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RESOURCES FOR FAMILIES IN NEED: BURNS LAKE



Mobile devices/phones can be used to scan the QR codes for more information.

Carrier Sekani Family Services



- [Best Beginnings Outreach Program | Carrier Sekani Family](#) / 778-916-4804
- Home visits
- Parent education programs
- Parent support groups
- Parent to parent connections
- Family Preservation | 250-692-3997
- Prenatal education, harm reduction, nutrition, mental health and more | 778-916-7429

Elizabeth Fry Society



- [Burns Lake | Prince George and District Elizabeth Fry Society](#) / 250-692-7559
- [Eagles' Nest Transition Home](#)
- [Early Years Program](#)
- [Family Connections](#)
- [Family Support Program](#)
- [PEACE \(Formerly Children Who Witness Abuse\)](#)
- [Stopping the Violence Program](#)
- [Women's Outreach Program](#)

Help with Breastfeeding - Lactation Consultants listed by city

- [Help with breastfeeding | Northern Health](#)



Mental Health and Substance Use Services listed by community

- [MH Services by Community | Northern Health](#)



Mental Health and Substance Use NH Resources

- [Mental health and substance use | Northern Health](#)



Northern Health Overdose Prevention Info and Resources

- [Overdose prevention | Northern Health](#)



RESOURCES FOR FAMILIES IN NEED: DAWSON CREEK



Mobile devices/phones can be used to scan the QR codes for more information.

Aboriginal Family Services

- 250-782-1169

Baby's Best Chance Outreach

- [Dawson Creek – Community Bridge | Fort St. John, BC](#) / 250-785-6021 ext. 251 / info@communitybridge.ca
- The Baby's Best Chance program provides services for pregnant and postnatal individuals with day-to-day information about pregnancy and early stages of motherhood. Join us to Learn about pregnancy; including nutrition, how to prepare for birth, post-delivery education, newborn care, how to make healthy choices for self and baby and access support during your pregnancy and postnatal journeys!



The program is **FREE** to access for pregnant individuals and their infants up to 6 months of age.

Dawson Creek Health Unit

- [Dawson Creek Health Unit | Northern Health](#) / 250-719-6500



Dawson Creek Mental Health & Addictions Community Program

- 250-719-6525

Dawson Creek OAT Clinic

- [Program: Opioid Agonist Treatment \(healthlinkbc.ca\)](#) / 250-719-3525



Dawson Creek Methadone Opiate Agonist Therapy Program

- [Treatment & Intake Support - Healthy FSJ](#) / 250-719-6525



Family Preservation Program

- [Family Preservation Program – Dawson Creek – Community Bridge | Fort St. John, BC](#) / 250-784-2004
- This program provides in-home support to families and children deemed to be at risk by the Ministry for Children and Family Development.



Family Wellness Program

- [Family Wellness – Nawican Friendship Centre](#) / 250-782-5205
- Pregnancy support group (pregnancy testing, prenatal classes, parenting skills, hospital and feeding support, postpartum depression, infant CPR training, diaper changing, car seat safety, etc).
- Parenting groups for mothers and fathers.
- 1 hour child minding to promote mother's self-care, life skills workshops for teens and adults (with topics such as establishing healthy boundaries, consent and sexual health, drug and alcohol awareness, cultural healing, women empowerment, supporting children through school-aged years, suicide prevention, violence against women, LGBTQ2S+ issues, anti-bullying, and anti-racism).
- Cultural planning support for non-Indigenous families who are raising Indigenous children, as well as intergenerational Indigenous knowledge sharing and cultural activities for families.



Haven Family Services

- [DC Haven Family Services](#) / 250-782-6795
- Dawson Creek Haven Family Services seeks to empower individuals and families, while collaborating with community partners. These partnerships ultimately function to provide unifying, holistic, and wrap-around care for those families seeking support.



