i>
Special Olympics	1-888-854-2276 www.specialolympics.bc.ca
Spinal Cord Injury BC InfoLine	1-800-689-2477 info@sci-bc.ca www.sci-bc.ca
University of Victoria Chronic Disease Self-Management Program	1-866-902-3767 www.selfmanage.org/onlinebc bc@selfmanage.org
Virtual Hospice	www.virtualhospice.ca

Local Community Information starting on next page



Local Community Information

Chetwynd www.gochetwynd.com

Emergency (Fire/ Police /Ambulance)	911
Assisted Living Surerus Place	250-788-3736
Chetwynd and District Recreation Centre	250-788-3939
Chetwynd Centre Medical Clinic	250-788-3234
Chetwynd Dental Clinic	250-788-1997
Chetwynd Dental Associates	250-788-2113
Chetwynd Health Unit	250-788-7200
Chewynd Hospital and Health Centre	250-788-2236
Chetwynd & District Hospital Foundation	250-788-1120
	Box 121 Chetwynd, BC V0C 1J0
Chetwynd Public Library	250-788-2559
Meals on Wheels	250-788-3985
Peoples Drug Mart	250-788-3393
Pine Valley Seniors Rec Centre	250-788-3985
Seniors' Group	250-788-2810
South Peace Chiropractic	250-788-2442
Tansi Friendship Centre	250-788-2996

Dawson Creek/Pouce Coupe

www.poucecoupe.ca www.dawsoncreek.ca

Emergency (Fire/ Police /Ambulance)	911
South Peace Seniors' Access Society	250 -782-1138 Ext 225
CASI Community Action for Seniors Independence	250-782-1138
	Ext 228
Fire (Non-emergency)	250-782-9898
Police/RCMP (Non-emergency)	250-784-3700
Ambulance (Non-emergency)	250-782-2211
DC & District Hospital	250-782-8501
Adult Day Away Program	250-719-3480
Alcoholics Anonymous	250-219-7624
Alzheimer Society of BC	250-782-1439

Local Community Information

Dawson Creek/Pouce Coupe (Ctd.)

Arthritis Society	1-899-321-1433
Canadian Diabetic Society	1-800-268-4656
Canadian National Institute For the Blind	250-563-1702
Canadian Cancer Society	250-782-5598
Caregivers Support Group	250-782-1439
Clinic Pharmacy LTD	250-782-3100
Dawson Creek Adult Mental Health & Addictions	
Northeast Health Services	250-719-6525
Dawson Creek Co-op (Meals)	250-782-8121
Dawson Creek Health Unit	250-719-6500
DC & District Hospital	250-782-8501
DC & District Hospital Foundation	250-784-7355
	11100-13 St. Dawson Creek, BC V1G 3W8
	dcdhfoundation@northernhealth.ca
Dawson Creek Home Medical Needs	250-719-0577
	F: 250-719-0578
Dawson Creek Hospice & Palliative Care	250-782-3261
Dawson Creek Public Library	250-782-4661
Dawson Creek Society For Community Living	250-782-2611
Diabetic Education (local)	250-782-8501
Dial A Dietician	1-800-667-3438
Dept.of Veteran Affairs	1-866-522-2122
Elder Abuse	250-719-6500
Facilities	
Aurora	250-719-0006
Centennial Manor	250-782-3905
Heritage Heights	250-782-1840
Northview	250-719-0072
Rotary Manor	250-719-3480
	F: 250-782-3749
Rotary Village	250-782-2611
Selwyn Place Apartments	250-782-4291

Local Community Information

Dawson Creek/Pouce Coupe (Ctd.)

Facilities (Ctd.)

