

# COMMUNITY DIRECTORY: THE HAZELTON'S

respect honour trust humour



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respect honour trust humour

**Brought to you by:  
The Hazelton's Wellness Task Force**

**For more info. email:  
[taskforcecoord@gitxsan.net](mailto:taskforcecoord@gitxsan.net)**

**My Important #'s & Notes:**

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**\*EMERGENCY NUMBERS\***  
**For Gitanyow to Moricetown**

<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>

*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*

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**\*DO YOU NEED SOMEONE TO TALK TO\***

24 hr. Crisis Line (no call display) 1-888-562-1214  
24 Hour Suicide/Distress Line 1-888-784-2433  
Teen Crisis Line (no call display) 1-888-564-8336

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**\*HOME EMERGENCY\***

POISON	1-800-567-8911
Power outage	1-800-POWEROUT

Emergency Program – Provincial  
Emergencies Only 250-615-4800  
Or No charge at 1-800-663-3456

## EMERGENCY PREPAREDNESS

**BC Provincial Emergency Program**

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

**1-800-663-3456**

**Emergency Preparedness**

**[www.getprepared.ca](http://www.getprepared.ca)**

**1-800-O-Canada**

**Zombie Preparedness (if you're prepared for zombies – you're prepared for an emergency!) :)**

**<http://www.youtube.com/emergencyinfobc>**

**Ideas to Make a Kit:**

- ✓ water & food
- ✓ manual can opener
- ✓ flashlight with extra batteries
- ✓ handheld radio with extra batteries
- ✓ 1<sup>st</sup> Aid kit
- ✓ extras only you'd know:  
prescriptions, infant formula, medical equipment
- ✓ extra keys to car & house
- ✓ smaller bills \$
- ✓ A copy of your personal emergency plan

**“72 hours ~ is your family prepared?”**

## **\*NON-EMERGENCY SERVICES\***

Non-Emergency Health Information	811
RCMP – Hazelton	250-842-5244
RCMP – Smithers	250-847-3233

## **FIRE DEPARTMENTS**

### **FOR EMERGENCY PHONE 911**

#### Non-emergency:

Gitanmaax	250-842-6760
Gitanyow	250-849-5394
Gitwangak	250-849-5570
Gitsegukla	n/a
Hagwilget	250-842-7007
Hazelton	250-842-5433
Kispiox	250-842-6995
Moricietown	250-877-0227
New Hazelton	250-842-0097
Sik-E-Dakh	n/a
South Hazelton	250-842-5277

*Asking for help sounds easy – sometimes it isn't.  
Sometimes we see obstacles in our way.*

*Here's some tips to remember:*

-Asking for help isn't a sign of a weakness-it's a sign of strength. It can be a sign of maturity and confidence. You know what you need and reach out.

-Maybe you don't think you deserve help. Everyone needs help now and then. No one can – or should – handle everything alone. Accepting help can strengthen friendships and relationships. Everyone feels good when they can support a friend!

-Sometimes you're lucky enough to have people in your life who see what you need and offer to help before you ask. Usually it's a parent or a close friend. But sometimes when we need help, we have to ask. Don't wait for someone to read your mind or notice your need. Ask. The best approach is to be clear and direct, like saying, “I'm having trouble with this. Can you help me?”

-Don't give up too easily. If help doesn't get us what we expect right away, it's tempting to give up. But getting help sometimes takes ongoing effort. It might take multiple times of reaching out.

*You are not alone. There is a solution.  
Tell somebody.*

*hope hope hope hope hope hope hope*

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## **ADDICTIONS RECOVERY**

### **12-STEP GROUPS/SUPPORT PROGRAMS**

Alcohol & Drug Information & Referral

1-800-663-1441

Information/Location

1-877-644-2266

Al-Anon

[www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)

Alcoholics Anonymous (AA)

Gitanmaax Health Centre: Wed. 250-842-6320

Kispiox Health Station – Thurs. 250-842-6236

Sik-E-Dakh Health Station – Mon. 250-842-6876

Phone Sik E Dakh for up-to-date schedule/info.

Wilp Si'Satxw – Mon. 1-877-849-5211

Gambling Helpline

1-888-795-6111

Gambling Counsellor

250-635-3178

Narcotics Anonymous (NA)

Gitanmaax Drop In Centre – Mon. 778-202-1457

*starts again in October 2013*

Overeaters Anonymous (OA)

Mental Health & Addictions Bldg. - Thurs.