Help with Breastfeeding

- Lactation consultants listed by city. [Help with breastfeeding | Northern Health](#)



Mental Health and Substance Use NH Resources

- [Mental health and substance use | Northern Health](#)



Mental Health and Substance Use Services Listed by community

- [MH Services by community | Northern Health](#)



Nawican Friendship Centre

- [Resources – Nawican Friendship Centre](#)



Northern Health Overdose Prevention Info and Resources

- [Overdose prevention | Northern Health](#)



Northern Health Pregnancy and Baby Resources

- [Pregnancy and baby | Northern Health](#)



Northern Health Virtual Substance Use Clinic

- 1-844-645-7811/ Press 2 for mental health or substance use support



South Peace Child Development Centre

- [South Peace Child Development Centre \(spcdc.ca\)](#) / 250-782-1161
- Through family partnerships we provide early intervention services, childhood education and individualized programs to enrich the lives of children and youth.



South Peace Community Resources Society

- [South Peace Community Resources Society \(spcrs.ca\)](#) / 250-782-9174 ext. 231
- Family Support Counselling - Providing support to families so that they can enhance their relationships and effectively respond to crises within the family unit.



RESOURCES FOR FAMILIES IN NEED:

FORT ST JAMES, VANDERHOOF, AND FRASER LAKE

Mobile devices/phones can be used to scan the QR codes for more information.

Help with Breastfeeding - Lactation consultants listed by community

- [Help with breastfeeding | Northern Health](#)



Mental Health and Substance Use NH Resources

- [Mental health and substance use | Northern Health](#)



Mental Health and Substance Use Services Listed by community

- [MH Services by community | Northern Health](#)



Northwest Child Development Centre

- [Northwest Child Development Centre \(fetchbc.ca\)](#) / 250-567-2911



Northern Health Virtual Substance Use Clinic

- 1-844-645-7811/ Press 2 for mental health or substance use support



Northern Health Overdose Prevention Info and Resources

- [Overdose prevention | Northern Health](#)



Vanderhoof

Connexus Community Resources

- [Children, youth and family services | Connexus](#) / 250-567-9205
- Family Preservation, Support and Education
- Infant Development Program



FNHA Doctor of the Day

Provides access to First Nations people in BC to access primary health care virtually / 1-855-344-3800

Fort St James

Connexus Community Resources

- [Children, youth and family services | Connexus](#) / 250-996-7645
- Family Preservation, Support and Education
- Infant Development Program



Nak'azdli Whut'en Health Centre

- [Health Centre | Nak'azdli Whut'en \(nakazdliwhuten.ca\)](#) / 250-996-7400
- Harm Reduction
- Maternal Child Health Program
- Well Baby Clinics



Fraser Lake

Connexus Community Resources

- [Children, youth and family services | Connexus](#) / 250-567-9205
- Family Preservation, Support and Education
- Infant Development Program



RESOURCES FOR FAMILIES IN NEED: FORT ST. JOHN



Mobile devices/phones can be used to scan the QR codes for more information.

Baby's Best Chance – Fort St John

- [Community Bridge | Fort St. John, BC](#) / 250-785-6021 ext. 251 / info@communitybridge.ca
- provides services for pregnant and postnatal individuals with day-to-day information about pregnancy and early stages of motherhood. Join us to Learn about pregnancy; including nutrition, how to prepare for birth, post-delivery education, newborn care, how to make healthy choices for self and baby and access support during your pregnancy and postnatal journeys.



The program is **FREE** to access for pregnant individuals and their infants up to 6 months of age.

Family Preservation program

- [Family Preservation Program – Fort St. John – Community Bridge | Fort St. John, BC](#)
- This program provides in-home support to families and children deemed to be at risk by the Ministry for Children and Family Development.



Fort St John Child Development Center

- [Home \(cdcfsj.ca\)](#) / 250-785-3200
- We link families and child care providers in the communities of Fort St. John, Taylor, Charlie Lake, Hudson's Hope, Wonowon, Blueberry, and surrounding areas by offering free consultation, support, and referral services to parents seeking child care.



Fort St John Health Unit

- [Fort St. John Health Unit | Northern Health](#) / 250-263-6000



Fort St. John Mental Health & Addiction Services

- [Treatment Intake Support](#) / 250-263-6080



Fort St John OAT Clinic Program

- [Opioid Agonist Treatment \(healthlinkbc.ca\)](https://healthlinkbc.ca) / 250-261-3236



Help with Breastfeeding

- Lactation consultants listed by city. [Help with breastfeeding | Northern Health](#)



Homeless prevention program

- [Homeless Prevention Program Community Bridge | Fort St. John, BC](#)
- This program provides support and rent supplements to people who are homeless or at risk of being homeless.



