

FORT ST. JOHN



COMMUNITY DIRECTORY

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ADDICTIONS

Al-Anon Family Group

10230-100 Street, Fort St John, BC V1J 3Y9

Phone: 787-0164 / 789-6867

1-888-4AL-ANON

Office hours vary

wso@al-anon.org

www.al-anon.alateen.org

Is someone's drinking affecting your life? A spouse, friend, parent, child, brother, sister, or other relative? Al-Anon is a support group for those who suffer from the effects of a loved one's drinking. Meetings are as followed: every Monday at 8:00p.m at the Peace Liard Health Unit building; Tuesday at 8:00p.m at the Calvary Baptist Church; Thursday at 7:30pm at the North Peace Mennonite Brethren Church.

Alcohol and Drug Program

FSJ Keeginaw Friendship Centre

10208-95 Avenue, Fort St John, BC V1J 1J2

Phone: 785-3411 Fax: 785-1507

8:30am - 4:30pm, Monday to Friday (closed during lunch)

The purpose of the Alcohol and Drug Program offered by the FSJ Keeginaw Friendship Centre is to assist people to achieve healthier lifestyles by providing treatment and prevention services for alcohol and drug abuse. The Alcohol and Drug program will provide confidential assessment, one to one counseling and referral services to individuals, families or groups who are concerned about the effects of alcohol and other drugs on their lives. Also offered is supportive counseling and education to people considered "at risk" for developing substance abuse problems.

Alcoholics Anonymous

PO Box 6164 Stn Main, Fort St John, BC V1J 4H7

Phone: 785-8866 (24 hour phone line)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. Open to all people who abuse alcohol and have a desire to stop.

Health and Addiction Community Program

#300-9900-100 Ave, Fort St. John, BC V1J 5S7

Phone: 263-6080 Fax: 263-6012

After Hours or Emergency Line: Hospital: 262-5200

Crisis Line: 1-888-562-1214

8:30am-4:30pm, Monday to Friday

<https://www.northernhealth.ca>

Mental Health and Addiction Services mandate is "to see clients of any age who are either misusing substances or who are affected by those using substances." They provide screening, assessment, outpatient treatment, referrals, education and support for those individuals who want to reduce and abstain from alcohol or other mood altering drugs. They offer the following services: clinical, life skills training, recreational therapy, methadone prevention groups, school-based prevention presentations, family counseling and support services. They maintain a strict confidentiality policy and a formal complaint process is in place to address concerns. Our service is available to anyone experiencing or affected by problems of misuse/abuse of alcohol, drugs, gambling or other addictions.

Narcotics Anonymous

Phone: 1-888-543-2499

BUSINESS SUPPORT

Chamber of Commerce

FSJ & District Chamber of Commerce

Phone: 785-6037 Fax: 785-6050

#104, 9907-99 Avenue, Fort St John, BC V1J 1V1

9:00am - 5:00pm, Monday to Friday

Email: info@fsjchamber.com

www.fsjchamber.com

The FSJ + District Chamber of Commerce represents FSJ, Taylor, Hudson's Hope, and all other communities in between. Our members are partners in the largest business organization of the Fort St. John and District area. Our "membership area" has no formal boundary. If the business environment of Fort St. John affects your business your membership in the Chamber is vital. It is a partnership that brings together positive and innovative thinkers to create an active and responsible Chamber. Our members come together to solve problems and create opportunities to establish a more vital business environment in Fort St. John and area. Membership in the Chamber of Commerce means something different to each business, organization and individual. Obvious reasons include the reduced costs for items such as phone bills, Interac fees, discounts on gasoline prices, and car rentals. The Chamber of Commerce Group Insurance Plan is also only available for members. This plan was made for businesses with one to ten employees in mind. Many members also feel that Chamber membership is part of being involved in the community. Some of the most important things we do as a business organization are:

Community Futures Peace Liard

Phone: 782-8748 Fax: 782-8770

904 102nd Avenue, Dawson Creek, BC V1G 2B7

8:30am - 4:30pm, Monday to Friday

www.communityfutures.biz

Community Futures Peace Liard (Community Futures) is a community-driven economic renewal initiative, assisting communities in rural Canada to develop and implement innovative strategies for dealing with a changing economic environment.

Your local Community Futures serves the Regional Districts of Peace Liard and Northern Rockies with the focus of improving the quality of life in our region by enhancing business and entrepreneurial activity.

Your Community Futures is a locally autonomous, not-for-profit organization driven by a board of directors and community volunteers, who provide guidance and expertise to the organization. Their keen understanding of the relationship between social and economic factors keeps communities in the driver's seat of local development.

DAYCARE PROGRAMS

Baby Bear Daycare

North Peace Secondary School
#110-9304-86 St., Fort St. John, BC V1J 6L9
Phone: 785-0257 Fax: 785-4687
8:00am - 5:00pm, Monday to Friday

The North Peace Senior Secondary Baby Bear Daycare provides quality care for children from birth until they start grade one. The staff consists of licensed Early Childhood educators and in some cases Infant/Toddler Educators and/or Special Needs Educators who maintain valid First Aid Certificates. Because the daycare is operated by School District #60, the daycare is closed during school breaks and statutory holidays. Children are accepted in the following order of priority: Children of students attending School District #60 programs, Children of students attending Northern Lights College, Children of parents employed by School District #60, children of community members.

Northern Lights College Daycare

Northern Lights College
Box 1000, 9820 - 120 Ave, Fort St John, BC V1J 6K1
Phone: 787-6210 Fax: 785-1294
8:15am - 4:30pm, Monday to Friday

The Northern Lights Daycare offers childcare for three to five year olds and is open to the students and staff of the college as well as the general public. The staff are fully qualified and licensed as Early Childhood Educators by the Province of British Columbia Community Care Facilities Branch. First Aid certificates and Criminal Record Reviews are required for all staff and those who participate regularly with the children. The Daycare works closely with the Early Childhood Education department of the college. The goal of this program is to provide a quality daycare experience that will benefit the child, the family, and the community.

Oscare

10316 99 Avenue, Fort St John, BC V1J 1V4
Phone: 785-1770 Fax: 785-8022

The Society's philosophy is to provide affordable, quality care for the parents and children of our community. We believe that each child is an individual with unique needs relative to his/her own growth and development. We strive to provide a healthy and happy atmosphere where children can feel safe and secure. Oscare childcare centers are an out-of-school care center for children (Oscare: kindergarten to age 12 and Oscare Tots: age three to kindergarten). Oscare offers before and after school care, a full day program for Kinder club and school holidays. It is staffed by professionals with standard Early Childhood Education Licenses and First Aid/Child Safe Certificates.

Wiggles and Giggles Daycare

9820-110 Ave, Fort St. John, BC V1J 2T1
Phone: 793-5437
Email: info@wigglesandgigglesdaycare.ca
www.wigglesandgigglesdaycare.ca

CHILD SERVICES AND PROGRAMS

Child Protection

Ministry of Children and Family Development
Suite 200, 9900 100 Avenue, Fort St. John, BC V1J 5S7
Phone: 263-0121 Fax: 263-0123
9:00am - 4:00pm (closed from 12noon – 1:00pm), Monday to Friday

Child Care Resource and Referral Program

10411-100 Ave, Fort St. John, BC V1J 4J1
Phone: 785-5701 Toll Free: 1-877-785-5701
Hours: 9am-3pm, Monday – Friday; 9am-11am last Saturday of the month
www.childcarechoices.ca

Child Care Resource/Referral Program serves many areas. These areas include the following: Attachie, Baldonnel, Bear Flat, Charlie Lake, Farrell, Fort St. John, Hudson's Hope, Montney, Murdale, North Pine, Rose Prairie and Taylor. Offers quality child care referrals, resources and support to all child care providers and parents in over 400 communities across the Province of British Columbia. The Child Care Resource and Referral Program of BC is committed to working in partnership with community and government to enhance the availability and accessibility of a range of flexible, responsive and inclusive quality child care options and service that support the needs of children, families and child care providers.

Childcare Subsidy Program

Child Care Resource and Referral Program
10411-100 Ave, Fort St. John, BC V1J 4J1
Phone: 785-5701 Toll Free: 1-877-785-5701
Hours: 9am-3pm, Monday – Friday; 9am-11am last Saturday of the month
www.childcarechoices.ca

The Child Care Subsidy is a monthly payment that helps B.C. families with low and moderate incomes meet the cost of child care. Parents may use the subsidy to help cover the fees of licensed, or license-not- required childcare, in the child's own home or elsewhere, whatever best suits their needs and the needs of their children. Anyone can apply to the Ministry of Human Resources (MHR) for a child care subsidy. A ministry worker will meet with the applicant and conduct an interview to determine whether the applicant is eligible for subsidy. The worker will calculate the subsidy amount based on the type of care, the age of the child and the family income. The worker will also assess the number of days of care per month that the applicant can claim (up to a maximum of 20 days) based on the applicant's work and/or school schedule or other requirements.

Children Special Services

Child Development Centre
10417-106 Ave, Fort St. John, BC
Phone: 785-3200 Fax: 785-3202
Hours: 8:30 am – 4:30 pm
Email: info@cdcfjsj.ca
www.cdcfsj.ca

Special Services organizes and implements three different programs for children and youth from birth to the age of 19 years who have special needs. The Respite Program provides short-term, in or out of home care and recreational support for families of children and youth with special needs. The Skills Program provides life skills training for children and youth with special needs. These skills enable them to function more independently in society. The Summer KAMP Program is a recreational program that runs during July and August. It provides safe, fun filled summer activities for children and youth with special needs.

Children Who Witness Violence

Community Bridge
10142-101 Avenue, Fort St John, BC
Phone: 785-6021 Fax: 785-4659
8:30am - 4:30pm, Monday to Friday
www.communitybridge.ca

The Children Who Witness Violence program provides individual and group counseling to children 3 to 19 years of age, who have witnessed violence and/or abuse. Children are assisted in understanding and learning about feelings, personal self-esteem, anger management, and violence & abuse issues through numerous non-threatening mediums such as art & play techniques. You may access this program by self-referral or through another agency's referral. Funding source for this program is provided by the Ministry for Children and Family Development.

Family Services

Child Development Centre
10417-106 Ave, Fort St. John, BC
Phone: 785-3200 Fax: 785-3202
Email: info@cdcfjs.ca

The Family Service Coordinator meets with families when there are developmental concerns about their children from three years to school entry age. The Coordinator provides information and support, assists in coordinating services, organizes a parent coffee group. Visits are made at the Centre, in the home, or in the community with lots of contact provided by telephone.

Foster Parent

Ministry of Children and Family Development
Suite 200, 9900 100 Avenue, Fort St. John, BC V1J 5S7
Phone: 263-0121 Fax: 263-0123
9:00am - 4:00pm (closed from 12noon – 1:00pm), Monday to Friday

Infant Development Program

Child Development Centre
10417-106 Ave, Fort St. John, BC
Phone: 785-3200 Fax: 785-3202
Email: info@cdcfjs.ca

The Infant Development Program serves families of children from birth to three years of age who have been identified with developmental delays or are at risk for developmental delays. The goal of the program is to provide early intervention in the home with the family/caregivers. The consultant helps the family/caregivers learn how to encourage the child's development and to access resources and support. Groups are organized to provide parents with opportunities to learn from and support one another while they play with their children.

Child Development Centre

10417-106 Ave, Fort St. John, BC
Phone: 785-3200 Fax: 785-3202
Email: info@cdcfjs.ca

The role of the Occupational Therapist (OT) and Physio Therapist (PT) is to help develop skills in the areas of self-care, productivity and play. The OT works with children from birth to school entry age who have difficulty in the following areas: fine motor/hand skills; life skills and developmental skills; sensory processing; visual-motor skills; perceptual skills; self-help skills; behavioral and social skills. The OT may provide services through consultation with parents, preschool teachers and other team members, individual/group therapy, and visits to the home, daycare or preschool.