[hazeltonoa@gmail.com](mailto:hazeltonoa@gmail.com)

Tobacco Reduction Coordinator(NW) 250-631-4171

### **DETOX**

Gya'wa'tlaab Healing Centre Society (Kitimat)

*male only detox, treatment* 250-639-9817

Nechako Youth Detox (PG) 250-565-2881  
Prince George Regional Hospital  
Detox/Assessment Unit 250-565-2395

### **TREATMENT CENTRES**

Day Treatment Program\* (located in Smithers)  
\*under revision, call for info. 250-847-6405  
Youth Healing Lodge 250-842-2150  
Wilp Si'Satxw Treatment Centre 250-849-5211  
Toll-Free: 1-877-849-5211

*See 'Mental Health & Addictions' and 'Band  
Offices' for a worker who can provide a referral  
(hook you up to a service that fits your needs)*

### **BABIES, TODDLERS, PARENTS SERVICES**

***Dad's Too of course!***

### **0 TO 6 GROUPS/PRESCHOOLS**

Anspayaxw Head Start 250-842-4106  
Book Bags for Babies 250-842-6121  
Building Blocks/Nobody's Perfect Programs  
250-842-4632  
Child Care Subsidy 1-888-338-6622  
Gitanmaax Day Care 250-842-0349  
Gitanmaax Language Nest 250-842-6009  
Gitanmaax Nursery Program 250-842-6282  
Gitanyow Day Care 250-849-5603  
Gitsegukla Head Start & Outreach Program  
250-849-5739  
Helping Hands for Healthy Babies  
250-842-5355

Little Flowers Learning HUB info.250-842-4608  
 Kispiox PCAP Program 250-842-2319  
 Northwest Aboriginal Supported Child  
 Development Programming 250-842-7003  
 Smiles Head Start Program 250-842-0216  
 Smithers and area: Child Care Resource/Referral  
 250-847-8824  
 Starting Smart: 250-842-4608  
*Eagle's Nest, Doula Services, Prenatal Services*  
 Wo'umxhl Simalgex Day Care 250-849-8421

## **PREGNANCY & SEXUAL HEALTH SERVICES**

Elizabeth Bagshaw Women's Clinic  
 1-877-736-7171  
 Options for sexual health 1-800-739-7367  
 Parent Child Assistance Program Office  
 Coordinator 250-842-2319  
 Maternal Health Offices  
 Main Office 250-842-2319  
 Pregnancy Options telephone services BC  
 1-888-875-3163  
 Starting Smart (Pregnancy Outreach Program)  
 Doula services & Prenatal 250-842-4608  
 Victim's Services 250-847-9000  
 Women's Hospital & Health Centre  
 1-888-875-3163

*also see "YOUR BODY" under 'Health / Centres'*



## **CHILD /TEEN : SERVICES**

### **CHILD & YOUTH CARE SERVICES**

At'en Ba'gigh'iyi z'ilhdic (ANABIP) Program  
*For Wet'suwet'en in Smithers, Moricetown &  
Hagwilget. Voluntary program: safety, health,  
wellness, prevention, early intervention,  
reconnection to cultural practices, education,  
training and healing support* 250-847-3630

Gitxsan Child & Family Services 250-842-2258  
Hazelton Child & Youth Services 250-842-5355  
Hazelton Victim Services 778-210-0283  
Help Line for Children (Abuse/Neglect) **310-1234**  
Teen Crisis Line (no call display) 1-888-564-8336  
24 hr. Crisis Line (no call display – PG)  
1-888-562-1214

24 Hour Suicide/Distress Line  
1-888-784-2433  
1-888-SUICIDE

Kids Help Phone 1-888-668-6868  
Parent Child Assistance Program  
Coordinator/Workers 250-842-2319  
Maternal Child Health 250-842-2319

**CHILD & YOUTH CARE (CONT'D)**

Ministry of Children & Family Development

250-842-7624

*Full range of programs, age 0-18* 1-888-842-7612

*Child & Youth Mental Health program,*

*Community Living BC, support services*

MCFD Smithers office

250-847-7727

Youth Empowerment Program

250-842-6500

Youth Healing Lodge

250-842-2150

*See 'FUN/THINGS TO DO' under 'Recreation' for  
Drop In Centres*

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in every community there is

work to be done

in every nation there are

wounds to be healed

in every heart, there is

the power to do it

-marianne williamson

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## **COMMUNITY SERVICES/DEV'T**

