

DAY	LOCATION	TIME
Monday Ksan Transition House – snack bags upon request @ 4838 Lazelle Avenue	24/7
Tuesday	Ksan Transition House – snack bags upon request @ 4838 Lazelle Avenue Salvation Army – Community Food Bank (open the first & third week every month) Tuesday and Thursday 3236 Kalum St, call 250-635-5446 extension 1 for an appointment	24/7 9:30am to 1:30pm
Wednesday	Ksan Transition House – snack bags upon request @ 4838 Lazelle Avenue Salvation Army –Brunch Bags @ 3236 Kalum St, 250-635-5446	24/7 9:30 – 10:30 am
	Salvation Army – Food Share (unless Food Bank under Dairy Queen is operating) 3236 Kalum St, 250-635-5446.	1:00 pm
Thursday	Ksan Transition House – snack bags upon request @ 4838 Lazelle Avenue Salvation Army –Brunch Bags @ 3236 Kalum St, 250-635-5446	24/7 9:30 – 10:30 am
	Salvation Army – Community Food Bank (open the first & third week every month) Tuesday and Thursday • 3236 Kalum St, call 250-635-5446 extension 1 for an appointment.....	9:30 am –1:30 pm 9:00 am – noon
Friday	Ksan Transition House – snack bags upon request @ 4838 Lazelle Avenue Ksan - Food Share @ 101 – 2812 Hall St.	24/7 12:00pm –1:30pm
Saturday	Ksan Transition House – snack bags upon request @ 4838 Lazelle Avenue Salvation Army - Food Share (Bring your own bags) 3236 Kalum St, 250-635-5446.....	24/7 1:00 pm (come early)
Sunday	Ksan Transition House – snack bags upon request @ 4838 Lazelle Avenue	24/7
Scheduled Days	Terrace Churches' Food Bank – 4643 Park Ave (under Dairy Queen) • Please Bring along proof of address and gov't issued ID for yourself and your dependents • Food is distributed to users via alphabetical order – check their Facebook Website for details...	Tues to Thurs Usually 9:30 am- 11:30am (come early)

STREET SURVIVAL GUIDE

TDCSS's Homelessness Outreach Program at 778-634-0241

HELP LINES

Alcohol & Drug Referral Service	1.800.663.1441
BC NurseLine	1.866.215.4700
Child Find BC	1.888.689.3463
City of Terrace - After Hours Trouble Line	250.638.4744
Crime Stoppers / TIPS	1.800.222.8477
Crisis Line - For persons in Emotional Distress	1.888.562.1214
Crisis Line - Teen	1.888.564.8336
HealthLink BC	811
Reporting Child Abuse (no area code req'd)	310.1234
Kids Help Phone	1.800.668.6868
Problem Gambling Helpline 24hrs	1.888.795.6111
Quit Now! Smokers Help Line	1.877.455.2233
Sexual Assault Centre - 24hrs	250.635.1911
Suicide Distress Line	1.800.784.2433
Transition House Women & Children in Crisis	250.635.6447
VictimLINK - 24hr Help & Information Line	1.800.563.0808
Youth Against Violence Line	1.800.680.4264
Indian Residential School Survivors Society	1.250.635.4499
Ministry of Social Development & Poverty Reduction	1.866.866.0800

TOILETS, SHOWERS & HYGIENE

TDCSS - provides shower coupons and hygiene products
KSAN Shelters - provides showers (must not be under the influence)
Public Washrooms - Library, Skeena Mall (must not be under the influence)
Low-Barrier Public Washrooms – TDCSS (Eby St), Kermode Friendship Society,

EMERGENCY

	EMERGENCY	NON-EMERGENCY
Police	911	250.638.7400
Fire	911	250.638.4734
Ambulance	911	250.638.1102
Hospital	250.635.2211	250.635.2211



Hospital – Mills Memorial
4720 Haugland Ave



Park Avenue Medical Clinic
4634 Park Ave



Court House
3408 Kalum St



Health Unit - 3412 Kalum St
Health Unit Services: Ministry of Children and Family Development, Mental Health & Addictions Counselling and Treatment for Adults and Youth, Specific Medical Services, Speech & Hearing, Environmental Health Department



Ksan Emergency Shelter – Women & Children Only
4838 Lazelle Street



Ksan Emergency Shelter – Families & Individuals
• 2812 Hall Street



Ksan Emergency Shelter- Turning Points
• Damp Shelter Open Seasonally and/or in Extreme Weather – 4444 Lakelse Ave



Terrace & District Community Services Society - 3219 Eby St
Youth & Family Services, Employment Services, Counselling & Support Services, Community Living Services



Soup Kitchen & Food Bank
Addresses: Soup Kitchen – 4530 Lakelse Ave
Food Bank 4643 Park Ave



Employment Centre – WORK BC
4622 Greig Ave



Employment Insurance Office (E.I.) – Service Canada
Call 1-800-206-7218 or visit their website first: www.servicecanada.gc.ca/eng/home.shtml



Discount Shopping

- Salvation Army - 3236 Kalum St
- Hospital Auxiliary Thrift Shop - 4544 Lazelle Ave



Laundromats



Showers & Aquatic Centre - 3320 Kalum St

- \$2/shower or during free Public Swim Fridays 8pm-9:30pm (times subject to change)
- Spotless Cleaners Laundromat - \$4/shower (coupons available at TDCSS)



Free Community Programs - Adults & Children

- Kermode Friendship - 3313 Kalum
- Women's Centre - 4542 Park
- Family Place - 4553 Park
- Skeena Diversity - 4617 Lazelle



Public Library

Services: Books, DVD's, Free Children's & Youth Literacy Programs, Free Computer Lessons for Adults, Book Clubs, Book Sales, Book Delivery for Homebound Patrons



Senior Citizen Services

- Happy Gang Centre
- Terraceview Lodge
- Volunteer Terrace



Legal Aid-Legal Services Society

207 - 3228 Kalum St

Poverty Law Advocate: 100-3219 Eby St (TDCSS)

Family Law Advocate: 100-3219 Eby St (TDCSS)



Emergency Services

RCMP, Fire Department & Ambulance

3205 Eby St



Ministry of Social Development & Poverty

Reduction, BC Services Access Centre - 3220 Eby St

Services: Driver's and other licenses, Medical Services Plan, Birth Certificates, etc...



MLA Office - Voice Concerns to your Local Politician!!

104 - 4710 Lazelle Ave