Southview	250-782-2611
Spruceland Manor	250-782-1495
Tremblay House	250-786-5794
Foot Care (DC & Pouce Coupe)	250-782-9786
Grief Recovery	250-782-3261
Health & Seniors Information	1-800-265-4911
Hearing Services (FSJ Health Unit)	250-263-6000
Heart & Stroke Foundation	250-785-8340
Home Support Northeast Health Services	250-719-6514
Hopeful Bookworms Society	250-555-2222
Hospice & Palliative Care	250-782-3261
Keeping It Clean Services	250-719-1762
Kenn Borek Aquatic Centre	250-782-7946
Meals On Wheels	250-782-5153
Medical Clinic of Dawson Creek	250-782-5271
Mile O Alanon Group – See Health Unit	250-719-6500
Mile Zero Walk-in Clinic	250-782-1103
Nawican Friendship Center	250-782-5202
Northern Health Connections Bus	1-888-647-4997
Pouce Coupe Information	
Tremblay House	250-786-5794
Pouce Coupe Public Library	250-786-5765
Pouce Coupe Senior Citizens' Branch 105	250-786-0111
Red Cross Loan Cupboard (at hospital)	250-782-8501
Rotary Manor Society	250-719-3480
Senior Citizens' Hall	250-782-7620
Shoppers Drug Mart	250-782-5903
South Peace Community Resources Society	250-782-9174

Local Community Information

Dawson Creek/Pouce Coupe (Ctd.)

SPSASS (South Peace Seniors' Access Services Society)

250-782-1138 Ext 225

F: 250-719-0578

seniorsaccess@spcrs.ca

CASI Community Action for Seniors Independence 250-782-1138
Ext 228

Step Up 'N' Ride Society 250-782-7433
F: 250-782-7431

Visually Impaired Support Group 250-782-3221/782-7539

Fort Nelson www.northernrockies.ca

RCMP 250-774-2777

Fort Nelson Ambulance 250-774-2344

Fort Nelson Fire 250-774-2222

Fort Nelson Hospital 250-774-8100
F: 250-774-8110

www.northernhealth.ca

Fort Nelson Health Unit 250-774-7092
F: 250-774-7096

Adult Day Program 250-774-7092

Addiction Services (Northern Health) 250-774-8105

Alcoholics Anonymous 250-774-4172

Airport Drive Dental Office 250-774-4484

Airport Way Medical Clinic 250-774-7838

BC Housing 1-800-257-7756

Fort Nelson Aboriginal Friendship Society 250-774-2993

Fort Nelson Dental Clinic 250-774-3510

Fort Nelson Hospital Foundation 250-774-8135
F: 250-774-8110

Bag 1000, Fort Nelson, BC VOC 1R0 fnhf@northernhealth.ca
[Facebook.com/FortNelsonHospitalFoundation](https://www.facebook.com/FortNelsonHospitalFoundation)

Fort Nelson Literacy Society 250-774-4415

Fort Nelson Recreation Department 250-774-2541

Local Community Information

Fort Nelson (Ctd.)

Grace Manor	250-774-4930
Northern Lamplighters Activities Centre	250-774-4549
Box 3116, Fort Nelson, BC V0C 1R0	
Northern Health Connections Bus	1-888-647-4997
Northern Rockies Women's Aboriginal Society	250-233-8920
Northern Rockies Seniors Society	250-774-3193
Box 52 Fort Nelson, BC V0C 1R0	nrss@live.ca
Senior Transportation	250-500-2597
Social Services	
Children & Family Development	250-774-2361
Children who Witness Abuse	250-233-8920
Women's Shelter	250-774-4742
Men's Hostel	250-774-3816
Woodlands Inn (Medical/Sympathy Rates)	1-866-966-3466
	www.woodlandsinn.ca

Fort St. John www.fortstjohn.ca

Emergency (Fire/ Police /Ambulance)	911
Non-Emergency Numbers	
Ambulance	250-785-2079
Fire	250-785-4333
RCMP	250-787-8100
Facilities	
BC Housing Authority	1-800-667-1235
1539 – 11th Ave., Prince George, BC V2L 3S6	www.bchousing.org
Heritage I	250-785-2662
Contact Licar Mgmt/BC Housing	250-785-5086
Heritage II	
Contact Long Term Care	250-263-6000

Local Community Information

Fort St. John (Ctd.)

Facilities (Ctd.)