Special Services to Children/Families

Child Development Centre - *AS NEEDED*
10417-106 Ave, Fort St. John, BC
Phone: 785-3200 Fax: 785-3202
Email: info@cdcfjsj.ca

Special Services for Children and Families at North Peace Community Resources Society provides in-home support to families and children deemed to be at risk by the Ministry for Children and Family Development. Special Services include: Family Support Workers provide short-term service to children and families who may be experiencing difficulty and the service focuses on the needs and goals of the child/children or family by providing in-home support information, education, and referral to services available within the community. Clients are referred into this program by the Ministry for Children and Family Development. Funding for this program is provided by the Ministry for Children and Family Development.

Success By Six

Heather McBryan – Regional Coordinator for the North Peace Region (Fort St. John)
Phone: 250.261.6278
Email: ecdfsj@gmail.com
www.familyfriendlycommunity.ca

Speech-Language Pathology

Child Development Centre - *AS NEEDED*
10417-106 Ave, Fort St. John, BC
Phone: 785-3200 Fax: 785-3202
Email: info@cdcfjsj.ca

The role of the Speech-Language Pathologist(SLP) is to help children before they enter school; be understood by strangers; understand what others are saying; express themselves; who have feeding and swallowing difficulties; who have mouth and face weakness and/or coordination difficulties; who stutter. The therapy with children takes many forms including consultation with parents and other professionals, home visits, home programs, small group therapy and individual therapy.

CITY

City of Fort St. John

10631-100 St, Fort St. John, BC
Phone: 787-8150 Fax: 787-8181
8:30am - 4:30pm, Monday to Friday
Email: info@fortstjohn.ca
www.fortstjohn.ca

COUNSELLING SERVICES

Student Counsellor

North Peace Secondary School
9304 - 86 Street, Fort St John, BC V1J 1B8
Phone: 785-4429 Fax: 785-4687

Disability Services

Northern Lights College
Box 1000, 9820-120 Ave, Fort St John, BC V1J 6K1
Phone: 785-6981 Fax: 785-1294
8:30am - 4:30pm, Monday to Friday
www.nlc.bc.ca

Northern Lights College Disability Services provides counselling and accommodation to students entering the college who meet entry criteria or programs but who, due to a documented disability require accommodations in order to be successful in their educational career. Barbara is available by phone 9:00am 4:00pm Monday to Friday.

Employment Connections/Work BC Employment Services Centre

#101, 9907 99th Ave, Fort St. John, BC V1J 1V1
Phone: 787-0024
www.employmentconnections.bc.ca

Employment Connections provides a variety of FREE services and programs to meet your employment-related needs. Our mission is to empower all persons seeking employment and self-reliance by providing relevant services and information in a positive respectful atmosphere. Employment Connections has been helping Fort St. John and area residents with their employment needs since 1999. Our office is located in the downtown core of Fort St. John and is fully accessible.

Community Bridge

10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

Community Bridge is a not-for-profit society established in 1974. The Society operates under the governance of a general membership and a volunteer Board of Directors. It provides a network of counselling services to meet the growing needs of the Peace River Liard area. Some of the services offered include: individual and group counselling, family counselling, support for victims of sexual abuse, support for victims involved in the legal system and temporary shelter from domestic violence for women and children.

Fort St. John Mental Health & Addiction Services

#300- 9900, 100 Ave, Fort St. John BC
Phone: 263-6080 Fax: 263-6012

The Mental Health & Addiction community programs offer services that include a combination of functions with multidisciplinary teams, as well as some specialty services, i.e. Developmental Disabilities Mental Health (DDMH), Acquired Brain Injury (ABI), etc. Youth addictions counselling and referral, elderly services counselling, early psychosis, eating disorders, vocational and recreation rehabilitation is also available at most community Mental Health & Addiction programs. Community programs provide assessment, treatment and referrals for adults with mental health and/or addiction problems. The range of services includes: Intake, Crisis Response (refer to

Community Response Unit {CRU}}, Short Term Counselling (individual, family, group)(refer to Community Acute Stabilization Unit {CAST}), Longer Term Case Management (refer to Community Outreach Assertive Services Team {COAST}), Provides Life Skills support for activities of daily living, Medication management, Psycho-educational groups, Education and Psychiatric consultation.

Baby's Best Chance Pregnancy Outreach

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

Provides nutrition, vitamins, information, support, education and breast-feeding counselling to pregnant women and teens and their infants up to 6 months.

Children Who Witness Violence and Abuse

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

Provides individual and group counselling for children 3 – 18 years of age who have experienced or witnessed violence and/or abuse.

Community Based Victims' Services

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

Offers court preparation and accompaniment' assistance in completion of forms; and emotional support to women, children and men who have been victims of sexual and/or violent crimes.

Family Advancement

Community Bridge
10142-101 Avenue, Fort St John, BC V1J 2B3
Phone: 785-6021 Fax: 785-4659
8:30am - 4:30pm, Monday to Friday
www.communitybridge.ca

Counselling and support for school age children and their families.

Family Preservation

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

Provides support to children and families referred by the Ministry of Children and Family Development.

Foster Parent Support

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

Provides support and training for Foster Parents in the northeast. Recruits new Foster Parents into the fostering community.

Homeless Prevention

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

Connects people who are homeless, or at risk of homelessness, with housing. Assistance with maintaining stable accommodations.

Mother Goose and Daddy and Me

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

- **Daddy and Me** – for Dad's/Male Caregivers of children 0 – 6 years. Drop in for ten community events.
- **Mother and Goose** – Parents/Caregivers and their Children 0 – 4 years, enjoy rhymes, songs and stories.

Nobody's Perfect

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

A 6 – 8 week parenting program for parents of children birth – 5 years. An education and support program that focuses on the challenges of day to day parenting.

Sexual Abuse Intervention

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

Offers professional support to children and youth who are victims of sexual abuse, as well as those children 12 and under with sexually intrusive behaviours.

Strengthening Families

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

A 14 week multi-cultural family skills training program for parents and their children aged 6 – 12 years. For concerns with family conflict, children's behavior, children at risk for drug and alcohol abuse.

Supported Independent Living for Youth

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

Assists youth ages 16 – 19 in becoming independent during the time of transition into adulthood.

Transition House

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021/785-5208
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

A 24 hour temporary shelter from domestic violence for women and children.

Women's Counselling

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

Provides counselling for women ages 19 plus who have experienced any form of sexual assault, violence in relationships, child abuse, and/or childhood violence.

Women's Outreach

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

Provides emotional support and practical assistance to women who have experienced violence, abuse or threat. Provides public education to raise awareness.

Youth Justice Act

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

Provides individual, family and group counselling for youth involved in the Criminal Justice System.

Northern Centre of Hope (Salvation Army)

9824 99th Avenue, Fort St. John
Phone: 785-0372

The Salvation Army is passionately committed to eradicating poverty and caring for people who are struggling. The Salvation Army is working to address the dehumanizing scourge of poverty and injustice and educate the public about what it means to live in poverty – and what they can do to help. The Salvation Army is an international Christian organization that began its work in Canada in 1882 and has grown to become the largest non-governmental direct provider of social services in the country. The Salvation Army gives hope and support to vulnerable people today and every day in 400 communities across Canada and more than 125 countries around the world. The Salvation Army offers practical assistance for children and families, often tending to the basic necessities of life, providing shelter for homeless people and rehabilitation for people who have lost control of their lives to an addiction.

Women's Resource Centre

10051 - 100th Avenue, Fort St. John, BC V1J 1Y7
Phone: 787-1121
www.fsjwrs.ca

The Fort St. John Women's Resource Society has been in existence for over 25 years. We provide a supportive environment in which all women are encouraged and enabled to achieve their fullest potential. The Society promotes awareness regarding violence against women with rigorous campaigns and events as well as community workshops and information sessions, free of charge, on various issues pertinent to low-income residents.

Trobak Holistic Counselling

#208-9807-101 Ave, Fort St. John, BC V1J 2B1
Phone: 785-5533

The Crisis Prevention, Intervention and Information Centre for Northern BC

24hr Crisis Line: 250-563-1214 or 1-888-562-1214
www.northernbccrisissuicide.ca

If you are feeling overwhelmed, depressed, confused, suicidal or just needing someone to listen; The Crisis Prevention Intervention an Information Centre for Northern BC is a non-profit organization dedicated to providing emotional support, suicide intervention and referral information to the people of Northern BC. The Crisis Prevention Intervention an Information Centre for Northern BC believes that it is the right of every individual in their time of need to have access to free confidential anonymous an non-judgmental peer counseling and or information and referrals. No matter where you live, there is always help!

Fort St. John Brain Injury Support Group

10417 – 106th Avenue, Fort St. John

Line: 1-866-979-4673

The Fort St. John Brain Injury Support Group meets the 1st & 3rd Tuesday of the month – 6:00pm to 7:00pm

www.nbia.ca

The Fort St. John brain injury support group allows persons with brain injuries to meet and share with others in similar situations. It's a safe, respectful and non-judgmental place to share, learn and grow, and is open to persons of all ages.

Our group's format is small (2 – 10 people) who meet on a regular basis to share our experiences and provide mutual support. The meeting is led by a trained facilitator. The group may occasionally invite guest speakers, discuss particular topics, or hold social events as well.

DISABILITY SERVICES AND PROGRAMS

Bayshore Healthcare

Unit 210, 3001 Tutt Street, Kelowna, BC V1Y 2H4

Phone: 717-7528

no office in Fort St. John

www.bayshore.ca

Canadian Cancer Society

#104, 10142 101 Avenue, Fort St. John, BC

Phone: 785-0903 Tuesday – Thursday 11:30am - 2:00pm

Toll Free: 1 888-939-3333

www.cancer.ca

Employment Connections/Work BC Employment Services Centre

#101, 9907 99th Ave, Fort St. John, BC V1J 1V1

Phone: 787-0024

www.employmentconnections.bc.ca/disability-employment-services

Employment Connections provides a variety of FREE services and programs to meet your employment-related needs. Our mission is to empower all persons seeking employment and self-reliance by providing relevant services and information in a positive respectful atmosphere. Employment Connections has been helping Fort St. John and area residents with their employment needs since 1999. Our office is located in the downtown core of Fort St. John and is fully accessible.

Fort St. John Association for Community Living

10251-100 Avenue, Fort St. John, BC V1J 1Y8

Phone: 787-9262 Fax: 787-9224

8:30am - 4:30pm

Community Living is a nationwide initiative to support persons with developmental disabilities to live in their communities. The key goal of this movement is inclusion. Participation in our community through employment and volunteer opportunities, friendships, sports activities, and membership in community groups is essential to reach the key goal. The Fort St. John Association for Community Living offers residential services, apartment support, family respite, community connections and individual careers. Through these programs, people with developmental disabilities are given support so they can live independently or in several residential settings, are trained in such

skills as budgeting, cooking and laundry, and are also given support with employment skills. At any time you can be a part of this important change. If people with developmental disabilities are your neighbor's - welcome them. If you have a job available - consider them. If you have spare time - volunteer. And if you play a sport - bring a friend and teach them.

Fort St. John Transit & Handy Dart

10404-87 Ave, Fort St. John, BC
Phone: 250-787-7433 Toll free: 1 800 665-2656
8:00am – 5:00pm, Monday to Friday
www.transitbc.com

An annual pass for public transit systems is available to assist persons with disabilities to participate more fully in their communities. Applicants must apply each year. Eligibility is for people who are receiving the federal Old Age Security (OAS), and either the Guaranteed Income Supplement (GIS) or Spouse's Allowance; or who are only ineligible for those benefits because they have not resided in Canada for 10 years; who are age 60 to 64 and receiving BC Employment and Assistance; who are receiving disability benefits. The cost of the bus pass is \$26 per calendar year or \$2.00 each way. If going out of town to either Taylor or Charlie Lake, the amount is \$5.00. Passes are available through City Hall or out of Victoria, BC.

Hope Air

Toll free: 1 877 346-HOPE (4673)
9:00am – 4:30pm, Monday to Friday
www.hopeair.org

Northern Health Connections

Phone: 1-888-647-4997
8:50am - 5:00pm, Monday to Friday
www.nhconnections.ca

Open Doors

Fort St. John Association for Community Living
10251-100Ave, Fort St. John, BC V1J 1Y8
Phone: 787-9262

Open Doors is a group that will help people with Diverse Abilities to become more involved with the community and to have a voice. Please phone for meeting times.