### **CHURCHES & FAITH BASED ORGANIZATIONS**

St. Peter's Anglican Church	250-842-5222
St. Mary's Catholic Church	250-842-5383
Community Gospel Chapel	250-842-6264
Jehovah's Witness	250-842-6976
Salvation Army	
Gitanmaax	250-842-5551
Gitsegukla	250-849-5371
Sik-E-Dakh	250-842-5707
Mountainview United Church	250-842-4606
7 <sup>th</sup> Day Adventist Church	250-842-5596
2 mile	250-842-7071

### **COMMUNITY CENTRES**

Anglican Church Hall	250-842-6110
Gitanmaax-see <i>Band to book</i>	250-842-6707
Gitanyow	250-849-5384
Gitsegukla-see <i>School to book</i>	250-849-5678
Gitwangak-see <i>Band to book</i>	250-849-5429
Hagwilget-see <i>Band to book</i>	250-842-6713
Ken Trombley Arena	250-842-6662
Kispiox-see <i>Band to book</i>	250-842-6532
New Hazelton Lion's Hall	250-842-5784
Wet'suwet'en Comm. Multiplex	250-847-2133

## **COMMUNITY DEVELOPMENT**

Kispiox Valley Community Association

250-842-5635

Kitwanga Community Association

250-849-8408

Storyteller's Foundation

250-842-6500

Learning Shop, Community Kitchen

Two Mile Community Association    unknown

## **COMPUTER ACCESS**

Hazelton District Public Library

250-842-5961

Upper Skeena Development Ctr.

250-842-6110

## **SERVICES FOR THOSE LIVING WITH DISABILITIES**

Community Living BC (off-reserve) 250-847-7780

Community Living Terrace

250-635-3178

Provincial program

1-877-660-2522

Also see 'TRANSPORTATION' – 'Disability'

Also see 'CHILD & TEEN SERVICES'

– contact organizations for an advocacy worker

Also see 'FOOD' – 'Meals on Wheels'

Skeena Supported Development Society

250-842-0010

*Be sure to check out the Skeena Bakery in New  
Hazelton!*



## **EDUCATION**

### **EMPLOYMENT & TRAINING**

Upper Skeena Development Society/Work BC

250-842-6110

Employment Insurance Toll Free 1-800-206-7218

Employment Insurance Report Cards only

1-800-531-7555

Senden Training Centre (April-October)

250-842-2284

### **SCHOOLS**

Gitanmaax Nursery School 250-842-6282

Gitsegukla Elementary 250-849-5739

Gitwangak Education Society 250-849-5330

Gitwangak Elementary 250-849-8421

Gitxsan Wet'suwet'en Education Society

Adult Learning Ctr. 250-842-0216

Hazelton Secondary School 250-842-5214

iCount – Moricetown 250-847-2133

John Field Elementary 250-842-5313

Kispiox Elementary 250-842-6148

Kitwanga Elementary School 250-849-5484

Learner Support Services 250-842-6613

*speech/language pathologist, occupational*

*therapist, counselling, physiotherapy*

*located by New Hazelton Elementary*

Moricetown Adult Learning Centre 250-847-1477



Moricetown Elementary 250-847-3166  
 New Hazelton Elementary 250-842-5777  
 Northwest Community College 250-842-5291  
*elder's college, short/long courses, programs*  
 Schools-Smithers *see Blue pages in phone book*  
 Smithers Community Services – Literacy  
 250-847-9515  
 Stekyodan School (based out of HSS)  
 250-842-5214  
 University Of Northern BC-Terrace :  
 1-800-697-7388

<p><b><u>FAST</u> (First Nations Action &amp; Support Team)</b>  <b>Suicide Prevention &amp; Postvention</b></p>
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**COORDINATOR** (w) 250-842-2320  
 prevention, debriefing, referral to counsellors  
 workshops/activities (c) 250-901-9409

*“Embracing Life through suicide awareness &  
 community empowerment”*



<b><u>FIRST NATION ORGANIZATIONS</u></b>
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**BAND OFFICES**