Mental Health and Substance Use NH Resources

- [Mental health and substance use | Northern Health](#)



Mental Health and Substance Use Services Listed by community

- [MH Services by community | Northern Health](#)



Northern Health Overdose Prevention Info and Resources

- [Overdose prevention | Northern Health](#)



Northern Health Pregnancy and Baby Resources

- [Pregnancy and baby | Northern Health](#)



Northern Health Virtual Substance Use Clinic

- 1-844-645-7811/ Press 2 for mental health or substance use support



RESOURCES FOR FAMILIES IN NEED: HAIDA GWAI



Mobile devices/phones can be used to scan the QR codes for more information.

Haida Child and Family Services Society

- 250-626-5257 (North)
- 250-559-8400 (South)

Haida Gwaii Clinics and Hospitals

- Hospitals & Clinics - [Haida Gwaii Health](#)



Help with Breastfeeding - Lactation consultants listed by city

- [Help with breastfeeding | Northern Health](#)



Islands Wellness Society

- 250-893-7045 / [Programs | Islands Wellness Society](#)
- Women's Counselling
- Outreach and Victim Assistance



Maternity Program

- 250-637-1115

Mental Health and Substance Use NH Resources

- [Mental health and substance use | Northern Health](#)



Mental Health and Substance Use Services Listed by community

- [MH Services by community | Northern Health](#)

Daajing Giids

- Adult Mental Health - 250-559-4902
- Daajing Giids - BC Schizophrenia Society haidagwaii@bcss.org / 250-600-0215
 - One-on-one support
 - support groups and workshops

Old Masset

- Adult Mental Health - 250-626-4725
- Transition House (Old Masset)
 - Stopping the Violence Counselling: 250 626-6052
 - Prevention Education Advocacy Counselling and Empowerment Program (PEACE): 250 626-4664, Help line: 250 626-4666
- Niisla Naay (Old Masset)
 - 250-626-3911
 - Land-based healing program

Skidegate

- Adult Mental Health 250-559-4610

Northern Haida Gwaii Hospital and Health Centre

- 250-626-4700
- [Northern Haida Gwaii Hospital and Health Centre | Northern Health](#)

Northern Health Overdose Prevention Info and Resources

- [Overdose prevention | Northern Health](#)

Northern Health Virtual Substance Use Clinic

- 1-844-645-7811/ Press 2 for mental health or substance use support

Public Health

- 250-626-4725 (North)
- 250-559-4933 (South)

RESOURCES FOR FAMILIES IN NEED: HOUSTON, HAZELTON, AND DEASE LAKE



Mobile devices/phones can be used to scan the QR codes for more information.

Help with Breastfeeding - Lactation consultants listed by community

- [Help with breastfeeding | Northern Health](#)



Mental Health and Substance Use NH Resources

- [Mental health and substance use | Northern Health](#)



Mental Health and Substance Use Services Listed by community

- [MH Services by community | Northern Health](#)



Northern Health Overdose Prevention Info and Resources

- [Overdose prevention | Northern Health](#)



Northern Health Virtual Substance Use Clinic

- 1-844-645-7811/ Press 2 for mental health or substance use support



Hazelton

Cedar Rose Transition House

- 24-Hour Shelter / 778-614-4445

Seven Sisters Second Stage Housing

- 778-641-4445

Starting Smart

- [Program: Starting Smart Pregnancy Outreach \(healthlinkbc.ca\)](https://healthlinkbc.ca) / 2500-877-2813
- Pregnancy and Parenting Support



Gitanmaax Health and Wellness Centre

- [Health and Wellness Centre | Gitanmaax Band](#) / 250-842-6320
- Maternal Child Health
- Aboriginal Head Start



Houston

Dze L K'ant Friendship Centre (Houston)

- [Dze L Kant Friendship Centre | Inspire Believe Belong \(dzelkant.com\)](https://dzelkant.com) / 250-845-2131



Houston Office of Northern Society for Domestic Peace

- 250-845-3212

Dease Lake

Pregnancy Outreach Program

- [Dease Lake Pregnancy Outreach Program | Dze L Kant Friendship Centre \(dzelkant.com\)](https://dzelkant.com)
- Provides perinatal information and resources for families aged 0-6.