Heritage III – Independent Living	
Contact Licar Mgmt/BC Housing	250-785-5086
North Peace Senior Housing	250-785-8983
Peace Lutheran Apartments (Independent Living)	
	www.npshs.org
	npshs@fsjmail.net
Peace Villa Reception	250-261-7450
The Abbeyfield House	250-785-8381
Alcoholics Anonymous	250-785-8866
Alzheimer’s Support Group	250-785-5513
Alzheimer’s Resource Centre	250-785-3876
	www.alzheimer.org
BC Access – Service BC	250-787-3350
BC Paraplegic Association	250-787-1912
BC Parkinson’s Association	250-785-7348
BC Schizophrenia Society	250-261-9189
Canadian Diabetes Association	1-800-268-4656
	250-787-7568
Cancer Society FSJ	250-785-0903
	250-787-7924
Child Development Centre	250-785-3200
Darren Almond Travel Foundation	250-785-7373
Diabetes Education Centre	250-261-7439
Denturist Issam Mourad	250-785-1867
Fort St. John Association for Community Living	250-787-9262
	www.fsjacl.com
FSJ & District Palliative Care	250-787-2814
Fort St. John Community Enrichment Centre	
Day program for Adults with Special Needs	250-262-8068

Local Community Information

Fort St. John (Ctd.)

Fort St. John Hospital & Health Centre	250-262-5200 F: 250-262-5239
Peace Villa Reception	250-261-7450
Birthing Centre Reception	250-261-7389
8407-112 Ave, Fort St. John, BC V1J 0J5	
Fort St. John Hospital Foundation	250-261-7563 F: 250-261-7653
8407-112 Ave Fort St. John, BC V1J 0J5	
www.fsjhospitalfoundation.ca	
FSJ Mental Health & Addiction Services	250-263-6080
FSJ Physiotherapy Clinic	250-785-1175
FSJ Public Library	250-785-3731 F: 250-785-7982 fsjlib@pris.bc.ca
Fort St. John Public Health	250-263-6000
FSJ Women's Resource Centre	250-787-1121
FSJ Royal Canadian Legion	250-785-3917
Fort St. John Senior Citizens' Assoc	250-785-7897
handyDART	250-787-7433
Heart & Stroke Foundation	250-785-5696
Mayor's Disability Advisory Committee	City Hall 311 250-787-8150 F: 250-787-8181
Meals on Wheels – FSJ Health Unit Home Support Services	250-263-6000
Medical Clinics: (check for walk-in clinics)	
ABC Clinic	250-785-1220
FSJ Medical Clinic	250-785-6677
North Peace Medical Clinic	250-787-1123
Narcotics Anonymous	See Alaska Highway News for address for meetings
Nidus Personal Planning Resource Centre	www.nidus.ca

Local Community Information

Fort St. John (Ctd.)

North Peace Community Resources 250-785-6021
F: 250-785-4659
www.npcrs.bc.ca
info@npcrs.bc.ca

Northern Health, Tobacco Reductions NICC 811
www.northernhealth.ca

North Peace Cultural Centre 250-785-1992

North Peace Leisure Pool 250-787-8178

Peace Lutheran Care Centre Foundation 250-787-0218

Pharmacies: (medical aids as well as prescriptions)

FSJ Pharmacy & Wellness Clinic 250-785-3234

Shoppers Drug Mart 250-785-6155

Walmart 250-261-5585

Safeway 250-261-5479

Real Canadian Store 250-261-6522

Pomeroy Sport Centre 250-785-4592

Red Cross Loan Cupboard 250-785-3234

Royal Canadian Legion 250-785-3917

Save Our Northern Seniors 250-785-3245

Hudson's Hope www.dist.hudsons-hope.bc.ca

Emergency (Fire/ Police /Ambulance) 911

Alcoholics Anonymous 250-783-9931

Hudson's Hope Health Care and Housing Society

Silver Willow Court 250-783-5521

Hudson's Hope Health Centre 250-783-9991

Hudson's Hope Optical 250-783-5438

Hudson's Hope Public Library 250-783-9414

Hudson's Hope Swimming Pool & Aquafit 250-783-9913

Hudson's Hope Dental Clinic 250-785-1867

Hudson's Hope Women's Club 250-783-5534

Local Community Information

Hudson's Hope (Ctd.)