Gitanmaax	250-842-5297
Gitanyow	250-849-5222
Gitsegukla	250-849-5490
Gitxsan Government Commission <i>education, housing, social development for Gitanyow, Gitanmaax, Glen Vowell &amp; Kispiox</i>	250-842-2248
Gitwangak	250-849-5591
Hagwilget	250-842-6258
Kispiox/Anspayaxw	250-842-5248
Moricietown/Kyah Wigyet	250-847-2133
Sik-E-Dakh	250-842-5241

**CHIEFS OFFICES**

Gitxsan Hereditary Chiefs	250-842-6780
Forests Inc., Environmental Services <i>safety services</i>	1-866-842-6780
Gitxsan Chiefs Library	250-842-2242
Gitxsan Development Corporation	604-940-1213
Gitanyow Chiefs	250-849-5373
Gitxsan Treaty Office	250-842-2264
Wet'suwet'en Hereditary Chiefs	250-847-3630



## **COMMUNITY MEALS**

Anglican Church Hall –

Thursday @ noon

250-842-6876

Elder's Lunch @ Gitanmaax Hall

every 2<sup>nd</sup> Monday

250-842-5297

Hagwilget: Lunch For Hagwilget Elders

250-842-5272

Storytellers Foundation - Community Kitchen

& HUB Lunch: Phone for more info.

250-842-6500

*see 'Salvation Army' under 'Churches & Faith-Based Organizations'*

*see 'Seniors/Elders' under 'Meals on Wheels'*

## **DIAL-A-DIETICIAN**

1-800-667-3438

Or phone 8-1-1 and ask for a Dietician

*happiness is a journey, not a destination*



## **FUN & THINGS TO DO**

### **ARTS & CULTURE**

Ewkh Hiya Hozdli Dance Group - message the Facebook page

Gitanyow Museum 250-849-5617

Gidahmes Dancers 250-849-8420  
after 5pm 250-849-5979  
250-849-5944

Gitxsan All Clan Dancers [robartat@gmail.com](mailto:robartat@gmail.com)  
250-842-5683

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

Ksan Historic Village 250-842-5544

Misty River Art Gallery 250-842-0455

Roche Stitchers 250-842-6076

Tri-Town Theatre-Gitanmaax 250-842-5442

Roi Theatre-Smithers 250-847-2440

**LIBRARIES**

Hazelton & District Public Library

*Story time, books, interlibrary loan* 250-842-5961

*summer reading club*

**RECREATION**

Cross country skiing: New Hazelton website  
general info.

Hazelton's Figure Skating 250-842-7067

Hazelton's Minor Hockey

<http://hazeltonminorhockey.ca/>

New Hazelton Fitness Centre 250-842-5060

New Hazelton Skate Park

– N. Hazelton website – general info.

Ross Lake & Seeley Lake Provincial Park

250-638-8490

Skeena Ice Arena Association 250-842-6662

*public skating, mom n tots skate, events*

Skeena Steamers Running Club 250-842-5443

Skeena Watershed Conservation Coalition

*women on water, youth on water* 250-842-2494

Wet'suwet'en Community Multiplex

250-847-2133

Drop-In Centre :Moricetown Place 250-847-4757

Women's Fitness Group 250-842-5313

Yoga [sarah\\_panofsky@yahoo.com](mailto:sarah_panofsky@yahoo.com)

250-842-2323

Youth Drop In Centre:Gitanmaax 250-842-4133

Youth Worker – Gitanyow 250-849-5572

**RECREATION** (Cont'd)

Youth Drop In Centre – Gitsegukla	250-849-5231
Youth Worker – Gitwangak	250-849-5660
Youth Drop In Centre - Kispiox	250-842-5219
Youth Drop-In Centre:Sik-E-Dakh	250-842-5241
Zumba dance fitness	250-305-5199

**VOLUNTEER**

Skeena Watershed Conservation Coalition	250-842-2494
Upper Skeena Arena Project: see Facebook page	
Volunteer Smithers	250-847-9515
Volunteer BC	604-873-5877
Also see 'FOR MORE INFORMATION' under 'Bulkley Browser link'	

<b><u>GOVERNMENT: SERVICE &amp; NEEDED DOCUMENTS</u></b>
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**MUNICIPAL OFFICES**

Village of Hazelton	250-842-5991
District of New Hazelton	250-842-6571
South Hazelton (overseen by Regional District of Kitimat-Stikine Office)	250-615-6100
	toll-free 1-800-663-3208

