



2025 Houston & Area Social Service Navigator

For Community Resources Across the Northwest Visit: pacificnorthwest.fetchbc.ca

Houston & Area Emergency Numbers

Ambulance/Fire/Police9-1-1
Poison Control1-800-567-8911
Northern Crisis Line.....1-888-562-1214
Teen Crisis Line.....1-888-564-8336
Suicide Crisis Helpline.....9-8-8

Hotlines

Health Link BC8-1-1

Options for Sexual
Health.....1-800-739-7367

Palliative Care Hotline250-565-7322
• Ask for palliative physician on call

Pregnancy Options BC.....1-888-875-3163

Bulkley Valley
District Hospital.....250-847-2611

Community Health

Houston Primary Care
Clinic.....250-845-5972

Houston Health Centre.....250-845-2294

Mountain View Dental Clinic..250-845-7131

Bulkley Valley Chiropractors..250-845-7013

Northern Brain Injury
Association.....250-877-7723

Health Information Hub.....250-877-4424

Northern Health Dental
Program.....250-847-6400
• Dental care for children 0-6 years

Smithers Public Health.....250-847-6400
• BC Early Hearing Program
• Flu shots & Immunization
• Speech & Language
• Tobacco Reduction

Disability Resources.....1-866-866-0800

Options for Sexual
Health Clinic.....250-847-6400 ext. 0

Community Services

Houston Community Service
Association.....250-845-3484

UNBC Northwest
Campus.....1-800-697-7388

Houston Community Services
Food Bank.....250-845-3494

The Vault
Thrift Store.....250-845-3494

Houston Link to
Learning.....250-845-2727

Children, Youth & Families

Early Psychosis
Intervention.....250-645-7430

Jumpstart Pre-Kindergarten
Program.....250-845-2228

Dze L K'ant Friendship Centre Society
After School Program.....250-845-2131
• The After School Program is a free,
licensed child care program for
school aged children aged 8-12

Dze L K'ant Friendship Centre Society
Connections Project.....250-845-2131
• Help 'at risk' youth build social
connections

Stopping The Violence Women's
Counselling.....1-877-633-9933

Thomas Robinson Consulting
.....250-845-2840
• Aboriginal Supported Child
Development
• Autism Support Services
• Behaviour Consulting
• Child & Youth Program
• Family Preservation Program

Northern Society of Domestic Peace
Children & Youth Peace.....250-845-3212

Northern Society of Domestic Peace
Sexual Abuse Intervention
Program.....250-845-3212

Houston Family Resource
Centre.....250-845-2727

Home & Community Care

Northern Health Homes &
Community Care.....250-847-6234
• Assistance with personal care
• Nursing services
• Respite care
• Adult day center

Seniors Services

Adult Day Program.....250-845-2294

Cottonwood Manor
Assisted Living.....250-845-3770

Housing & Food Security

Houston Community Services
Food Bank.....250-845-3494

BC Housing.....1-800-257-7756

Education & Employment

Work BC Employment
Services.....1-877-564-3545
• Self Serve Resource Centre with
Computer Access
• Volunteer Support with Disability
Forms

Legal Services

Community Futures
Small Business Services.....250-845-2522
• Counselling and advisory services,
as well as loans, for small
businesses

Northern Society of Domestic Peace
Children & Youth Peace.....250-845-3212

Northern Society of Domestic Peace
Sexual Abuse Intervention
Program.....250-845-3212

Legal Aid- Law Line.....1-866-577-2525

Finances & Government Forms

Ministry of Social Development & Poverty
Reduction.....1-866-866-0800
• Income Assistance
• Disability & Supplemental Benefits

Employment Insurance &
Sickness Benefits.....1-800-206-7218

Medical Services Plan1-800-663-7100

Service BC Office.....250-845-5828

Canada Pension Plan/
Old Age Security1-800-277-9914

Transportation

BC Transit.....250-632-4449

Northern Health
Connections.....1-888-647-4997
• Affordable Medical Transportation
• Low-Cost Accommodations

Travel Assistance
Program.....1-800-663-7100

Mental Health & Addictions

Mental Health & Addictions
Community Programs.....250-845-5964

Northern Brain Injury
Association.....250-877-7723

Smithers Community
Health Services.....250-847-6400

Alcoholics Anonymous
Houston B.C.....1-877-644-2266

Alcoholics Anonymous
Smithers District.....250-643-0794

Mental Health Family
Resource Centre.....250-917-8337

FOUNDRY Health and Wellness
Services.....250-635-5596
• for young people ages 12-24



**Pacific Northwest
Division of Family Practice**

A FPSC initiative

**TO ORDER MORE COPIES
OR TO UPDATE:
250- 917-8927
pnwadmin@pnwdivisionbc.ca**