Stikine Health Center

- [Dease Lake health services at a glance | Northern Health](#) / 250-771-4444



Meaope Transition House

- [Meaope Transition House - Community Bridge | Fort St. John, BC](#) / 250-785-5208
- A transition house provides 24 hour safe and secure shelter to women who are victims of violence or abuse and their children. There is no cost for these services.



Women's Outreach Program

- [Women's Outreach Program – Community Bridge | Fort St. John, BC](#) / 250-785-6021 ext. 244
- This program is for adult women who have experienced, or are at risk of abuse, threats or violence, and their dependent children.



RESOURCES FOR FAMILIES IN NEED: PRINCE GEORGE



Mobile devices/phones can be used to scan the QR codes for more information.

Northern Health Aboriginal Patient Liaison

- indigenousealthnh.ca/initiatives/APLs / 778-349-1348
- Offers in-hospital and community support to help Indigenous persons and their families with accessing culturally safe health care services.
- Patient navigators work directly with hospital staff and health care providers to help patients with health care and discharge planning, hospital stay information, completing forms, referrals to community services, and with navigating the health care system.
- Your health care provider or nurse can call the liaison for you, or you can call.



Breastfeeding Support | Northern Health

- northernhealth.ca / 250-565-2327
- Provides breastfeeding support and education to clients in person at UHNBC or by telephone. Clients are seen by self-request. / NHBreastfeeding@northernhealth.ca
- Hours: Monday to Friday 8am to 2pm



Carrier Sekani Family Services

- 250-562-3591
- Prince George Family Support and Children in Care Guardianship Services. 250-563-1281
- Mental Health and Wellness Services in Prince George. 250-564-4079
- Child & Family Services 250-561-7016



Central Interior Native Health Society

- www.cinhs.org / 250-564-4422
- Medical Services, Cultural Services, Social Work Services, Addiction Services



Harmony House

- harmonyhousebc.com / 1-236-423-3335
- Supportive housing for women who are struggling with mental health and/or problematic substance use, are pregnant or new mothers in danger of losing their child to the care of Ministry of Children and Families Development (MCFD).
- Indigenous support staff, morning childminding for appointments, and 24/7 nurse. harmony.house@shaw.ca



Infant Development Program (AimHi)

- <https://aimhi.ca/our-services/infant-development-program> / 250-564-6408
- Support to parents in planning activities that encourage child development
- Home visiting program



Opioid Agonist Therapy | Northern Health

- northernhealth.ca / 250-565-2100
- Provides a prescribed medicine such as methadone or suboxone, in a supervised clinical setting to treat people who have a problematic pattern of opioid use.
- Clients also have access to counselling, naloxone kits, community and treatment referrals, education, and support.
- OAT & Prescribed Safer Supply at the Needle Exchange
 - Mondays & Thursdays, 1:15 to 5:00pm
 - No appointments (first come, first served for individuals who are attached to our program)
 - 277 George Street, Prince George 250-645-3810.



Pregnancy and Baby | Northern Health

- northernhealth.ca/health-information/pregnancy-and-baby
- Primary care staff at Northern Health in Prince George / 250-645-8963
- Whether you're thinking about having a baby, are pregnant or have already had your baby, we want to give you information that will help you make healthy and informed decisions at this special time of your life.
- The primary care staff at Northern Health and their community service partners want to work with you to ensure you have the healthiest pregnancy and baby possible. We can support you and your family during your pregnancy and after you have had your baby



Prince George Elizabeth Fry Society

- www.pgefry.bc.ca / Call 1-866-563-1113 or 250-562-5868 for 24 crisis support or information about the following programs
- **HEALTHY CARE PREGNANCY PROGRAM**
Support pregnant and newly parenting individuals who use or have used substances to navigate through primary care, community care, and acute hospital settings while accessing treatment and recovery services. The program is crucial for women experiencing complex medical, health, and social risks as it connects them with housing services, child welfare, and family services. bnbinreach@pgefry.bc.ca / 778-349-4413
- **BABY'S NEW BEGINNINGS**
Education and support groups, food vouchers, pre and post pregnancy support, clothing, referrals for physician care, counselling, and parenting support
- **COMMUNITY BASED VICTIM SERVICES**
Advocacy, crisis counselling, and support for victims of childhood abuse, criminal harassment, and partner abuse, as well as information on the criminal justice system.



