**qathet Region Economic Support Services**

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| **Poverty Law** 604-485-0950* This program provides free and confidential service to individuals applying for provincial and federal benefits programs.

Hours not posted. 4801 Joyce Ave. No website | **Residential Tenancy Branch** 1-800-665-8779* If you have questions about your tenancy or need help with dispute resolution

Mon – Fri. 9am – 4pm<https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies/contact-the-residential-tenancy-branch>  |
| **Service BC** 604-485-3622* Income and disability assistance

Mon – Fri. 9am – 4:30pm (closed 12 – 1pm)<https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/citizens-services/servicebc/service-bc-location-powell-river>  | **Service Canada** 1-800-206-7218* Employment insurance
* CERB

Mon – Fri. 8:30am – 4:00pm (closed 12 – 1pm)<https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit/apply.html> |
| **Work BC** 604-485-7958* Community Job Board
* Career Counseling
* Retraining, workshops, help with employment searches

Hours vary. 4511 Marine Ave<http://www.careerlinkbc.com/>  | **Legal Aid BC** 1-866-577-2525* All callers receive an initial interview to determine eligibility for services

Hours vary. Mon – Fri <https://lss.bc.ca/general/provincialCallCentre>  |
| **Housing Hope** 604-414-2616* Supports families with children who are homeless or at risk of homelessness by paying for rent and utilities

Hours not posted. 4351 Ontario Ave. <https://www.pressbc.com/program/housing-hope/>  | **Community Futures** 604-485-7901* Support for entrepreneurs and owners of small and medium sized businesses
* Workshops and training, export navigation, advisory, business loans

4717 Marine Ave<https://prfutures.ca/> |
| **United Way** 604-485-2132* Danielle’s Helping Hand Fund: help with emergency costs (rent, bills, vehicle repairs)
* Hygiene Cupboard: access to basic personal hygiene supplies

Hours not Posted. 4750 Joyce Ave<http://www.unitedwayofpowellriver.ca/danielles-helping-hand-fund.html> <http://www.unitedwayofpowellriver.ca/the-hygiene-cupboard.html>  | **Salvation Army** 604-485-6067* Food bank
* Community lunch
* Mobile outreach

Mon – Thurs. 9am – 5pm<https://salvationarmypr.ca/>  |
| **Good Food Box** 604-485-0992* A box of quality fresh fruit and vegetables
* 1x month, $25 a box

<https://www.food.liftcommunityservices.org/shop>  | **The CARE Project*** Lift CARE project Facebook Page

<https://www.facebook.com/liftcommunitysupportnetwork/>  |

**qathet Region Social Support Services**

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| **Here to Help BC*** Mental health and substance use information and resources

Online resource. <https://www.heretohelp.bc.ca/>  | **Mind Map BC*** Find mental health and substance use help

Online resource. <https://www.mindmapbc.ca/>  |
| **Community Resource Centre** 604-485-0992* Lunch and Coffee
* Overdose Prevention Site

Mon – Thurs. 12pm – 4pm. 4752 Joyce AveNo website.  | **Overdose Prevention Site** (OPS) * iOAT clinic 8am – 4pm
* OPS 4pm – 8pm

Community Resource Centre (side entrance) <https://prcat.ca/overdose-prevention-site/>  |
| **BC211** 211* Basic needs like food and shelter
* Mental health and substance use support
* Legal and financial assistance

Open 24/7 <https://bc.211.ca/>  | **Health Link BC** 811* Provincial health information line
* Nurses, navigators, pharmacists, nutritionists, exercise professionals

<https://www.healthlinkbc.ca/more/contact-us/8-1-1>  |
| **Mental Health Support Line** 310-6789* Over the phone mental health support
* Trained volunteers, referrals to services

Open 24/7  | **1-800 SUICIDE** 1-800-784-2433* Non-judgmental, over the phone support
* Suicidal thoughts and crisis situations

Open 24/7 |
| **The Alcohol and Drug Information and Referral Service** 1-800-663-1441* Connects you to information, options and support
* Referrals to counselling and treatment services across BC
 | **Better Help*** Affordable private therapy

Online resource<https://www.betterhelp.com/>  |
| **Mental Health and Substance Use Services, VCH**604-485-3300* Provides a single point of entry for mental health and substance use support through the health authority

Mon – Fri 8:30am – 4:00pm<https://find.healthlinkbc.ca/ResourceView2.aspx?org=53965&agencynum=17676757>  | **Harm Reduction Services, VCH** 604-4853-3310* Harm reduction supplies, naloxone kits and training

Mon – Thurs. 1pm – 4pm. 5000 Joyce Ave (3rd floor entrance, public health)<https://www.facebook.com/PowellRiverHarmReductionNeedleExchange/>  |
| **Tla’amin Health** 604-483-3009* For members of Tla’amin Nation

Mon – Fri. 8:30am – 4:30pm <http://www.tlaaminhealth.com/>  | **KUU-US Crisis Line** 1-800-588-8717* Culturally safe, over the phone support
* Crisis, mental health, substance use, suicide

Open 24/7<https://www.kuu-uscrisisline.com/>  |
| **Helpline for Children** 604-310-1234* 24/7 *helpline for children or youth.* Free and confidential

https://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/keeping-kids-safe | **Here2Talk** 1-877-857-3397* 24/7 Here2Talk connects *any student registered in a BC post-secondary program* to counselling and community referral services. Free and confidential.

<https://here2talk.ca/getStarted> |
| **Kids Help Phone** 1-800-668-6868* 24/7 national support service. Counselling, programs, and resources *for children and youth*. Available in French and English.

<https://kidshelpphone.ca/>  | **Confident Parents Program** * This program has two program streams to help parents support their children aged 3-12 to manage either anxiety or behavior challenges.

[https://welcome.cmhacptk.ca/#](https://welcome.cmhacptk.ca/)  |