Hudson's Hope Lions Club	250-783-5736
Karlin's Fitness Center	250-783-5257/250-783-0578

Taylor www.districtoftaylor.com

Emergency (Fire/ Police /Ambulance)	911
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District of Taylor Municipal Office	250-789-3392
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For more information on Taylor activities, go to link Taylor Times

District of Taylor Directory	www.districtoftaylor.com/business/business-directory
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handyDART with services to Taylor	250-787-7433
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McMahon Manor

Contact Licar Management	250-785-2662
	1-800-257-7756

Peace Community Church

Pastor Wally Pohlmann	250-789-3045
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Taylor Public Library	250-789-9878
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Taylor Medical Clinic	250-789-6772
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Taylor Physio and Rehab Studio	250-789-3392
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Tumbler Ridge www.tumblerridge.ca

Emergency (Fire/ Police /Ambulance)	911
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RCMP	250-242-5252
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Fire	250-242-5555
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Safe Home Phone	250-242-8028
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District of Tumbler Ridge	250-242-4242
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www.tumblerridge.ca

Medical Travel Aid Information	250-242-5283
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www.ellensmedicaltravelaid.pris.ca

Northern Connections Bus Service	1-888-647-4997
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northernhealth.ca/YourHealth/NHConnectionsmedicaltravelservice.aspx

Northern Lights College	1-866-463-6652
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www.nlc.bc.ca

Local Community Information

Tumbler Ridge (Ctd.)

Tumbler Ridge Adult Mental Health Association	250-242-5505
Tumbler Ridge Alcoholics Anonymous	Thurs. 8:00PM Baptist Church
Tumbler Ridge Cares Van	250-242-7444
Tumbler Ridge Cares – Rose College	250-242-1577
Tumbler Ridge Community Centre	250-242-4778
Tumbler Ridge Forever Young Society	250-242-4422
Lloyd Frank, President	beafrank@persona.ca
Forever Young Society Ellen Sager	250-242-5283
	trfys@pris.ca
Tumbler Ridge Health Centre	250-242-5271
Tumbler Ridge Health Centre Foundation Society	250-242-5271
Tumbler Ridge Health Unit	250-242-4262
Tumbler Ridge Hospice & Respite Care Society	
Doug Foerster	250-242-5870
Tumbler Ridge Ladies Auxillary	
Grace Walsh	250-242-4609
Tumbler Ridge Lions Club	250-242-4609
Frank Walsh	250-242-4609
Tumbler Ridge Meals on Wheels	250-242-4609
Dave Price	250-257-0061
Tumbler Ridge Medical Clinic	250-242-4251
Tumbler Ridge Newspaper	250-242-5343
	www.tumblerridgenews.com
Tumbler Ridge Pharmacy	250-242-3333
Tumbler Ridge Taxi Service	250-242-5151
Tumbler Ridge Public Library	250-242-4778
Tumbler Ridge TOPS	
Elaine Guske	250-242-4631
Tumbler Ridge Royal Canadian Legion	250-242-3436
Tumbler Ridge Royal Canadian Legion Ladies' Auxillary	250-242-3436
Tumbler Ridge Seniors' Corner	
Lloyd Frank	250-242-4422

Your 2013 Health Guide was developed by Northern Health and Save Our Northern Seniors, designed by Johanna Henderson, printed by Cliffside Printing, and supported by the following partners:

- **Encana Corporation** **403-645-2000**
www.encana.com
- **EOG Resources Canada Inc.** **403-297-9100**
- **Fort St. John Seniors Citizens Association Branch #58**
- **Fort St. John Sunrise Rotary**
- **Mackeno Ventures Margaret & Jim Little**
- **Peace River Regional District** www.prrd.ca
- **Pimm, Jody & Pat**
- **Northern Health** www.northernhealth.ca
- **Northern Rockies Regional Municipality** www.northernrockies.ca
- **North Peace Economic Development Commission, Northern Development Initiatives Trust, and Myriad Consulting Inc.**
- **North Peace Savings & Credit Union, Fort St. John** www.npscua.ca
- **Save Our Northern Seniors** jleahy@shaw.ca
jalittle@awink.com
- **Shell Canada Limited**
- **SPSASS (South Peace Seniors' Access Services Society)** seniorsaccess@spcrs.ca
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- **Woodlands Inn** **1-866-966-3466**
www.woodlandsinn.ca

This guide should not be considered to be a comprehensive list. The guide is also on the websites for Chetywnd, Dawson Creek, Fort St. John, Fort Nelson, Hudson's Hope, Pouce Coupe, Taylor, Tumbler Ridge.