Ride for the Disabled

275 Road, Fort St John, BC
Phone: 785-3664
5:00pm-7:00pm every Wednesday, October through April

North Peace Ride for the Disabled offers anyone who is mentally or physically challenged horseback riding. The organization borrows appropriate horses from members of the community for use during the winter. The organization operates October through April each year. It takes place in an indoor arena at the North Peace Light Horse Association. The half-hour of horseback riding is for disabled individuals requiring assistance from back riders with side walkers or independent riders. Some individual lessons are available for more advanced participants. There is no charge for this service but they appreciate volunteers for fundraising activities. The service is able to operate through local bingo sponsorship and fundraising

North Peace Care Centre

9907-110 Avenue, Fort St John, BC V1J 2S9
Phone: 785-8941 Fax: 785-2296
24 hours a day/7 days a week

North Peace Care Centre and the Ministry of Health provide care for the elderly and physically/mentally

challenged. The cost of this service is based on a per diem rate according to income.

Special Transportation Subsidy

Ministry of Human Resources
9504 - 100 St, Fort St. John, BC
Phone: 787-3455
8:30am - 4:30pm, Monday to Friday
www.gov.bc.ca/mhr

Special Transportation Subsidy (STS) is provided to disability benefits clients who live in areas where the Bus Pass program is available, but are unable to use public transportation due to their disability or because it would make their disability worse. To qualify for the STS, people must: be in receipt of a disability allowance under the Disability benefits program; reside in an area where the Bus Pass program is available; provide certification from a physician verifying: that they are unable to use the Bus Pass program or any other form of subsidized public transportation service due to their disability, or, that their disability would be aggravated by using public transportation; and the alternative form of transportation required to accommodate the disability.

Canada Pension Plan Disability

Service Canada
9820 - 120th Avenue, Fort St. John, BC V1J 6K1
10:00am - 3:00pm, Tuesdays and Thursdays only
www.servicecanada.gc.ca/eng/services/pensions/cpp/disability/benefit/index.shtml

The Canada Pension Plan (CPP) disability benefit is a taxable monthly payment that is available to people who have contributed to the CPP and who are not able to work regularly at any job because of a disability. The CPP disability benefit is not designed to pay for such things as medications and assistive devices.

Accessible Van “Disability Services”

Teco Taxi Ministry of Human Resources
8915 72St, Fort St. John, BC V1J 0B4
Phone: 787-0647
www.tecotaxi.com

EDUCATION

Aboriginal Education Centre

9830-98A Ave, Fort St. John, BC V1J 1S2
Phone: 785-8324 Fax: 785-0846

Alternate Education Program at NPSS

North Peace Secondary School
9304 - 86 Street, Fort St John, BC V1J 1B8
Phone: 785-4429

Senior Alternate Education Program provides social and emotional support to students 16 years of age and older who, for various reasons, require an alternate education program, grade 9 and grade 10 academic courses. The focus is to assist students to reintegrate into the regular school system and to enter the work force. Students will be offered pre-employment skills, work experience, and life skills.

Duncan Cran Headstart Program

8130-89 Ave, Fort St. John, BC V1J 5S5
Phone: 787-0417

First Nations Education Centre

School District #60
9830-98A Ave, Fort St. John, BC V1J 4S4
Phone: 785-8324 Fax: 785-0846
8:30am - 4:30pm, Monday to Friday

The First Nations Education Centre is designed to assist all the Aboriginal students of School District #60. The First Nations Education/Cultural Coordinator develops and promotes First Nations programs and understanding in the community, works with teachers, support workers, administrators, and community, and assists with and provides cultural awareness sessions for teacher/administrator and community. Each school has Aboriginal Support Workers who will advocate and support the student in regards to their academic progress, personal reality, and cultural way of life. There are two District Aboriginal Education Counselors: Pat Jensen (Elementary) and David Rattray (Secondary) who will work with Aboriginal students, parents, teachers and administrators to promote classroom success and eventually graduation from secondary school. The District Cultural teacher serves all schools, works with teachers, school administrators, and district personnel to promote Aboriginal cultural awareness within the classroom, identifies suitable First Nations resources to staff/administration and community, and teaches appropriate classes. The Aboriginal Education Branch of the Ministry of Education provides funding for this service.

Key Learning Centre

School District #60
10112-105 Ave, Fort St. John, BC V1J 4S4
Phone: 261-5660 Fax: 785-9300
8:30am - 4:00pm, Monday to Friday; Summer Hours = 8:00am-3:30pm, Monday to Friday

The Key Learning Centre is for youth aged 12-16, who require an alternative to the traditional classroom setting. Emphasis is placed on the development of life skills such as: anger management, peer relationships, violence issues, and alcohol/drug abuse issues. One-on-one counselling and support is provided to help students in their social and emotional development. Students are able to access courses from the BC curriculum: mathematics, English, science, and social studies. Funding is provided by School District #60, the Ministry of Children and Family Development, and the Ministry of Education.

Northern BC Distance Education

Ministry of Education
10112-105 Ave, Fort St John, BC V1J 1V6
Phone: 261-5660 Fax: 785-1188
8:30am - 4:00pm, Monday to Friday; Summer Hours = 8:00am-3:30pm, Monday to Friday
www.des.prn.bc.ca

Northern Lights College

Fort St John Campus
Box 1000, 9820 - 120 Avenues, Fort St John, BC V1J 6K1
Phone: 785-6981 Fax: 785-1294 Toll Free: 1-866-463-6652
Fall /Winter/Spring: 8:30 a.m. to 4:30 p.m., Monday to Friday
Summer: 8:00 a.m. to 4:00 p.m., Monday to Friday
www.nlc.bc.ca

Contacts:

Student Services 785-6981
Continuing Education 787-6205
Administration 787-6204

The Fort St. John Campus delivers a full variety of preparatory, academic, vocational, trades and technical

programs, as well as a full range of support services such as counselling, library, and cafeteria. Besides the many programs offered by Northern Lights College, the Fort St. John Campus also works with other post-secondary providers, such as Simon Fraser University and the University of Northern British Columbia to offer select undergraduate and graduate programs.

Peace River North Teacher's Association

10142B-100 Ave, Fort St. John, BC V1J 1Y6
Phone: 785-8881 Fax: 785-8881
Office hours vary
Email: lp60@bctf.ca

The Peace River North Teacher's Association (PRNTA) provides information concerning the education of our children. Membership dues provide the funding for the PRNTA.

Robert Oglivie Headstart Program

9907-86 St, Fort St. John, BC V1J 3G4
Phone: 785-3704 Fax: 785-7963

Sas Natsadle Headstart Program

10328-101 Ave, Fort St. John, BC V1J 2B5
Phone: 785-0887 Fax: 785-0876
www.nenas.org

School District #60

School District #60
10112-105 Ave, Fort St. John, BC V1J 4S4
Phone: 261-5660 Fax: 785-9300
8:30am - 4:00pm, Monday to Friday; Summer Hours = 8:00am-3:30pm, Monday to Friday
www.des.prn.bc.ca

University of Northern British Columbia

Peace River-Liard Region
9820-120th Ave, Fort St. John, BC V1J 6K1
Phone: 787-6220 Fax: 785-9665
Winter: 8:30 am - 4:30 pm, Monday to Friday
Summer: 8:00 am – 4:00 pm Monday to Friday

UNBC's Peace River-Liard Regional Campus is located with Northern Lights College's Fort St. John Campus at 9820 120th Avenue. UNBC has developed a strong partnership with Northern Lights College and School District #60. Most courses are offered face- to-face in Fort St. John, but many are teleconferenced throughout the region to students in Dawson Creek, Chetwynd, Hudson's Hope and Fort Nelson. Students have the opportunity to pursue course work leading to degrees in the Arts and Sciences, Natural Resource Management, Environmental Studies, Environmental Planning, and Education.

EMPLOYMENT

WorkBC Employment Services Centre/Employment Connections

#101-9907-99 Ave, Fort St John, BC V1J 1V1
Phone: 787-0024 Fax: 787-0028 Toll Free: 1-855-987-0024
www.employmentconnections.bc.ca

Work BC Employment Services Centre provides information, services, programs and support to all unemployed residents in Fort St. John, Taylor, Charlie Lake, Hudson's Hope and residents living in outlying areas. Our trained staff will help you find the services you need to start and succeed in a job search including: job search resources, personal employment planning workshops training and specialized services. All of the services and resources are free including: computer workstations, public telephones, fax services, photocopy services, resume and job search assistance. Specialized services are available for immigrants, youth, older workers, Aboriginal people, people with disabilities and people living in remote areas. Visit our centre and meet with a trained staff member to determine which services will suit your employment needs.

FIRST NATIONS

Aboriginal Education Centre

9830-98A Ave, Fort St. John, BC V1J 1S2
Phone: 785-8324 Fax: 785-0846

Blueberry River First Nations

18785 Blueberry Reserve, Buick Creek, BC V0C 2S0
Phone: 630-2584

Doig River Band Office

4356 Doig Reserve, Rose Prairie, BC V0C 2H0
Phone: 827-3776

First Nations Education Centre

School District #60
9830-98A Ave, Fort St. John, BC V1J 4S4
Phone: 785-8324 Fax: 785-0846
8:30am - 4:30pm, Monday to Friday

The First Nations Education Centre is designed to assist all the Aboriginal students of School District #60. The First Nations Education/Cultural Coordinator develops and promotes First Nations programs and understanding in the community, works with teachers, support workers, administrators, and community, and assists with and provides cultural awareness sessions for teacher/administrator and community. Each school has Aboriginal Support Workers who will advocate and support the student in regards to their academic progress, personal reality, and cultural way of life.

First Nations Treaty 8 Tribal Association

10233-100 Ave, Fort St John, BC V1J 4H7
Phone: 785-0612 Fax: 785-2021

Treaty 8 Tribal Association is a non-profit organization established by a number of bands with common interests who provide advisory and/or program services to member First Nations.

Fort St. John Friendship Centre

10208-95 Ave, Fort St. John, BC V1J 1J2
Phone: 785-8566 Fax: 785-1507

Fort St. John Metis Society

10071-100 Avenue, Fort St John, BC
Phone: 785-1541 Fax: 785-7207
10:00am - 4:00pm, Tuesday to Thursday

The FSJ Metis Society is a non-profit society that is committed to the social and educational advancement of its members. The society focuses on Metis history, referral organizations, and hunting and fishing rights. The short term goals are promoting education and training opportunities for our Metis people completing upgrading or industry certificates which would lead to employment. Supporting youth involvement through training and amateur sports programs is another goal of the society.

Halfway River First Nations

P.O. Box 59, Wonowon, BC V0C 2N0
Phone: 772-5058 Fax: 772-5200

Keeginaw Preschool

FSJ Friendship Center
10208-95 Avenue, Fort St John, BC V1J 1J2
Phone: 785-8566 Fax: 785-1507
9:00am - 3:30pm, Monday to Friday

The purpose of the Keeginaw Preschool is to provide a positive learning environment that will benefit the child, parent, and staff. It promotes the social, emotional, physical, intellectual and creative development within the child. Each child is treated as an individual. Our motto is *"keep children safe, keep children happy."* Parents are welcome to observe and are encouraged to become a part of their child's class. Appointments for parent visits are appreciated. The Keeginaw preschool offers a morning class from 9:00am-11:30am and an afternoon class from 1:00pm -3:30pm. The monthly cost is \$70.00 for 2 mornings or afternoons a week and \$95.00 for 3 mornings or afternoons a week. There is a nonrefundable registration fee of \$20.

Metis Nation BC

Fort St. John, BC
Phone: 787-1957

Native Housing

#201, 10343 - 100 Ave, Fort St John, BC V1J 1Y8
Phone: 785-4900 Fax: 785-4047
9:00am - 4:00pm, Monday to Friday
Email: acowger@pris.bc.ca

Fort St John Native Housing offers housing for low income families of aboriginal ancestry. Aboriginal ancestry includes: status, non-status, registered (Bill C-31), Inuit, and Metis.