Prince George Native Friendship Center

- http://www.pgnfc.com/programs_services.html / 250-564-3568
- The Aboriginal Child & Youth Wellness Program was created for children, youth, and their families; to promote wellness, balance and healing. In terms of the medicine wheel, balance means being strong emotionally, physically, mentally, and spiritually.
- We aim to provide counselling and support which integrates culture, teachings and provides cultural opportunities. We are guided by our Cultural and Spiritual Advisors.
- Other programs include Aboriginal Child Development Program, Victim Services, Day Care Programs, Family Law and Healing Centre for alcohol and drug counselling or crisis support.



RESOURCES FOR FAMILIES IN NEED: PRINCE RUPERT



Mobile devices/phones can be used to scan the QR codes for more information.

North Coast Community Services

- [Pregnancy Outreach Program | North Cost Community Services | Prince Rupert Community Enrichment Society](#) / 250-627-7166
- Provides information and support for prenatal and postnatal health along with labour and delivery information. Through the Worker, parents-to-be and new parents will receive one on one support, along with breastfeeding consultation and nutrition and healthy lifestyles guidance.
- Family Support Workers provide resources and support for parents who may, at times, need additional guidance with parenting challenges and enhancing healthy lifestyles to improve the lives of their children and themselves.
- Infant Development Program
- Family Skills Program



Prince Rupert Friendship House

- [Aboriginal Supported Child Development](#) / 250-627-1717 ext. 24
- Family Cultural Program / 250-627-1717 ext. 27
- Aboriginal Infant Development Program / 250-627-1717 ext. 25 or 23
- Parent and Tot / 250-627-1717 ext. 21



Transportation between Terrace and Prince Rupert EAW

- [evaw.ca](#) / 250-624-1717 / reception@friendshiphouse.ca
- \$5.00 one way – \$10.00 round trip



Nisga'a Lisims Government

- [Child and Family Services – Nisga'a Lisims Government](#)
- Family Group Conference Program, which provides a venue for alternative family dispute resolution.
- Infant Development Program, which benefits children from birth to three years of age by providing support and education for parents.
- Supported Child Care Development Program, which supports and provides advocacy for children with special needs.
- Nisga'a Infant Development Program



Help with Breastfeeding - Lactation Consultants listed by city

- [Help with breastfeeding | Northern Health](#)



Mental Health and Substance Use Services listed by community

- [MH Services by Community | Northern Health](#)



Mental Health and Substance Use NH Resources

- [Mental health and substance use | Northern Health](#)



Northern Health Overdose Prevention Info and Resources

- [Overdose prevention | Northern Health](#)



RESOURCES FOR FAMILIES IN NEED: QUESNEL



Mobile devices/phones can be used to scan the QR codes for more information.

Amata Transition House

- 250-992-7321
- [Amata Transition House Society Support and outreach workers](#)
- Family Childcare Worker



Help with Breastfeeding - Lactation consultants listed by community

- [Help with breastfeeding | Northern Health](#)



Mental Health and Substance Use NH Resources

- [Mental health and substance use | Northern Health](#)



Mental Health and Substance Use Services Listed by community

- [MH Services by community | Northern Health](#)



Northern Health Overdose Prevention Info and Resources

- [Overdose prevention | Northern Health](#)



Northern Health Virtual Substance Use Clinic

- 1-844-645-7811/ Press 2 for mental health or substance use support



Quesnel & District Child Development Centre

- 250-992-2481
- [Home | Quesnel & District Child Development Centre \(quesnelcdc.com\)](https://quesnelcdc.com)
- Pregnancy outreach program
- Parenting support groups
- Breastfeeding Café drop-in (4th Friday of every month) with lactation consultant.



Quesnel Child and Youth Support Society

- 250-992-5114

Quesnel Community Health Services

- [Quesnel Community Health Services](#) | Northern Health / 250-983-6850



Quesnel Tillicum Society Native Friendship Centre

- Home - [Quesnel Tillicum Society Native Friendship Centre \(quesnefriendshipcentre.com\)](https://quesnefriendshipcentre.com)
- 250-992-8347
- Family Law Advocate
- Family Support Worker



Quesnel Women's Resource Center

- [Quesnel Women's Resource Centre \(qwrc.ca\)](https://qwrc.ca) / 250-992-8472
- Provides women with access to resources, counseling and self-help programs that will assist them with life choices.