**PUBLIC SERVICES**

MLA Office	250-842-6338
MP Office	250-877-4140
Ombudsman of BC	1-800-567-3247

Commission for Public Complaints  
 against the RCMP 1-800-665-6878  
 For deaf or hard of hearing: TTY: 1-866-432-5837  
 Service BC Access Centre 250-842-7624

### **SOCIAL INSURANCE NUMBERS**

Service Canada 1-800-622-6232  
 TTY 1-800-926-9105

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

Or go to your nearest Service Canada Centre to  
 find out about the range of services available.  
 Service Canada Hazelton - Located at former BC  
 Forestry Building across from Gitanmaax Gas Bar  
 & Intersection 250-842-7624  
 Service Canada Smithers 250-847-7207

*peace comes from within, do not seek it without ~buddha*

### **HOUSING & SERVICES FOR** **HOME**

#### **CRISIS and/or SHELTERS**

Broadway Place Emergency Shelter (Smithers)  
 250-847-4660  
 Hazelton Victim's Services -RCMPprogram  
 250-842-5244  
 Northern Society for Domestic Peace  
 250-847-9000  
 Passage Transition House 250-847-2595  
*24 hr crisis line also*

Teen Crisis Line (no call display) 1-888-564-8336

24 hr. Crisis Line (no call display – PG)

1-888-562-1214

**24 Hour Suicide/Distress Line 1-888-784-2433**

Also see 'LEGAL SERVICES' under

'Victim's services'

## **HOUSING**

BC Native /Housing: Makola 1-877-384-1423

[www.makola.bc.ca](http://www.makola.bc.ca) Check: [www.bchousing.org](http://www.bchousing.org)

Canada Mortgage & Housing 1-800-639-3938

TTY [www.cmhc.ca](http://www.cmhc.ca) 1-800-309-3388

Listings: [www.bulkleybrowser.ca](http://www.bulkleybrowser.ca)

<http://www.bcclassified.com>

Enquire with your local student advisor if you are attending school in the Hazelton's

*'Municipal' – see 'GOVERNMENT' section*

## **PEST CONTROL**

Health Canada Pest Management: Regulatory

Agency – Help to submit incident form

1-800-267-6315

## **RECYCLING**

New Hazelton Bottle Depot 250-842-3033

Hazelton's Recycling Guide 1-800-663-3208

[www.rdks.bc.ca](http://www.rdks.bc.ca)

Recycling Hotline

1-800-667-4321

[www.rcbc.bc.ca](http://www.rcbc.bc.ca)



Smithers & Area Recycling 250-847-8944  
 Sustainable Backyards Project @  
 The Learning Shop 250-842-6500  
 Zero Waste Outreach Specialist 1-800-663-3208

**RENTAL ASSISTANCE PROGRAM &  
 SUBSIDIZED HOUSING PROGRAM**

1-800-257-7756

**WASTE REDUCTION & DISPOSAL**

See 'Band Offices' of 'Municipal Offices'  
 Waste Management of Canada 250-842-2325

**HUMAN RIGHTS ISSUES &  
 COMPLAINTS**

BC Human Rights Coalition 1-877-689-8474  
 Call no Charge 1-888-440-8844  
 Canadian Human Rights Commission  
 TTY 1-888-643-3304 1-888-214-1090

**IMMIGRANTS SERVICES**

Citizen & Immigration Services 1-888-242-2100  
 TTY 1-888-576-8502  
 Smithers Community Services  
 English as Second Language program  
 250-847-9515



## **LEGAL SERVICES**

BC Probation Services	250-847-7365
Megan Olson Law (Smithers)	250-847-9088
Court Registry	250-847-7376
Crown Counsel	250-847-7364
Dial-a-law	1-800-565-5297
District of New Hazelton commissioner for taking affidavits	250-842-6571
Domestic Violence Victim's Response (RCMP)	250-847-9374
Family Justice Centre –Terrace couples mediation, agreements, free/voluntary	250-638-6558 1-888-800-1433
Gitxsan Unlocking Aboriginal Justice	250-842-2200
toll-free	1-855-342-2200
Lawyer Referral Services	1-800-663-1919
Legal Services Society of BC <i>information, referrals, advice</i>	1-866-577-2525
Native Court Worker (ext. 373)	1-877-811-1190
Notary Public	see Yellow pages/phone book
Specialized Victim's Services (ext. 229)	250-847-9000