Nenan Dane Zaa Deh Zona

9932-102 Ave, Fort St. John, BC V1J 2E1
Phone: 787-2151 Fax: 787-2152 Toll Free: 1-866-637-2151

North East Native Advancing Society

10328 101 Avenue, Fort St John, BC V1J 2B5
Phone: 785-0887 Fax: 785-0876
9:00am - 5:00pm, Monday - Friday

NENAS provides services to all northeast BC First Nations individuals, organizations & communities. Our highest priority is to ensure quality training service delivery to First Nations people (status or non-status, First Nations or Inuit individuals, on-or off-reserve). NENAS is comprised of 12 Board members - 8 members who represent each of the 8 First Nations communities & 4 who represent each of the 4 urban areas. Vision: *NENAS will be a strong supporter and promoter of self-sufficiency and independence for Aboriginal people in northeast BC; by being an innovative and effective Aboriginal organization that values and respects the aspirations and cultures of our people.*

Sas Natsadle Headstart Program

10328-101 Ave, Fort St. John, BC
Phone: 785-0887 Fax: 785-0876
www.nenas.org

FUNDING

Darren Almond Memorial Travel Foundation

Phone: 785-7373
Box 6134, Fort St John, BC V1J 4H6

North Peace Kid Sport Program

City of FSJ, Community Services Department
10631-100 Street, Fort St John, BC V1J 3Z5
Phone: 787-8152 Fax: 787-8181
8:30am - 4:30pm, Monday to Friday

The Kid Sport Program is designed to assist children aged 6 - 18 years of age who are financially challenged and are unable to cover the registration costs of a particular sport program without experiencing a financial obstacle. Kid Sport is not for people currently receiving financial benefits. Applications can be picked up at the office. Kid Sport is funded by the city of FSJ and local citizens & businesses.

GOVERNMENT

Family Maintenance Enforcement Program

Government of BC
Phone: 1-800-663-3455 (Enroll) or 1-800-663-7867 (Inquire)
8:30am-4:30pm, Monday to Friday
www.fmep.gov.bc.ca

People in need are required to seek all avenues of income before applying for BC Employment and Assistance. This includes pursuing legally-ordered maintenance payments from an estranged spouse. The following applicants must "assign their maintenance rights" to government at the time of application in order to be eligible for BC Employment and Assistance: a spouse who is entitled to maintenance (anyone who is married and separated, divorced, or separated from a two-year common-law relationship); a spouse who has one or more dependent children from a former relationship; a single person who has one or more dependent children; a person under 19 years of age who is not residing with his or her parents; and a person who is receiving income assistance on behalf of a child of a relative residing in his or her home. This means that government can act on behalf of their clients to obtain, change and enforce maintenance orders. Government will also defend an order if the paying partner attempts to reduce the payment. Both the federal government (Divorce Act) and the provincial government (Amendments to the Family Relations Act) provide Child Support Guidelines to obtain fair and adequate orders.

Orders can be enrolled with the Ministry of Attorney General's Family Maintenance Enforcement (FMEP) program for collection. The maintenance order can remain in place even when the client no longer requires BC Employment and Assistance. This is especially important for working families who continue to receive these payments once they are working.

Pension Benefits

Service Canada

Northern Lights College

9820 - 120th Ave., Fort St. John, BC V1J 6K1

10:00 am – 3:30pm, Tuesdays and Thursdays

www.servicecanada.gc.ca/eng/services/pensions/index.shtml

The Government of Canada delivers two programs that provide retirement income:

- The [Old Age Security program](#) provides you with a pension at age 65 if you have lived in Canada for at least 10 years. If you have a low income, you may be eligible for other benefits as early as age 60.
- The [Canada Pension Plan](#) provides you and your family with partial replacement of earnings in the case of retirement, disability or death.

Service BC

10600-100 St, Fort St. John, BC V1J 4L6

8:30 am – 4:30pm, Monday to Friday

www.servicebc.gov.bc.ca

Service BC provides front line support for many of the hundreds of programs and services the provincial government offers to residents, businesses and visitors.

Service Canada

Northern Lights College

9820 - 120th Ave., Fort St. John, BC V1J 6K1

10:00 am – 3:30pm, Tuesdays and Thursdays only

www.servicecanada.gc.ca

HEALTH SERVICES

ABC Medical Clinic

9842-101 Ave, Fort St. John, BC V1J 2B2

Phone: 785-1220 Fax: 785-9750

Hours: 9:00am-5:00pm (Monday – Thursday), 9:00am-4:00pm (Friday)

Walk In Hours: 9:00am-11:00am and 1:00pm-4:00pm (Monday – Friday), 9:00am-12:00pm (Saturday)

Community Care Facility Licensing

Fort St. John Health Unit

10115-110 Ave, Fort St. John, BC V1J 6M9

Phone: 263-6000

8:30am - 4:30pm, Monday to Friday

www.northernhealth.ca/yourhealth/communitycarelicensing.aspx

Community Care Facilities Licensing Officers are responsible for promoting and ensuring the protection of

vulnerable persons in both adult residential and child care facilities.

Environmental Health

Fort St. John Health Unit
10115-110 Ave, Fort St. John, BC V1J 6M9
Phone: 263-6000 Fax: 250-263-6086
8:30am - 4:30pm, Monday to Friday
www.northernhealth.ca

Environmental Health Officers (EHOs) provide a diversified program to prevent the occurrence of disease and public exposure to environmental health hazards. Their work includes risk assessments on various facilities and public places, consultation and education of the general public, and consultation with other agencies to ensure compliance with health legislation. EHOs routinely inspect food establishments, recreational facilities, water systems; community care facilities, tobacco retailers and industrial camps. They assess applications for permits to install on-site sewage disposal systems and review submissions from other government agencies including business license applications, bylaws, leases, pesticide use, waste management proposals, and subdivision proposals. They follow-up suspected food and water-borne illnesses and enteric diseases.

Fort St. John Pharmacy and Wellness Center

Canadian Red Cross/North Peace River
#300, 9730 - 101 Ave, Fort St John, BC V1J 2A8
Phone: 785-3234
8:00am - 7:00pm, Mondays to Fridays; 9:00am – 4:00pm, Saturdays
www.fsjpharmacy.com

The Red Cross Community Program coordinates a loaning-depot of medical equipment graciously donated by the FSJ Pharmacy Wellness Centre. The pharmacy staff "*lend*" and "*receive*" the equipment that is provided free of charge up to a period of 3 months. A health professional must provide written referral for ambulatory equipment such as wheelchairs or walkers.

Health Services for Community Living

Fort St. John Health Unit
10115-110 Ave, Fort St. John, BC V1J 6M9
Phone: 263-6000 Fax: 250-263-6086
8:30am - 4:30pm, Monday to Friday
www.northernhealth.ca

Healthy Kids

Fort St. John Health Unit
10115-110 Ave, Fort St. John, BC V1J 6M9
Toll Free: 1-800-748-1144
8:30am - 4:30pm, Monday to Friday
www.gov.bc.ca/mhr/

Healthy Kids is a program that extends basic dental and vision care to children in low- and moderate-income families, and to children receiving services through MHR who are not eligible for enhanced MHR-sponsored coverage. Healthy Kids removes one of the barriers to moving from welfare to work. Healthy Kids benefits are available to children age 18 and under in low- and moderate-income families who are not already covered by federal or employer-sponsored insurance plans. Eligibility for this program is determined using the Medical Services Plan (MSP) premium subsidy formula. There are limitations to the total amount covered in a year. Children in low-income families who receive any level of MSP premium assistance may be eligible for full (100 percent) basic optical and dental coverage under Healthy Kids. To receive the benefit, families should show their dentist or optician that they are receiving Medical Services Plan premium assistance. The B.C. Healthy Kids Dental Van provides preventive education and basic dental services to low- income children eligible for the Healthy Kids program in many northern communities. Adults receiving BC Employment and Assistance are also able to access the dental van's services.

Hearing Clinic

Fort St. John Health Unit
10115-110 Ave, Fort St. John, V1J 6M9
Phone: 263-6000 Fax: 250-263-6086
8:30am - 4:30pm, Monday to Friday
www2.northernhealth.ca

Our audiology service aims to eliminate or measurably reduce the effects of communication disorders, secondary to hearing impairment through prevention and identification of hearing loss and rehabilitation of hearing individuals.

Home Nursing Care

Fort St. John Health Unit
10115-110 Ave, Fort St. John, BC V1J 6M9
Phone: 263-6000 Fax: 250-263-6086
8:30am - 4:30pm, Monday to Friday
www2.northernhealth.ca

Home Support & Help Home Support

Fort St. John Health Unit
10115-110 Ave, Fort St. John, BC V1J 6M9
Phone: 263-6000 Fax: 250-263-6086
8:30am - 4:30pm, Monday to Friday
www.northernhealth.ca

Hospital and Health Centre

Fort St. John Hospital and Peace Villa
8407-112 Ave, Fort St. John, BC V1J 0J5
Phone: 262-5200 (Main), 261-7389 (Birthing Centre)
www.northernhealth.ca

Hospital Funding Foundation

Fort St. John Hospital and Peace Villa
8407-112 Ave, Fort St. John, BC V1J 0J5
Phone: 250-262-5200 (Main), 250-261-7450 (Peace Villa)
www.northernhealth.ca

Fort St. John Medical Clinic

10011, 96th St, Fort St. John, BC V1J 3P3
Phone: 785-6677 Fax: 787-0109
9:00am - 5:00pm, Monday to Friday

Fort St. John Medical Primary Care Clinic

10011, 96th St, Fort St. John, BC V1J 3P3
Phone: 262-5210
9:00am - 4:30pm, Monday to Friday

MC Rehabilitation & Wellness Centre

8217-100 Ave, Fort St. John, BC V1J 1W7
Phone: 787-0780
www.mcrehabandwellness.com

MC Rehabilitation and Wellness offers a wide range of rehabilitation, wellness, and strength coaching/personal training services at an affordable rate. We provide a comfortable, trustworthy, and focused environment in order to maximize your ability to achieve results and become educated through the process of the program provided by

highly experienced professionals.

Medical Health Officer

Fort St. John Health Unit
10115-110 Ave, Fort St. John, BC V1J 6M9
Phone: 263-6000 Fax: 250-263-6086
8:30am - 4:30pm, Monday to Friday

North East Aboriginal Business & Wellness Centre

10039-100 St, Fort St. John, BC V1J 3Y5
Phone: 785-1870 Toll Free: 1-888-783-1870

North Peace Seniors Housing Society

#101-9816-108 Ave, Fort St. John, BC V1J 5S4
Phone: 785-8983

Nurses Help Line

Phone: 1-866-215-4700

Peace Villa

8407-112 Ave, Fort St. John, BC V1J 0J5
Phone: 261-7450

Physiotherapy/Community Rehabilitation

Fort St. John Health Unit
10115-110 Ave, Fort St. John, BC V1J 6M9
Phone: 263-6000 Fax: 250-263-6086
8:30am - 4:30pm, Monday to Friday
www.northernhealth.ca

Rehabilitation Services provide physical therapy and occupational therapy to promote independence of physically impaired clients. Services include: assessment and consultation, environmental and equipment adapters and aids to daily living, educational support to the community.

Public Health Nurse

Fort St. John Health Unit
10115-110 Ave, Fort St. John, BC V1J 6M9
Phone: 263-6000 Fax: 250-263-6086
8:30am - 4:30pm, Monday to Friday

Public Health Nurses (PHNs) work in partnership with individuals, families, groups, and communities in the promotion of healthy environments and wellness. They work in homes, schools, work sites, and recreation sites. The programs focus on improving the health of populations by coordinating and mobilizing community-based action. PHNs are involved in population health initiative related to school health, maternal/child health, communicable disease control, injury prevention, and other leading causes of avoidable illness and premature death in the community.

Speech-Language Pathology – Consultation for Adults

Child Development Centre
10417-106 Ave, Fort St. John, BC V1J 2M8
Phone: 785-3200 Fax: 785-3202
Email: info@cdcfjsj.ca

Though based in the Child Development Centre, our Speech-Language Pathologists accept referrals for adults who have swallowing difficulties or communication disorders. Service for adults is on a consultation basis. Ongoing

therapy is not provided. Referrals may be made by professionals or by the individual/family.