Seasons House

- [Quesnel Shelter & Support Society \(qsss.ca\)](https://qsss.ca) / 250-991-0222
- 24 hour emergency shelter and transitional housing



RESOURCES FOR FAMILIES IN NEED: SMITHERS



Mobile devices/phones can be used to scan the QR codes for more information.

Dze L K'ant Friendship Centre

- [Dze L Kant Friendship Centre | Inspire Believe Belong \(dzelkant.com\)](https://dzelkant.com) / 250-847-5144
- Pregnancy Outreach
- Housing Program
- Mental Health Counselling and Outreach



Help with Breastfeeding - Lactation consultants listed by community

- [Help with breastfeeding | Northern Health](#)



Northern Health Overdose Prevention Info and Resources

- [Overdose prevention | Northern Health](#)



Mental Health and Substance Use NH Resources

- [Mental health and substance use | Northern Health](#)



Mental Health and Substance Use Services Listed by community

- [MH Services by community | Northern Health](#)



Northwest Child Development Centre

- Northwest Child Development Centre (fetchbc.ca) / 250-847-4122



Northern Health Virtual Substance Use Clinic

- 1-844-645-7811/ Press 2 for mental health or substance use support



Northern Society for Domestic Peace

- domesticpeace.ca / 250-847-9000
- Pregnancy Outreach 250-847-9477
- Services for men and women



Passage Transition House

- 24 Hour Emergency Shelter / 250-847-2595

Positive Living North Bulkley Valley (PLN Bulkley Valley)

Services are offered in Smithers, Houston, and Hazelton

- 250-877-0042
- provides support, awareness education, harm-reduction, community development, education and prevention services to people living with, affected by, and at-risk for HIV/AIDS/HCV



Smithers Community Health

- [Smithers Community Health | Northern Health](#) / 250-847-6400



RESOURCES FOR FAMILIES IN NEED: TERRACE



Mobile devices/phones can be used to scan the QR codes for more information.

Help with Breastfeeding

- Lactation consultants listed by city / [Help with breastfeeding | Northern Health](#)



Kermode Friendship Society

- [Family Services kermodefriendship.ca](#)
- Circle of life program / 250-635-4906
- Perinatal Substance Use Program / psup@kermodefriendship.ca
 - Supports families up to 7 months after birth
 - Connect to resources in community, assist with food security, attend appointments and in person hospital advocacy.
 - Traditional Indigenous cultural ceremonies to support healing
 - Wellbriety group.



Kitsumkalum Health Center

- [Health Centre - Kitsumkalum, a Galts'ap \(community\) of the Tsimshian Nation](#)
- 250-635-6172 / kitsumkalum@citywest.ca
- Pre and postnatal support
- Aboriginal patient liaison
- Addictions services
- Patient travel
- Alcohol and drug counselling



‘Ksan House: Terrace Transition House

- [Ksan House \(Terrace Transition House\) — KSAN Society](#) / 250-635-6447 / th@ksansociety.ca
- Short term housing for women and children fleeing abusive relationships



Mental Health and Substance Use - Services by community

- [MH Services by community | Northern Health](#)



Mental Health and Substance Use NH Resources

- [Mental health and substance use | Northern Health](#)



Northern Health Overdose Prevention Info and Resources

- [Overdose Prevention Services | Northern Health](#) / 250-631-7145 / NWICMT@northernhealth.ca
- #101, 4450 Greig Avenue, Terrace, British Columbia



Northern Health Virtual Substance Use Clinic

- 1-844-645-7811/ Press 2 for mental health or substance use support



OAT Nurse Coordinator

- [Overdose Prevention Services | Northern Health](#) / 250-631-7145 / NWICMT@northernhealth.ca
- #101, 4450 Greig Avenue, Terrace, British Columbia



Terrace Child Development Center

- [Pregnancy and Parenting Support – TCDC](#) (terracechilddevelopmentcentre.ca)
- 250-635-1830 / b.b@telus.net



Terrace and District Community Services Society

- [Managing Substance Misuse – TDCSS](#) / 250-635-3178



Terrace Health Unit

- [Terrace Health Unit | Northern Health](#) / 250-631-4200
- Prenatal programs, harm reduction supplies and services