Upper Skeena Counselling & Legal  
Assistance Society:

*notary public for a fee, apply for legal aid,  
provides legal services, commissioner for taking  
affidavits* 250-842-5218

Victim LINK 1-800-563-0808

Village of Hazelton 250-842-5992  
*commissioner for taking affidavits*

Wet'suwet'en Unlocking Aboriginal Justice  
250-847-3630  
Or 1-888-296-4411

<p><b><u>MENTAL HEALTH &amp; ADDICTIONS:</u></b> <b><u>COUNSELLORS , SUPPORT</u></b></p>
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Bulkley Valley Brain Injury 250-877-7723  
BC Schizophrenia Society 250-847-9779  
Toll-free 1-888-847-9779

Dze L K'ant Friendship Centre 250-847-5211  
*Full Circle (FASD support) program, Family  
support & more*

Gitxsan Health Society  
Mental Health Counselor 250-842-5165  
Mental Health Counselor 250-842-6876  
Mental Health Counselor 250-842-6236  
*Full range of mental health services & groups*

Hazelton Child & Youth Care Services  
*Full range of mental health* 250-842-5355  
*services & educational programming*

Here to Help [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

310-6789

Northern Society for Domestic Peace

*Victim's Services, Children Who* 250-847-9000

*Witness Abuse, Sexual Abuse Intervention*

*program, Stopping the Violence and*

*Domestic Peace program*

Northern Health: Mental Health & Addictions

*Full range of mental health* 250-842-5144

*services for those diagnosed; also has groups &*

*offers some workshops periodically*

Smithers Adult Mental Health 250-847-6405

TDCSS (Counselling, support) 250-635-7087

Terrace Mental Health 250-631-4202

<p><b><u>\$\$ MONEY MATTERS &amp; HELP \$\$</u></b></p>
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**CHILD TAX BENEFITS**

Canada Child Tax Benefit 1-800-387-1193

GST/HST Credit (Cheque) 1-800-959-1953

Universal Child Care Benefit 1-800-387-1193

Refund Enquiries 1-800-959-1956

Individual Income Tax & Trust Inquiries

1-800-959-8281

**CREDIT & DEBT COUNSELLING**

Credit Counselling Society of BC

1-888-527-8999

be the change you want to see in the world ~mahatma ghandi

## **FAMILY MAINTENANCE ENFORCEMENT PROGRAM**

Free of Charge 1-800-663-3933  
Or 1-800-663-3455

## **FINANCIAL ASSISTANCE**

see 'Band Offices' for on-reserve information

Off-reserve -assistance to fax/send documents

250-842-7624

Service BC Centre 1-800-663-7867

Employment & Income Assistance

1-866-866-0800

## **TAXES**

Canada Revenue Agency (CRA)

[www.cra.arc.gc.ca](http://www.cra.arc.gc.ca)

Tips- Tax Information 1-800-267-6999

Canada Child Tax Benefits 1-800-387-1193

Forms & Publications 1-800-959-2221

GST/HST Credit (Cheque) 1-800-959-1953

Individual Income Tax Enquiries 1-800-959-8281

Refund Enquiries 1-800-959-1956

Surrey Taxation Centre

9755 King George Blvd

Surrey, BC V3T-5E1

Fax Number: 604-585-5769

Universal Child Care Benefit 1-800-387-1193

*Also see 'SENIORS / ELDERS' – 'Pension / OAS'*



*Also see 'FOOD' under 'Meals on Wheels' & 'Hagwilget'*

### **ASSISTED LIVING/SUPPORT**

24hr nurse hotline	1-866-215-4700
Palliative Nurse Service (afterhrs)	1-877-800-8882
The Meadows Assisted Living	250-847-8884
Roche View Lodge	250-842-5040
Skeena Place	250-842-5217

### **PENSION/OAS**

CPP/OAS/ CPP DISABILITY Pension  
1-800-277-9914

### **SENIORS ABUSE & INFO LINE**

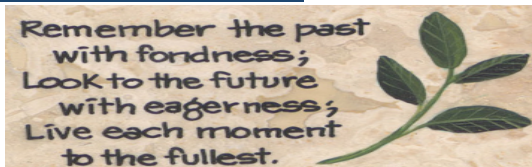
[www.bcceas.ca](http://www.bcceas.ca)      1-866-437-1940