HOUSING

Action Property Management

#102 – 9711 100 Ave Fort St. John, BC V1J 1Y4

Phone: 787-7177

www.actionproperty.ca

BC Housing

9908-96 Ave, Fort St. John, BC V1J 6X9

Phone: 785-5086 Fax: 250-785-3487

Monday to Friday, 8:30am – 4:30pm; Closed for lunch from 12:00pm – 1:00 pm

www.bchousing.org

BC housing provides 40 units of low-income family and senior housing.

Century 21 Realty

#A – 10756 100 St. Fort St. John, BC V1J3Z6

Phone: 785-8051

www.century21.ca

Gary Reeder Realty

#B – 10756 100 St. Fort St. John, BC

Phone: 262-0182

www.garyreeder.ca

Li-Car Management

9908 96 Ave Fort St. John, BC

Phone: 785-2662

www.licar.ca

Northern Properties

9907 108 Ave. Fort St. John, BC

Phone: 785-3155

www.npreit.com

Native Housing

#201, 10343 - 100 Ave, Fort St John, BC V1J 1Y8

Phone: 785-4900 Fax: 250-785-4047

9:00am - 4:00pm, Monday to Friday

Email: acowger@pris.bc.ca

Fort St John Native Housing offers housing for low income families of aboriginal ancestry. Aboriginal ancestry includes: status, non-status, registered (Bill C-31), Inuit, and Metis.

Community Bridge

10142-100 Avenue, Fort St. John, BC
Phone: 785-6021
Fax: 785-4659
Email: info@communitybridge.ca
www.communitybridge.ca

BC Housing subsidized family housing for qualifying low income families. Qualified applicants must meet low income standards and families must have dependent children. Complex includes 2 handicapped accessible 2 bedroom units. Applications can be picked up and returned to Execuplace @ 10142 100th Avenue, Fort St. John.

Re-Max Action Realty

#101 – 9711 100 Ave
Fort St. John, BC V1J 1Y2
Phone: 785-5520

Royal LePage Gold Realty

9629 100 Ave Fort St. John, BC V1J 1Y2
Phone: 787-2525
www.fortstjohnhomes.com

Salvation Army

10116 100 Ave Fort St John, BC V1J 1Y6
Phone: 785-5891

Sterling Management

10151 100 Street Fort St. John, BC V1J3Y6
Phone: 785-2829
www.sterlingmgmt.ca

IMMIGRANT SERVICES

Meet Fort St. John

#211-10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-5323 Fax: 785-5687
Email: info@meetfortstjohn.com
www.meetfortstjohn.com

WorkBC Employment Services Centre/Employment Connections

#101-9907-99 Ave, Fort St John, BC V1J 1V1
Phone: 787-0024 Fax: 787-0028 Toll Free: 1-855-987-0024
www.employmentconnections.bc.ca

Work BC Employment Services Centre provides information, services, programs and support to all unemployed residents in Fort St. John, Taylor, Charlie Lake, Hudson's Hope and residents living in outlying areas. Our trained staff will help you find the services you need to start and succeed in a job search including: job search resources, personal employment planning workshops training and specialized services. All of the services and resources are free including: computer workstations, public telephones, fax services, photocopy services, resume and job search assistance. Specialized services are available for immigrants, youth, older workers, Aboriginal people, people with disabilities and people living in remote areas. Visit our centre and meet with a trained staff member to determine which services will suit your employment needs.

SWIS: Settlement Workers in Schools

School District #60
10112-105 Ave, Fort St. John, BC V1J 4S4
Phone: 262-6086

School District #60 provides one-on-one assistance to families and students with settlement needs in schools.

S.U.C.C.E.S.S.

#211-10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-5323 Fax: 785-5687

S.U.C.C.E.S.S provides settlement services to the immigrant community in the north. Our employees have developed close ties with the local ethnic communities, service providers, and employers in the area. We are working together to promote the integration and community participation of new and established Canadians.

INCOME ASSISTANCE

Child in Home of Relative

Child Care Resource and Referral
10411-100 Ave, Fort St. John, BC V1J 4J1
Phone: 785-5701 Toll Free: 1-877-785-5701
Hours: 9am-4pm, Monday – Friday; 11am-1pm last Saturday of the month
www.childcarechoices.ca

This is a financial aid program. If for some reason a child cannot live with their parents, the child might be placed with a relative and this program may possibly financially aid the relative.

WorkBC Employment Services Centre/Employment Connections

#101-9907-99 Ave, Fort St John, BC V1J 1V1
Phone: 787-0024 Fax: 787-0028 Toll Free: 1-855-987-0024
www.employmentconnections.bc.ca/disability-employment-services

Work BC Employment Services Centre provides information, services, programs and support to all unemployed residents in Fort St. John, Taylor, Charlie Lake, Hudson’s Hope and residents living in outlying areas. Our trained staff will help you find the services you need to start and succeed in a job search including: job search resources, personal employment planning workshops training and specialized services. All of the services and resources are free including: computer workstations, public telephones, fax services, photocopy services, resume and job search assistance. Specialized services are available for immigrants, youth, older workers, Aboriginal people, people with disabilities and people living in remote areas. Visit our centre and meet with a trained staff member to determine which services will suit your employment needs.

To be eligible for disability assistance, a person must meet the criteria for the Persons with Disabilities (PWD) designation and be designated as such by the ministry. PWD is not a permanent designation and the ministry has the authority to rescind an individual’s designation in exceptional circumstances.

Income Assistance

Ministry of Social Development and Social Innovation
9504-100 St, Fort St. John, BC
Toll Free: 1-866-866-0800 press 3
www.iaselfserve.gov.bc.ca

Applying for BC Employment and Assistance using the online Self-Serve Assessment and Application tool is a three-

part process (the first two parts occur within the tool itself):

1. **Assess** your financial eligibility – to do this, use the Self Serve Assessment and Application tool – you will receive an Eligibility Estimate – if you wish to actually submit an application, you must continue with the tool to...
2. **Apply** for assistance – your application is NOT sent to the ministry until you enter your SIN number and agree with the declaration – after your apply, you must...
3. Complete a **work search**, if required – some applicants may be exempt from this requirement.

Eligibility for BC Employment and Assistance programs is based on your income and assets. The ministry has a responsibility to ensure that limited resources go to those people who need them most. That is why applicants are expected access all other sources of income and assets before qualifying.

Employable clients receiving assistance must be actively searching for work and/or participating in an employment program. For more information on employment programs to support you in your work search, visit the WorkBC Employment Services Centre serving your community. These centres provide resources and support to assist you in your work search that are available free of charge. To find the WorkBC Centre storefront nearest you, click on the WorkBC Interactive Map or WorkBC Directory.

If a person is any of the following, they may be eligible for income assistance:

- Out of work or earning very little;
- Waiting for other income;
- Unable to work; or
- Is in immediate need of food, shelter or urgent medical attention

KIDS PROGRAMS

Big Brothers, Big Sisters of Fort St John

9915-104 St, Fort St. John, BC
Phone: 787-9674 Fax: 787-9837
Hours: 9:00am-3:00pm, Monday to Friday
www.bigbrothersbigsisters.ca

Big Brothers, Big Sisters of Fort St John are a non-profit organization that provides friendship and mentoring by matching carefully screened adults with children from single parent families. BBBS offers three programs. Traditional Big and Little match involves matching an adult volunteer with a child aged 6-16 years with similar interests and personality from a single parent family. They will spend approximately 3-4 hours per week together. Couples for Kids match a couple with a child for a unique two on one friendship and provides a way for couples to share their time together with a child. It provides flexibility as the child will also have the opportunity for one-on-one when one member of the couple is unavailable. The last program is the In-School Mentoring program which involves collaboration between BBBS and School District #60 to provide children with encouragement, support, and a caring one-on-one relationship with an adult in the school setting. This program involves adult mentors spending one hour per week with a child between grades 2 and 5 who would benefit from the support of an adult. BBBS relies on fundraising to provide services.

Parent – Child Mother Goose

Fort St. John Public Library
10015-100 Ave, Fort St. John, BC
Phone: 785-3731 Fax: 785-7982

This is a free 10 week program offered parents who have infants up to the age of 10 months. The Parent-Child

Mother Goose program is designed for rhymes, songs, friendship and fun. In order to attend this program, you must register first at the library.

Pre-School Story Time

Fort St. John Public Library
10015-100 Ave, Fort St. John, BC
Phone: 785-3731 Fax: 785-7982

Beginning October, Pre-School Story Time will be held every Wednesdays and Thursdays mornings at 10:30 am and is designed for children who range in the ages of 2-5. Registration is suggested but it is not required. Parents, however, are asked to accompany their child/children in the building during story time.

Success By Six

Heather McBryan – Regional Coordinator for the North Peace Region (Fort St. John)
Phone: 250.261.6278
Email: ecdfsj@gmail.com
www.familyfriendlycommunity.ca

Summer Reading Club

Fort St. John Public Library
10015-100 Ave, Fort St. John, BC
Phone: 785-3731 Fax: 785-7982

The Summer Reading Club is divided into 3 main events:

Reading Competition: Children are divided into 3 age groups and track their progress throughout the summer using Reading Records and a large mural in the library. At the end of summer, each child receives a prize, medals are given for the top 175 readers, and special prizes are given to the top 3 readers in each category.

Summer Reading Club Story times: These story times are held every Tuesday and Thursday morning from 10:15am - 11:00am for children 6 and younger. They are also held every Tuesday and Thursday afternoon from 2:00pm -3:00pm for children 7 and older.

Community Outreach: The Summer Reading Club has a Story Time tent at various community events, including: Canada Day, Taylor Goldpanning Championships, and North Peace Fall Fair.

Toddler Story Time

10015-100 Ave, Fort St. John, BC
Phone: 785-3731 Fax: 785-7982

This program is designed for children who are aged 2 and 3. These sessions begin September 14th and are held every Wednesday morning at 10:15am. Toddler Story Time includes a fun combination of stories, rhymes, songs and sometimes crafts! Registration is suggested but not required. Parents are asked to accompany their child or stay in the building during story time.

Child Development Centre

10408-105 Ave, Fort St. John, BC V1J 2M8
Phone: 785-3200
www.cdcsj.ca

LEGAL

Legal Information Worker

FSJ Friendship Society
10208-95 Avenue, Fort St John, BC V1J 1J2
Phone: 785-8566 Fax: 785-1507
8:30am - 4:30pm, Monday to Friday

Fort St John Friendship Society offers services and information regarding the Canadian Legal System. They also offer workshops on poverty law and have a resource library which is available for members. Membership costs are \$2.00 for individuals/seniors and \$4.00 for a family.

Legal Aid Society

9830-110 Ave, Fort St. John, BC V1J 2T1
Phone: 785-8089
www.lss.bc.ca

LITERACY

Literacy Society

Fort St. John Literacy Society
#217-10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-2110 Fax: 785-2127
www.fsjliteracy.ca

The purpose of the FSJ Literacy Society is to promote literacy for all individuals and groups throughout FSJ. Our programs are offered to all individuals within the community who are disadvantaged because of lower literacy levels. Many of our programs rely on the support of volunteers, and we offer our programs to any individual, without cost to the client. The programs offered are Volunteer Tutor Program, CHOOSE Success Family Literacy Program, and Computer Recycling Program. The Volunteer Tutor Program allows clients to receive one-on-one assistance from trained tutors in areas of reading, writing, math, or English as a second language. Tutors also provide support for clients attending other courses or attempting to pass tests. Tutors are flexible about time and location to meet the needs of the clients. CHOOSE is a family literacy program geared towards parents with preschool aged children. Parents can receive instruction while their children enjoy preschool instruction from a certified ECE instructor. Sessions are offered in September and January for 12 weeks at a time. Transportation, childcare, and meals are provided. Computer Recycling program is to assist clients who apply for a refurbished computer for their home. Computers are supplied with donations from the community. Computer support and a basic computer training workshops are offered to any individuals wishing to learn more about computers. The Literacy Society's Contact Centre also has a fully-equipped computer station for use to anyone needing computer access.

