



HELP Locations - Northern BC & Yukon Region

These volunteer-operated sites are normally open at the posted hours except on statutory holidays and long weekends.

Location	Contact	Hours of Operation
Dawson Creek Dawson Creek & District Hospital 3 rd Floor, 11100-13 th Ave Dawson Creek, BC V1G 3W8 Map & driving directions»	T: 250-784-7393 F: 250-784-7365	Wed, Fri 10:00 am - 12:00 pm
Fort Nelson Fort Nelson General Hospital 5315 Liard St Fort Nelson, BC V0C 1R0 Map & driving directions»	T: 250-774-8111 F: 250-774-8110	Thurs 1:00 pm – 3:00 pm
Fort St. John 9614 Sikanni Rd Fort St John, BC V1J 4V1 Map & driving directions»	T: 250-262-0083 F: 250-262-0190	Tues, Thurs 10:00am – 2:00pm Fri 10:00am – 1:00pm
Kitimat Kitimat General Hospital 920 Lahakas Blvd N Kitimat, BC V8C 2S3 Map & driving directions»	T: 250-632-8698 F: 250-632-8695	Wed 5:00pm - 7:00pm Sat 1:30pm - 3:30pm
Mackenzie CLOSED	Please call Prince George for service: 250-564- 6566	

Prince George 1399 6 th Ave Prince George, BC V2L 5L6 Map & driving directions»	T: 250-564-6566 F: 250-564-6577	Mon-Fri 8:30 am-4:30 pm
Prince Rupert Prince Rupert Regional Hospital 1305 Summit Ave, A Floor Prince Rupert, BC V8J 2A6 Map & driving directions»	T: 250-622-6240 F: 250-622-6153	Thurs 11:00 am - 3:00 pm
Quesnel GR Baker Hospital 543 Front St Quesnel, BC V2J 2K7 Map & driving directions»	T: 250-991-7565 F: 250-983-6843	Mon 9:30 am – 12:00 pm
Smithers #102 - 3790 Alfred Ave. Smithers, BC V0J 2N0 Map & driving directions»	T: 250-847-3660 F: 250-847-4146	Wed, Fri 10:00 am - 12:30 pm
Terrace #124-4720 Lazelle Ave, Terrace, BC V8G 1T2 Map & driving directions»	T: 250-635-2623 F: 250-635-3045	Tues, Fri 10:00 am - 2:00 pm Wed, Thurs 12:00 pm - 2:00 pm
Williams Lake Deni House, Cariboo Memorial Hospital 517 North 6th Avenue Williams Lake, BC V2G 2G8 Map & driving directions»	T: 250-398-6803 F: 250-398-6843	Tues, Thurs, Fri 10:00 am - 1:00 pm
Whitehorse 133 D Industrial Road Whitehorse, YK Y1A 2V2 Map and driving directions»	T: 867-456-7359 F: 867-456-7024	Wed, Fri 1:00 pm - 4:00 pm