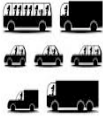
*Elder Law clinic, Tenant/Residency Issues,  
referrals for support, provincial program*

### **SENIORS SUPPLEMENT PROGRAM**

Call No Charge      1-866-866-0800  
*change address, direct deposit, information  
(Press 4, then 1)*

**SILVER THREADS #100**      250-842-5040





## TRANSPORTATION

### DISABILITY

SPARC

1-888-718-7794

Parking permit for people with Disabilities

### PATIENT TRAVEL:

Gitanmaax, Sik-E-Dakh & Kispiox 250-842-5165  
or 250-842-5001

*See 'HEALTH' under 'Health Centres' for  
Gitanyow, Gitsegukla, Gitwangak, Hagwilget &  
Moricetown*

### TRANSPORT/TRAVEL

Canadian Pacific Railway

1-888-333-8111

Drive BC [www.drivebc.ca](http://www.drivebc.ca)

1-800-550-4997

Greyhound Canada

1-800-661-8747

[www.greyhound.ca](http://www.greyhound.ca)

Smithers: 250-847-2204

Hazelton: 250-842-6259

Hazelton Transit

250-842-2134

Northern Health Connections Bus 1-888-647-4997

Smithers & Telkwa Transit

250-847-4993

Smithers Regional Airport

250-847-3664

Via Rail Canada

1-888-VIA-RAIL

[www.viarail.ca](http://www.viarail.ca)

1-888-842-7245



## **VETERINARIANS.**

Babine Pet Hospital	250-847-8887
Bulkley Valley Veterinary Clinic	250-847-4364
Kermodei Veterinary Hospital	250-635-2726
Skeena Animal Hospital	250-635-6491



## **YOUR BODY & TEETH**



## **DENTAL CLINICS**

Smithers & Terrace *see Yellow Pages/phone book*  
 Wrinch Dental Clinic 250-842-5339

*ALSO: Contact your local health centre to see  
 their schedule of visiting dental programs.*

## **DOCTOR'S OFFICES**

Broadway Medical Clinic	250-847-3097
BV Outpatient Clinic	250-847-2616
Central Square Medical Clinic – Smithers	250-847-8761
Dr. Moisey	250-847-4800
Hazelton Family Clinic – Dr. Hougessen	250-842-4060
Hospital – Wrinch Memorial	250-842-5211



Hazelton Dr's Clinic	250-842-5234
Park Medical Clinic	250-615-5030
Wedzinkwah Family Medicine Centre	
Dr. Sheila Smith	250-847-5660

### **HEALTH / CENTRES**

Gitanmaax	250-842-6320
<i>public health, home care, immunizations, pre/post-natal program (includes 1x month food voucher)</i>	
Gitanyow	250-849-5572
<i>patient travel, public health, home care, oral health, youth program, wellness counsellor</i>	
Gitsegukla	250-849-5235
<i>home &amp; community care, public health, women's &amp; men's group, AA, Wellness Counsellor, IRS program (for 3 western/gyeets communities), Thursday Dr.'s, psychologist 1x/month, Tuesday &amp; Wednesday (2 different visiting counsellors)</i>	
Gitwangak	250-849-5555
<i>home &amp; community care, public health, patient travel, visiting chiropractor, Dr. and counsellor, Wellness Coordinator</i>	
Gitxsan Health Society	250-842-5165
<i>mental health counsellor, NW engagement HUB, IRS coordinator</i>	

*Patient travel* direct line 250-842-5001  
*Patient travel* toll-free 1-800-663-9935  
*Patient travel weekends until 8pm text/ph.*  
 250-842-8629

Hagwilget 250-842-5272  
*home & community care, public health, patient travel, family support worker, community access coordinator, headstart registration, education coordinator, cultural advisor & programs, nurse 1x/week, oral health, Elder's Friday lunch (phone to volunteer:)*

Hazelton Community Health 250-842-4640  
*HIV/AIDS Education Support, Family Support, Home and Community Care, Hospice, Immunizations/Vaccines*

Kispiox 250-842-6236  
*home & community care, public health, oral health, IRS mental health support worker, cancer care nurse*

Moricetown 250-847-9328  
*home & community care, public health, immunizations, oral health, A & D worker, patient travel, mental health worker, family counsellor, CHR, youth worker, Wed.'s Dr. comes in & 1x /month foot Dr. visit*