Volunteer Tutor Program

Fort St. John Literacy Society
#217-10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-2110 Fax: 785-2127

The Volunteer Tutor Program allows clients to receive one-on-one assistance from trained tutors in areas of reading, writing, math, or English as a second language. Tutors also provide support for clients attending other courses or attempting to pass tests. Tutors are flexible about time and location to meet the needs of the clients.

MEALS & FOOD SUPPORTS

Free & Low cost meals Christmas Hamper

The Salvation Army/Family Services
10116-100 Ave, Fort St. John, BC
Phone: 785-0500 Fax: 785-0507

The Salvation Army is known for its "*doing*". Doing that is an intentional act of caring for our community. The Salvation Army's Community and Family Services department is very involved in the community both at the forefront and in the background. Christmas is a busy time of year. In cooperation with the Women's Resource Centre and FSJ Community Christmas Hamper Fund Society, hampers are created and delivered from Santa's workshop in our basement. A Community Christmas Dinner is hosted by The Salvation Army each year on December 25.

Free & Low cost meals/Foodbank

The Salvation Army/Family Services
10116-100 Ave, Fort St. John, BC
Phone: 785-0500 Fax: 785-0507
By Appointment (Tuesdays – Thursdays only)

The Salvation Army is known for its "*doing*". Doing that is an intentional act of caring for our community. The Salvation Army's Community and Family Services department is very involved in the community both at the forefront and in the background. The Food bank operates by appointment. Clients needing assistance are interviewed to assess their needs and a hamper is created accordingly.

Free & Low cost meals/Drop-in Lunch Program

The Salvation Army/Family Services
9824 99 Ave, Fort St. John, BC V1J 5A5
Phone: 785-0372

The Salvation Army is known for its "*doing*". Doing that is an intentional act of caring for our community. The Salvation Army's Community and Family Services department is very involved in the community both at the forefront and in the background. The Drop-in Lunch Program is committed to serving lunches Monday through Friday. Volunteer cooks create the menu each day from the food donations available.

Keeginaw Friendship Centre

Breakfast: Monday – Friday, 7:00am (November – April)
Bagged Lunch: Monday – Friday, 7:00am (May – October)
10208 95th Ave, Fort St. John, BC
Phone: 785-8566

Calvary Baptist Church

Sunday Meal: 3:00pm
9607 107th Ave, Fort St. John, BC
Phone: 785-4307

MENTAL HEALTH

Adult Mental Health Services

Community Bridge

10142 – 101 Ave, Fort St. John, BC V1J 2B3

Phone: 785-6021 Fax: 785-4659

Monday to Thursday: 9:00am–5:00pm; Friday: 8:30am–4:30pm; or by appointment

A multidisciplinary approach to case management is offered through the clinical team located in Fort St John. Comprehensive community mental health treatment and care is delivered to those individuals with secondary psychiatric illnesses or conditions in the North Peace region of BC. Intensive and supportive individually planned care is provided through a variety of therapies to clients, they also have access to the regional psychiatric unit in Dawson Creek Hospital.

BC Schizophrenia Society

9636-100 Ave, Fort St. John, BC V1J 1Y3

Phone: 261-9189 Fax: 787-3512

The British Columbia Schizophrenia Society (BCSS) offers individual and group support to families experiencing suffering caused by schizophrenia, bi-polar disorder, clinical depression, panic/anxiety disorders, and obsessive compulsive disorder. The B.C.S.S. Support Group meets twice a month: first Friday of the month - Breakfast -7:30 am at the NorthWoods Inn dining room. The meeting is informal, social and you pay for your own breakfast. The group also meets the third Wednesday of the month - 7:30pm at 9410-104 Ave. This evening meeting is more in-depth, private and with more opportunity to help others through crisis.

Mental Health & Addiction Community Program

Northern Health Authority

300 – 9900 100th Ave, Fort St. John, BC V1J 5S7

Phone: 263-6080 Fax: 263-6012

www.northernhealth.ca

The Mental Health & Addiction community programs offer services that include a combination of functions with multidisciplinary teams, as well as some specialty services, i.e. Developmental Disabilities Mental Health (DDMH), Acquired Brain Injury (ABI), etc. Youth addictions counselling and referral, elderly services counselling, early psychosis, eating disorders, vocational and recreation rehabilitation is also available at most community Mental Health & Addiction programs.

PARENTING

Federation of Aboriginal Foster Parents

Fort St. John Keeginaw Friendship Centre

10208-95 Ave, Fort St. John, BC V1J 1J2

Phone: 785-8566 Fax: 785-1507

The Federation of Aboriginal Foster Parents represents Foster Parents providing quality care for Aboriginal children in a nurturing, culturally appropriate environment. This organization recognizes and affirms that Aboriginal children have to right to grow up in their own culture. They are committed to providing the support and services needed to ensure this fundamental right is respected.

Nobody's Perfect Program for Parents

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021

Parents and Tots

9812-108 Ave, Fort St. John, BC V1J 2R3
Phone: 785-2718
Tuesday/Thursday, 9:30am to 11:00am

The Parents and Tots play group meets every Tuesday and Thursday morning from 9:30am to 11:00am at the Peace Lutheran Church. Juice and healthy snacks are provided. A wonderful time for Moms and for their children who will play with others, make crafts and play with age-appropriate toys.

Positive Parenting

Community Bridge
10142-101 Avenue, Fort St John, BC
Phone: 785-6021 Fax: 785-4659
8:30am - 4:30pm, Monday to Friday

Positive Parenting offers weekly morning sessions that are open to the community at no cost. The group will discuss parenting strategies and offer support for parents of toddlers. Child minding is offered free of charge. Please call for dates and times.

Strengthening Families Program

Community Bridge
10142-101 Ave, Fort St. John, BC V1J 2B3
Phone: 785-6021

POLICE

Royal Canadian Mounted Police (RCMP)

10648-100 Street, Fort St John, BC V1J 3Z6
Phone: 787-8100 Fax: 787-8133 Emergency: 911
Everyday 8:00am - 4:30pm

The FSJ R.C.M.P has 42 members stationed here and provides the following services: general policing, Traffic Law Enforcement, Crime Prevention, Victim Services, Community Justice Program, Drug Awareness, Drug Enforcement, Police Dog Services, and Identification Services. The FSJ Detachment covers an area of about 200 kilometers. Policing of this area starts at approximately Mile 28 of the Alaska Highway and extends north to Mile 168 east to the Alberta border and west to the Halfway River. R.C.M.P emergency phone number is 911 and non-emergency complaint phone number is 787-8100.

PREGNANCY

PRENATAL

Baby's Best Chance

Community Bridge
10142-101 Avenue, Fort St John, BC
Phone: 785-6021 Fax: 785-4659
8:30am - 4:30pm, Monday to Friday

Baby's Best Chance Pregnancy Outreach Program is a province-wide program that provides services for pregnant women and teens at risk of having low birth weight babies and other poor pregnancy outcomes. Services are offered in fort S.t John, Dawson Creek and Chetwynd.

Breast Feeding Class

Community Bridge
10142-101 Avenue, Fort St John, BC
Phone: 785-6021 Fax: 785-4659
8:30am - 4:30pm, Monday to Friday

The Community Breast Feeding Class is offered monthly at the Community Bridge. There is no cost for this class which offers resources and preparation for breast feeding. Please call for dates and times.

Care Centre

North Peace Pregnancy Care Centre
#355 9900 100 Avenue, Fort St. John, BC V1J 5F7
Phone: 787-5584
HOTLINE: 262-1280
Email: info@northpeacepregnancycares.ca

The North Peace Pregnancy Care Centre consists of people motivated by compassion to offer emotional, practical and spiritual support to individuals experiencing crisis pregnancy. The North Peace Pregnancy Care Centre is a registered non-profit Society, locally organized and supported. There is NO CHARGE for the services provided. These services are: -free pregnancy test, information about pregnancy options, emotional support (24hour hotline), practical support, referrals to counselors, referrals for adoption services, parenting information, education and awareness, Moms CONNECT support group. All Clients' names and personal information is kept absolutely confidential and no information or referrals will be given without the client's complete permission.

Pregnancy Outreach

Community Bridge
10142-101 Avenue, Fort St John, BC
Phone: 785-6021 Fax: 785-4659
8:30am - 4:30pm, Monday to Friday

This is a BC wide program which provides services aimed to assist pregnant women and teens. This program offers health and nutrition counseling, as well as referrals by a registered nurse, dietitian, and pregnancy counsellor. Service is available to everyone.

Prenatal Classes

Northern Lights College/Health Unit
9820-120 Ave, Fort St John, BC V1J 6K1
Phone: 785-6981 Fax: 785-1294
8:30am - 4:30pm, Monday to Friday

Prenatal classes are a perfect way to prepare for the birth of your child. Early Prenatal Classes: To be taken early in pregnancy. Taught at the Health Unit and designed to teach the expectant parents how to have the healthiest baby possible. Fetal development, nutrition, avoidance of hazardous substances, exercise and relaxation are some topics covered. Regular Prenatal Classes: To be taken during the last trimester of pregnancy. The stages of labour and delivery, breathing techniques, overcoming fear of childbirth, characteristics of a newborn and physical change in Mom postpartum are discussed. Please call Northern Lights College for dates and times. Subsidy is available through the Health Unit and should be arranged prior to registration (call 787-3355).

Moms CONNECT

North Peace Pregnancy Care Centre
#208-10139-100 St, Fort St. John, BC V1J 3Y6
Phone: 787-5584 Fax: 787-5591
HOTLINE: 262-1280
Email: info@northpeacepregnancycares.ca

Peer support, crafts, special speakers, help and education regarding babies and children's issues; baby resources available; building friendships, fun and learning.

PRESCHOOL PROGRAMS

Preschool Program

Child Development Centre
10417-106 Ave, Fort St. John, BC
Phone: 785-3200 Fax: 785-3202
Email: info@cdcfjsj.ca

The Preschool is for children age three to five years. There are two preschool classrooms and classes are held in the morning and afternoon with a maximum of 16 children per class. There are Early Childhood Educators in each classroom. The Preschool promotes the development of the whole child by providing a safe, secure, and caring atmosphere, hands-on learning experiences, and the opportunity to play with other children. Children with both typical and special needs are enrolled in the Preschool. Children with special needs are referred to the preschool by parents or health care providers. Children with typical needs are initially placed on a wait list (the wait list tends to be long so apply early). Registration is held in May for the following September. The program runs from September to June.

Keeginaw Preschool

FSJ Friendship Center
10208-95 Avenue, Fort St John, BC V1J 1J2
Phone: 785-8566 Fax: 785-1507
9:00am - 3:30pm, Monday to Friday

The purpose of the Keeginaw Preschool is to provide a positive learning environment that will benefit the child, parent, and staff. It promotes the social, emotional, physical, intellectual and creative development within the child. Our motto is *"keep children safe, keep children happy."* Parents are welcome to observe and are encouraged to become a part of their child's class. Appointments for parent visits are appreciated. Our preschool

offers a morning class from 9:00am-11:30am and an afternoon class from 1:00pm -3:30pm. The monthly cost is \$70.00 for 2 mornings or afternoons a week and \$95.00 for 3 mornings or afternoons a week. There is a nonrefundable registration fee of \$20.

Stepping Stones Centre

7908-96 Avenue, Fort St John, BC V1J 1J4
Phone: 785-7908 Fax: 787-7930
8:30am - 4:00pm, Monday to Friday

The Stepping Stones Centre offers two classes daily: morning class begins at 9:00am to 11:15am and afternoon class begins at 12:45pm to 3:00pm. The preschool is for children aged 3 to 5 years. Parents have the option of choosing Monday/Wednesday or Tuesday/Thursday and/or Friday morning class. The activities offered are free play, art, snack, circle time, and gross motor activity.

Totem Nursery Preschool

9908-84 Street, Fort St John, BC V1J 3G1
Phone: 785-7227
8:00am - 4:00pm, Monday to Friday

Totem Preschool offers an educational, fun program for children aged three and four. They offer three classes, each with a maximum enrollment of 15 children. They operate with two trained staff members, both with extensive education and background working with preschool aged children. The children are given the opportunity to participate in monthly field trips to a variety of locations around Fort St John. Operation costs rely on the monthly enrollment fees and the fundraising efforts of the parents.

PROBATION & PAROLE

Fort St. John Community Corrections

Ministry of Public Safety and Solicitor
9941-101 Avenue, Fort St John, BC V1J 2A9
Phone: 787-3251 Fax: 787-3311
8:15am – 4:35pm, Monday to Friday; Closed for lunch from 12:15pm-12:45 pm

Fort St. John Community Corrections and the Ministry of Public Safety and Solicitor are responsible for the supervision of persons sentenced by court or probation and conditional sentences, supervision of persons released on bail conditions or peace bonds, and supervision of persons released on parole from provincial correctional centers. In addition, they are responsible for the provision of core programs for persons charged or convicted of spousal assault offences involving violence or alcohol/drug abuse and make appropriate referrals to community counseling programs for the enforcement of orders from the court or the Parole Board. The British Columbia government provides this program.

Youth Probation

Ministry of Children and Family Development
10615-102 St, Fort St. John, BC
Phone: 263-0121 Fax: 263-0123
8:30am - 4:30pm, Monday to Friday

SENIORS

Guaranteed Income Supplement Allowance

Phone: 1-877-815-2363

8:30am - 4:30pm

www.gov.bc.ca/mhr

The Seniors Supplement program assures a minimum monthly income for British Columbia residents who receive the federal Old Age Security pension and Guaranteed Income Supplement, or the federal Spouse's Allowance. If a senior's total income (federal pension and any other earned or unearned income) falls below the level guaranteed by the province, a supplement is provided to make up the difference. The maximum supplement is \$49.30 per month for a single person and \$120.50 per month for a couple. The provinces and the federal government have recognized that the federal government is primarily responsible for basic income support for seniors. As federal payments are increased quarterly, based on increases in the Consumer Price Index, the provincial top-up will be reduced accordingly until it is eliminated. Seniors will not receive less money as a result of the phase-out. No application is required for this program. The seniors supplement is paid automatically, based on information supplied by the Old Age Security Division, Human Resources Development Canada. For more information call toll free: 1-877-815-2363

North Peace Seniors Housing Society

101-9816-108 Ave, Fort St. John, BC V1J 5S4

Phone: 785-8983 Fax: 787-7930

www.npseniorshousing.weebly.com

SEXUAL ASSAULT

Sexual Abuse Intervention Program

Community Bridge

10142-101 Avenue, Fort St. John, BC

Phone: 785-6021 Fax: 785-4659

8:30am-4:30pm, Monday to Friday

This service is offered as part of the Children's Mental Health program to children, adolescents, and teens who are victims of sexual abuse and their families. The program offers professional support to children, youth, and their families. Assessment services and treatment for individuals, families and groups are available. Public education and consultation services are also provided. You can access the program by having a physician, professional or another agency refer you, or by calling in yourself.

Sexual Assault Support Centre

Community Bridge

10142-101 Avenue, Fort St. John, BC

Phone: 785-6021 Fax: 785-4659

8:30am-4:30pm, Monday to Friday

Sexual Assault Support Centre offers individual and group sessions to survivors of sexual abuse and/or sexual assault. The program staff will accompany victims of recent sexual assault to the hospital, RCMP, and other services the victim chooses. The program staff are available to provide community education around issues of sexual assault and abuse. There are some evening group sessions. This service is free. Funding source for this program is the Ministry of Attorney General.

SHELTERS

Homeless Shelter Northern Centre of Hope

Northern Centre of Hope (The Salvation Army)
9824 99 Avenue, Fort St. John, BC
Phone: 785-0372

The Salvation Army is known for its "*doing*". Doing that is an intentional act of caring for our Community. The Salvation Army's Community and Family Services department is very involved in the community both at the forefront and in the background. The Homeless Shelter is a six-month facility winter shelter. There are separate sleeping rooms for the men and for the ladies, each with their own bathroom/shower facilities. The shelter opens in late fall/early winter and closes in the spring.

Meaope Transition House

Community Bridge
10142 101 Avenue, Fort St. John
Phone: 785-6021

The Meaope Transition House program provides safe shelter, meals, and short-term support to women and their children who are experiencing family violence, personal crisis or are at risk due to homelessness.

SUPPORT SERVICES

Abortion Alternatives

North Peace Pregnancy Care Centre Society
#208-10139-100 Ave, Fort St. John, BC V1J 3Y6
Phone: 787-5584 Hotline: 262-1280 Fax: 787-5591
Monday-10:00am - 2:00pm; Tuesday-12:00pm-4:00pm; Wednesday-10:00am-2:00pm.
www.northpeacepregnancycares.ca

Peer support counseling, 24 hour hotline. They have safe, secure shelter for women, a home for pregnant teens and others. Maternity and Baby resources: baby and up to size two clothing as well as maternity clothes to baby furnishings can be borrowed from the centre. Parenting Skills: the centre offers both formal and informal parenting support groups and the Mom's and Baby Support group. Educational Programs: Individual and group presentations regarding sexual abstinence outside of marriage, pregnancy risks, sexually transmitted diseases, and healthy relationship skills. Referrals can be made for on-going counseling, medical assistance, releasing for adoption and so on. Peer counseling support following an abortion, miscarriage, pregnancy loss.

Action BC Advocacy

8238-100 Ave, Fort St. John, BC V1J 1W6
Phone: 787-1685 Fax: 787-9755

Action B.C. Advocacy and Referral Service provides information to help you connect with other resources in the community or outside. The information centre distributes a wide variety of free brochures, pamphlets, and guides, as well as a variety of government forms and applications. Our Advocacy/Mediation Services assists people in asserting their rights when dealing with government services. We work in child protection, welfare and family court areas. We offer courses on budgeting on an "*as needed*" basis, as well as follow-up, counseling, and referrals. Our resource library offers access to such items as The Criminal Code of Canada, Family Relations Act, Worker's Compensation Board, Ministerial Acts, Amendment and Updates. Our Grandparents Organization offers grandparents

the newest information pertaining to laws, court rulings, Government Amendments, etc. Our education services offers education on civil rights, legal rights, children's rights, family rights, and court procedures. We also have a fax service and a resume service.

Alzheimer Resource Centre

9908-108 Ave, Fort St John, BC V1J 2R3
Phone: 785-3876 Fax: 785-3876

The Alzheimer Resource Centre is a support group that gives assistance to anyone who is affected by Alzheimer Disease. The support group also offers education regarding the early and late stages of dementia and all its forms. There is also a resource centre available by appointment. The centre consists of an extensive book and video library that are accessible for borrowing by the public. There is no cost for this service. Another contact listed for information is Marge Rouble at phone number 785-3081. This service is able to operate with fundraising. Meetings are held every 3rd Thursday of each month.

BC Cerebral Palsy Association

Fort St. John, BC
Toll Free: 1-800-663-0004 or 785-3664 (only if needed)
www.bccerebralpalsy.com

The British Columbia Cerebral Palsy Association offers advocacy and resource information to friends and family who are affected by Cerebral Palsy. The main office operates in Vancouver, BC and can be contacted at 1-800-663-0004. The association is able to operate through fundraising, gaming, and clothing/cash donations.

BC Schizophrenia Society

11204-107 St, Fort St. John, BC
Phone: 261-9189 Toll Free: 1-888-266-6660
Email: jkornelsen@bcss.org
Hours: 9:00am-4:00pm, Monday to Friday

The goal of the British Columbia Schizophrenia Society is to alleviate the suffering caused by schizophrenia, bi-polar disorder, clinical depression, panic/anxiety disorders and obsessive-compulsive disorder. BCSS offers partnership presentations to the public. This is a three member panel who share their stories, regarding how mental illness has affected their lives, with the public. It is designed to educate the public about understanding mental illness and its effects. BCSS provides a twelve week course for friends and families on understanding and living with mental illness. The course is free. BCSS also provides puppet shows to elementary schools to educate children about mental illness.

Canadian Cancer Society

#108-9325-100 St, Fort St. John, BC V1J 4N4
Phone: 785-0903
www.cancer.ca

Diabetes Education Centre

FSJ Hospital & Health Centre
8407-112 Ave, Fort St. John, BC V1J 0J5
Phone: 262-5200 Fax: 262-5306
8:00am - 4:00pm, Monday to Friday

The Diabetes Education Centre provides continuing, coordinated diabetes education to clients with diabetes, to assist them in effective self-management of their diabetes and to reach and maintain a quality level of health. The Diabetes Education Centre works as a resource for persons with diabetes, for their families, health care professionals and members of the community, in regards to diabetes and its management. It will promote and maintain continuity of diabetes education and care between the hospital and community health care disciplines. There is no cost for this service, which is provided by the FSJ Hospital & Health Centre.

Family Services

The Salvation Army
10116-100 Avenue, Fort St. John, BC V1J 1Y6
Phone: 785-0500 Fax: 785-0507

Fibromyalgia Self-Help Group

SS 2, Site 4, Comp 27, Fort St John, BC V1J 4M7
Phone: 785-5111(Joni)
Email: jonikas@shaw.ca

To provide ongoing support, advocacy and information to those afflicted with Fibromyalgia(FM), chronic pain and other disabilities, while also increasing awareness to promote understanding and compassion in friends, families, medical providers and the public in general. All of our counseling is done over the phone.

Heart and Stroke Foundation

1480-7th Ave, Prince George, BC, V2L 3P2
Phone: (250)562-8611 Fax: (250)562-8611

Multiple Sclerosis: North Peace Chapter

11204-98 St, Fort St. John, BC V1J 3W6
Phone: 785-2723 Fax: 785-2720 Toll Free: 1-800-268-7582
Email: info.bc@mssociety.ca
www.mssociety.bc.ca/bc/chapters.htm

Palliative Care Society

9812-108 Ave, Fort St John, BC V1J 2R3
Phone: 787-2814 Fax: 787-2814
24 hours a day, 7 days a week

FSJ & District Palliative Care Society is a community based program dedicated to offer supportive and compassionate care for the person, family, and friends facing a life threatening illness. The Society offers support to those suffering from the end stages of terminal illness as well as support to families. Goals include: to support families and individuals, to promote and recognize standards for palliative care, to develop community awareness, to work with existing agencies to provide coordinated care, and to train volunteer companions to provide services to those in need. Visiting volunteers provide respite, run errands, and listen, talk or just quietly sit with you during this difficult time.

Parkinson's Disease Support Group

Fort St. John, BC
Phone: 785-7348 Cell: 793-0857
Email: info@parkinson.bc.ca
www.parkinson.ca

The Parkinson's Disease Support Group is a newly formed group that meet to discuss the latest developments within Parkinson's research and treatments, how the members were diagnosed and how they are adapting. For more information, please contact Sarah Buekert at the above phone number.

TOURISM

Hello North

Tourism Association: Northern Rockies Alaska Highway
#300-9923-96 Ave, Fort St John, BC V1J 6H6
Phone: 785-2544 Fax: 785-4424 Toll Free: 1-888-785-2544
8:30am - 4:30pm, Monday to Friday
Email: info@hellonorth.com
www.hellonorth.com

The Northern Rockies Alaska Highway Tourism Association (NRAHTA) has represented the interests of tourism within Northeastern British Columbia for over 25 years. Formerly the Peace River Alaska Highway Tourist Association and affiliated with Tourism BC, NRAHTA is now a non-profit independent association. The Association operates under the direction of a board of directors and is mandated to coordinate and promote visitor activity within Northeastern British Columbia while pursuing roles of education, advocacy, and promotion. NRAHTA represents the following communities: District of Mackenzie, District of Chetwynd, District of Tumbler Ridge, District of Hudson's Hope, Village of Pouce Coupe, City of Dawson Creek, District of Taylor, City of Fort St John, and the Town of Fort Nelson as well as the Peace River Regional District and the Northern Rockies Regional District. The Northern Rockies Alaska Highway Tourism Association is the only sub-regional tourism association, which specifically represents the interests of tourism within Northern BC. The mandate of the Association is to promote & coordinate visitor activity within Northeastern British Columbia while pursuing roles of education, advocacy, and promotion. Annual projects include the production of a travel guide and representation of the area at consumer shows. Other initiatives include website development (www.HelloNorth.com) and implementation of the Visitor Stay Another Day Program, Live a Day the Northern Way, and the broadcasting of the Hello North Snowmobile Condition Update. The development of agri-tourism is also an important project.