Northern Health (NH) – Smithers 250-847-6400  
*off-reserve public health, oral health, speech &  
 language pathologist, immunizations*  
 \*for Hazelton NH – see 'Mental Health'

Positive Living North (Smithers) 250-877-0042  
*HIV/AIDS Education, Prevention & Support*  
*toll-free: 1-866-877-0042*

Roche Cancer Information & Support  
 250-842-6161  
 Sik-E-Dakh 250-842-6876  
*home & community care, public health, oral  
 health, IRS support worker, mental health  
 counsellor, diabetic nurse, heart health nurse,  
 healthy communities facilitator*

### **HOSPICE**

Hospice Palliative Care 250-842-4640

### **HOSPITALS**

Bulkley Valley District Hospital 250-847-2611  
 BV 3<sup>rd</sup> Floor 250-847-6235  
 Mills Memorial Hospital 250-635-2211  
 Wrinch Memorial 250-842-5211  
 Dr's Clinic 250-842-5234  
 Pharmacy 250-842-6040

### **OPTOMETRIST**

Lester, Barry Dr. 250-847-3611  
 Onstein, W.R. Dr 250-847-5025

**POISON CONTROL CENTRE**

No charge

1-800-567-8911

**REPORTING: COMPLAINT, GRIEVANCE**

First step is to try to deal with any issues right with caregiver or Manager, of hospital or health care service. People love compliments as well for a job well done. If not satisfied with result:

College of Physicians and Surgeons

[www.cpsbc.ca](http://www.cpsbc.ca)

1-800-461-3008

Health Professions Review Board

[www.hprb.gov.bc.ca](http://www.hprb.gov.bc.ca)

1-888-953-4986

Provincial Health Services: Patient Care Quality

Office [www.phsa.ca](http://www.phsa.ca)

1-888-875-3256

Billing Integrity Program

250-356-2378

General Information:

First Nations Health Authority

1-800-317-7878

**The Four Agreements**

BY DON MIGUEL RUIZ

**Be Impeccable With  
Your Word****Don't Take  
Anything Personally****Don't Make  
Assumptions****Always  
Do Your Best**



**Also see the following link for the Hazelton's  
Directory  
complete by the Village of Hazelton in about  
2011:**

**[www.village.hazelton.bc.ca/](http://www.village.hazelton.bc.ca/)**

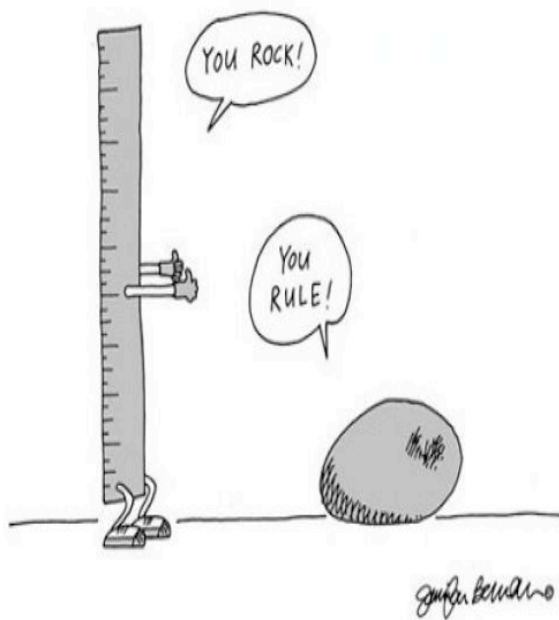
Link of interest for events, announcements,  
Hazelton's information:

**[www.bulkleybrowser.ca](http://www.bulkleybrowser.ca)**

Helpful help yourself website:

Bounce Back **[www.bouncebackbc.ca](http://www.bouncebackbc.ca)** 1-866-639-0522

Or ask your local Doctor



**Thanks for being you!**





## **Some Unchangeables**

- ☒ We can't change anybody but ourselves
- ☒ We can't change the past
- ☒ We can't always get our own way
- ☒ We can't always make people do what we want them to do

## **Some Changeables**

- ☒ We can change ourselves
- ☒ We can change our future
- ☒ We can change the way we feel when we don't get our own way
- ☒ We can change the way we react when people don't do what we want them to do

*from original poster by:*