Fort St. John Visitor Information Centre

9324 - 96 Street, Fort St. John, BC V1J 6V5
Phone: 785-3003 Fax: 785-7181 Toll Free: 1-877-785-6037
9:00am - 5:00pm, Monday to Friday
Email: visitorinfo@fortstjohn.ca

The Visitor Information Centre (VIC) provides information to tourists and the people of FSJ. Information provided includes: local area, other 5 tourism regions of BC, other cities all over BC and Alberta, accommodations, camping, fishing, all other provinces and territories travel guides, accommodation guides and a comprehensive calendar of events. Our job is to help people with whatever they need, no matter what they request. The FSJ VIC is part of a network of visitor info centres all over BC, which is operated by Tourism BC. All Visitor Info Centres have the same logo, allowing for easy recognition for tourists when they are visiting the province. By creating a positive picture of the area, the VIC can keep tourists in the area longer, spending more money, which is great for the local economy. In addition, the VIC is a great resource for local people. We can provide extensive information for someone planning a trip anywhere in Canada. If we happen to not have what you are looking for, we will find out where you can find it. Please note that the VIC has different hours depending on the season. The City of FSJ and Tourism BC provide funding for the VIC.

TRADES & APPRENTICESHIP

Piping Industry Apprenticeship Board (PIAB)

7825-100 Ave, Fort St. John, BC V1J 1W1

Phone: 263-9595

www.uapicbc.ca

Northern Lights College Trades

Box 1000, 9820-120 Avenue, Fort St. John, BC V1J 6K1

Toll Free: 1-866-463-6652

Phone: 250-785-6981

fax: 250-785-1294

www.nlc.bc.ca

WorkBC Apprentice Online Portal

7825-100 Ave, Fort St. John, BC V1J 1W1

Phone: 263-9595

www.workbc.ca

Industry Training Authority

904 102nd Avenue, Dawson Creek, BC V1G 2B7

Phone: 782-0002

Email: peales@itabc.ca

www.itabc.ca

WOMEN

Choices for Women

Community Bridge

10142-101 Avenue, Fort St. John, BC

Phone: 785-6021 Fax: 785-4659

8:30am-4:30pm, Monday to Friday

Choices for Women is a program for women who have been victims of violence or experienced abuse at some time in their lives. Abuse is when you are threatened or harmed physically, emotionally, verbally, or financially by another individual, this includes sexual abuse and sexual assault. The services offered are individual counseling, group counseling, referral services, and support groups. You may access this program through another agency or self-referral by contacting the office. Funding for this program is provided by the Ministry for Women's Equality.

Women In Our Best Interest Program

Women's Resource Society

10051-100 Avenue, Fort St. John, BC V1J 1Y7

Phone: 787-1121 Fax: 787-7333

9:00am - 5:00pm, Monday to Friday

www.fsjwrs.ca

Women's Resource Centre

Women's Resource Society
10051-100 Avenue, Fort St. John, BC V1J 1Y7
Phone: 787-1121 Fax: 787-7333
9:00am - 5:00pm, Monday to Friday
Email: fsjwrs@telus.net
www.fsjwrs.ca

The FSJ Women's Resource Society strives to empower women and girls with the tools to improve the quality of their own lives. We are committed to promoting equality, safety and well-being to the women of our community.

Skye Place Housing Program

Women's Resource Society
10051-100 Avenue, Fort St. John, BC V1J 1Y7
Phone: 787-1121 Fax: 787-7333
9:00am - 5:00pm, Monday to Friday
Email: fsjwrs@telus.net
www.fsjwrs.ca

The Women's Resource Society operates a second stage housing program for women and children who are leaving an abusive relationship. Residents of Skye's Place enjoy a close-knit community, a safe space for their families, and opportunities for moms and kids to thrive. Application for housing are available at the Women's Society.

Meaope Transition House

Community Bridge
10142-101 Avenue, Fort St. John, BC
Phone: 785-6021 Fax: 785-4659
8:30am-4:30pm, Monday to Friday

The Meaope Transition House is for adult women who are victims of abuse. The Transition House provides 24 hour safe and secure shelter to women and their children who are victims of violence or abuse. Abuse can be physical, emotional, or verbal. It is when you are threatened or harmed physically, emotionally, mentally, or financially by another individual; this includes sexual abuse and sexual assault. Funding for this program is from the Ministry for Communities, Aboriginal, and Women's Services.

YOUTH

Supported Independent Living

Community Bridge
10142-101 Avenue, Fort St. John, BC
Phone: 785-6021 Fax: 785-4659
8:30am-4:30pm, Monday to Friday

The Supported Independent Living Program is a Life Skills Program that assists clients to live independently. It is a support program for youths, 16-19 years of age, capable of independent living. It will assist youth to develop basic life skills for effective community living, identify community resources, educate youths regarding personal health, safety, and responsibility. Adolescents are taken through a structured process to select a suitable residence and secure living arrangements. All youths in the SIL program will be children in the care of the Ministry for Children and Families or on underage BC Benefits. Youths are expected to attend school, work or be actively seeking employment. SIL workers will transport clients to appointments, court, school meetings, meeting with their social worker or their financial assistance worker. SIL workers administer income assistance fund to the clients on a weekly or semi-weekly basis. They also provide information on advocacy services, job search assistance, parenting

information (referrals), goal setting, and personal development. Funding is provided by the Ministry for Children and Family Development and the Ministry of Human Resources.

Youth Offenders (YOA) Program

Community Bridge
10142-101 Avenue, Fort St. John, BC
Phone: 785-6021 Fax: 785-4659
8:30am-4:30pm, Monday to Friday

The Youth Offenders Act Program provides: specialized treatment for young offenders identified as a priority by the justice system and community agencies; an assessment and treatment program for young offenders in the Peace River Area; consultation; and monitors the young offenders progress and functioning, and advises the youth court services when further evaluation or more intense treatment is required. It also offers direct treatment intervention through individual, group, and family counseling. YOA presents full and accurate reports when required by the director. Funding is provided by the Ministry for Children and Family Development and Youth Forensic Sciences.

Youth Outreach Program

FSJ Friendship Society,
10208-95 Avenue, Fort St John, BC V1J 1J2
Phone: 785-8566 Fax: 785-1507
8:30am - 4:30pm, Monday to Friday

Fort St John Friendship Society offers Youth Drug and Alcohol Prevention Activities. A counselor is available to answer any questions you may have on the use/abuse of alcohol and/or drugs. They are also available to make presentations to schools or other groups. If you need one-on-one confidential talks, the counselor is there for you. Every Wednesday night (7:30 - 9:30pm at the Friendship Centre), youth between the ages of 13 and 18 meet to talk about important issues that teens face today.

Youth Support Line

Phone: 250-564-8336(Teen)
Toll Free: 1-888-564-8336
4pm-10pm (Call-forwarded to 24 hour Crisis Line after hours)

If you are feeling overwhelmed, depressed, confused, suicidal or just needing someone to listen; The Crisis Prevention Intervention and Information Centre for Northern BC is a non-profit organization dedicated to providing emotional support, suicide intervention and referral information to the people of northern BC. The Crisis Prevention Intervention an Information Centre for Northern BC believes that it is the right of every individual in their time of need to have access to free confidential anonymous an non-judgmental peer counseling and or information and referrals. No matter where you live, there is always help!

Northern Youth Online

The Crisis Prevention Intervention an Information Centre for Northern BC
www.northernyouthonline.ca
Chat Live Online 4pm-10pm

If you are feeling overwhelmed, depressed, confused, suicidal or just needing someone to talk to, remember:
You're not alone...There are many ways to cope...We're here to listen.

DISTRICT OF TAYLOR, BC

District of Taylor

Box 300-10007-100A St, Taylor, BC V0C 2K0

Phone: 789-3392 Fax: 789-3543

www.districtoftaylor.com

For a full list of services provided for the District of Taylor, please visit our website. Our office is open Monday – Friday, 9:00am-5:00pm.

District Ice Centre of Taylor

9888 Cherry Ave W, Taylor, BC V0C 2K0

Phone: 789-3004

www.rinktime.com

Lone Wolf Golf Club

Taylor, BC, V0C 2K0

Phone: 789-3711

www.lonewolfgolf.ca

If you are interested in golfing, than look no further than the Lone Wolf Golf Club. We offer reasonable rates, dining and much more. Call us today to book a tee time or visit our website.

JR. Golf Program

C/O Lone Wolf Golf Club

Taylor, BC V0C 2K0

Phone: 789-3711

www.lonewolfgolf.ca

Lone Wolf Golf Club is the only golf club that offers junior lessons for children as young as the age of 4. To find out more information please visit the website at www.lonewolfgolf.ca or www.snagcanada.com.

Peace Island Park

Taylor, BC V0C 2K0

Phone: 789-9295

Peace Island Park is home to 39 sites on the island and 60 serviced sites in the new expansion area. Peace Island Park is one of the most affordable campgrounds with fees ranging from \$15 to \$50.00 per night. We provide Serviced, Non-serviced and Group sites, a Picnic/Day use Area, Walking Trails, Horseshoe Pits, Historic Rocky Mountain Forts, Playgrounds, a Shelter with Cookhouse, Water Pump, Firewood, and Boat Launch available for the entire family's enjoyment.

Taylor Community Hall

Box 294, Taylor, BC V0C 2K0

Phone: 789-3392

Do you have a special event coming up? Why not give our community hall a call and book that event today.

Taylor Pool

9888 Cherry Ave W, Taylor, BC V0C 2K0

Phone: 789-3549

Taylor Public Library

Box 730, Taylor, BC V0C 2K0

Phone: 789-9878

Email: library@districtoftaylor.com

www.taylor.bc.library.ca

The Public Library has endeavored to put together services and a collection of items that cover a broad range of interests. To get more information in regards to these services, please feel free to visit our website.

Taylor Summer Kids Kamp

Taylor, BC V0C 2K0

Phone: 789-3392 ext. 116

Email: sryder@districtoftaylor.com

Kids Kamp is a 7 week long program that welcomes children from the ages of 5 -12. Through this program, children gain new friendships, team building skills, a sense of independence and much more. This is a great program that benefits children, families and our local communities. For more information on this program, please visit our website.

Taylor Visitor Information Centre

10316-100 St, Taylor, BC V0C 2K0

Phone: 789-9015 Fax: 789-9012

Email: info@districtoftaylor.com

www.districtoftaylor.com

DISTRICT OF HUDSON'S HOPE

District of Hudson's Hope

9904 Dudley Drive, Hudson's Hope, BC

Phone: 783-9901 Fax: 783-5741

www.dist.hudsons-hope.bc.ca

Hudson's Hope Arena

10010 Arena Road, Hudson's Hope, BC

Phone: 783-5563

www.hharena.ca

www.dist.hudsons-hope.bc.ca

The arena is located within walking distance of downtown Hudson's Hope. It has an NHL size ice surface with annual hockey tournaments and ice shows being held throughout the winter. The arena offers skate sharpening and skate rentals. They have friendly staff and great food at the concession which makes this arena a great place to be in the winter.

Hudson's Hope Outdoor Pool

10261 Holland St, Hudson's Hope, BC

Phone: 783-9913

The Hudson's Hope Outdoor Pool offers several different varieties of swims throughout the summer season. This is a fun and relaxing setting for the whole family.

Hudson's Hope Playschool

Phone: 783-5290

The Hudson's Hope Playschool offers a preschool program for children aged 30 months to 5 years. They offer a variety of age-appropriate and theme related activities that are incorporated into each Playschool day to help children in all areas of development. Classes run Tuesday, Wednesday and Thursday from 8:00am – 4:30pm. They also welcome drop-in care.

Hudson's Hope StrongStart

10441 Holland St, Hudson's Hope, BC

Phone: 783-9994

The Hudson's Hope StrongStart is located at the Hudson's Hope School. This is a free, drop-in early learning program for children ages 5 and under. There is a qualified Early Childhood Educator on-site who provide healthy snacks and a safe, creative environment to stimulate learning and literacy through play. There are also opportunities for library time and the use of the gymnasium.