Child and Youth Mental Health and Substance Use (CYMHSU) Service and Support Directory
Prince George, BC

2nd DRAFT

Brought to you by the Prince George Local Action Team as part of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, funded in partnership by Doctors of BC and the BC government.
Doorways to Care: Where to Start

There are four different types of professionals that families can connect with if they are concerned about their child or youth’s mental health.

These professionals can help you learn more about child and youth mental health care and help find the care that’s right for you.

Remember, if you ever think your child could hurt themselves or others, call 9-1-1 or take them to the hospital emergency room.
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Section 1: Emergency Response
If you require emergency assistance, please call 911 or go the UHNBC Emergency Room. 9-1-1 is for emergency situations only.

Call 9-1-1 for Ambulance, Police, Fire
Call 9-1-1 for Car 60: RCMP response with a mental health nurse

Car 60 Hours: Noon-9pm

University Hospital of Northern British Columbia
Emergency Room
1475 Edmonton Street
Prince George, BC, V2M 1S2
Phone: (250) 565-2000

Section 2: Online and Telephone Crisis Support

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<th>Crisis Prevention, Intervention &amp; Information Centre for Northern BC</th>
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<tr>
<td>24-Hour Crisis Line: 250-563-1214</td>
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<tr>
<td>Toll Free: 1-888-562-1214</td>
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<tr>
<td>Suicide Line: 1-800-784-2433 (1-800-SUICIDE)</td>
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<td>Youth Online Chat: <a href="http://www.northernyouthonline.ca">http://www.northernyouthonline.ca</a></td>
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Kids Help Phone: 1-800-668-6868

HealthlinkBC call 8-1-1
Talk to a nurse any time of the day or night and get trusted health information (dietitian: weekdays, pharmacists: nights)
Section 3: Public Child and Youth Mental Health and Substance Use Services
(Listed Alphabetically by Organization)

**Carrier Sekani Family Services**
Provides: child welfare, family support, parenting, education, counselling, referrals, and health services to band members
Cost: No
Referral Needed: No
Address: 987 4th Avenue, Prince George, BC, V2L 3H7
Phone: 250-562-3591
Phone (Toll-free): 1-800-889-6855
Fax: 250-562-2272
Fax (Toll-free): 1-888-554-7244
Website: www.csfs.org

**Central Interior Native Health Society (Native Health Centre)**
The Central Interior Native Health Society offers a team of primary health care providers. They recognize the unique health care needs of Aboriginal people and people who live on, or close to, the street. Our goal is to provide culturally safe and proactive health care that promotes physical, mental, emotional and spiritual harmony. Programs include clinic services, medical services, cultural services, social work services and addiction services.
Referral Needed: No
Address: 1110 4th Avenue, Prince George, BC, V2L 3J3 (Patient Entrance: 365 George Street)
Hours: M, T, Th, F: 8:30am-4:30pm W: 1pm-4:30pm
Not open on weekends or statutory holidays
Phone: 250-564-4422
Fax: 250-564-8900
Email: info@cinhs.org

**Child Development Centre (CDC)**
The CDC offers pediatric assessments and therapy for preschool aged children in the areas of speech, occupational therapy, and physiotherapy. The Centre further provides limited physiotherapy to school aged children and occupational therapy support for children with mobility challenges up to age 19.

**Early Intervention Therapy Program (CDC)**
Providing pediatric therapy for children with special needs and developmental delays including physiotherapy, occupational therapy and speech language pathology
Age: Birth to school entry, who have, or are at risk for, a developmental delay or disability
Referral Needed: Yes
Address: 1687 Strathcona Avenue, Prince George, BC, V2L 4E7
Phone: (250) 563-7168
Fax: (250) 563-8039
Email: enquiries@cdcpg.org
Website: www.cdcpg.org
**College of New Caledonia Counselling Services**
Provides a comprehensive counselling and advisory services to assist CNC students and prospective students in successfully achieving their objectives. Deals with educational and career concerns, test anxiety and stress management, career planning and exploration, or personal issues affecting schooling.
Cost: available free to students registered at CNC
Referral Needed: No
Phone: (250) 561-5818
Hours: Please contact front desk for hours between 8:30-4pm Mon-Fri (Thursday until 5pm)

**Crisis Prevention, Intervention & Information Centre for Northern BC**
Provides crisis intervention, suicide prevention, resource information, education and confidential peer support for the people of Northern BC.
Cost: None
Referral Needed: No
Address: 5th Floor - 1600 3rd Ave, Prince George, BC, V2L 3G6
Business Phone: 250-564-5736 (Emergency numbers listed on page 6)
Business Hours: 9:00am-5:00 pm, Monday-Friday
Email: executive.director@crisis-centre.ca
Fax: 250-563-0815
Website: [http://www.crisis-centre.ca/](http://www.crisis-centre.ca/)

**Intersect Youth and Family Services Society**
Intersect youth and family services society is a non-profit society that provides voluntary counselling for children and youth under the age of 19 years. Intersect offers a wide variety of programs to clients and their families at no cost.
Ages: 0-19 years
Cost: None
Referral Needed: No
Address: 1294 3rd Ave, Prince George, BC, V2L 3E6
Hours: 8:30am to 4:30pm Monday to Friday
Phone: (250) 562-6639
Fax: (250) 562-4692
Email: info@mail.intersect.bc.ca
Web: [www.intersect.bc.ca](http://www.intersect.bc.ca)

**Northern Health (NH)**

**Community Generalist Team (NH)**
The Mental Health and Addiction community programs outside of Prince George offer services that include a combination of the CRU, CAST, and COAST functions with multi-disciplinary teams, as well as some specialty services; i.e. youth addictions counselling and referral, elderly services counselling, early psychosis, eating disorders, vocational and recreational rehab, etc.
Cost: None
Referral Needed: No
Phone: 250 565 2668
Hours: 8:30am-4:30pm
Blue Pine Primary Health Care Clinic (NH)
The Blue Pine Primary Health Care Clinic was created to address the needs of the population of Prince George who do not currently have access to a Family Physician or Nurse Practitioner. Although patients with a wide range of needs are seen at the clinic, the focus of the clinic is to provide care to people who need more support than a regular family doctor’s office is able to offer. We have a team of health professionals that includes Family Physicians, Nurse Practitioners, a Mental Health Clinician and a Social Worker who work together to support the diverse care needs of our patients.

Cost: No
Referral Needed: Self or community referral
Address: 102-1302 7th Avenue, Prince George, BC, V2L 3P1
Phone: 250-596-8100
Fax: 250-596-8101

Developmental Disabilities Mental Health Team (NH)
The DDMH program provides assessment, consultation, and short term treatment services to individuals 14 or older who meet the diagnostic criteria for a developmental disability (IQ of 70 or below) and who have a mental illness and/or challenging behaviours.
Ages: 14+
Cost: None
Referral Needed: Yes (by Community Response Unit, physicians, and community agencies, Northern Health)
Phone (Mental Health and Addiction Services): 250 565 2668
Phone (University Hospital of Northern BC): 250 565 2000

Early Psychosis Intervention (NH)
The EPI program provides assessment, treatment, case management, groups, and medication management for individuals experiencing first break psychotic episodes as well as individual, family, and community education.
Address: 1308 Alward Street, Prince George, BC, V2M 7B1
Phone:(250) 649-7660
Website: northernhealth.ca/YourHealth/MentalHealthAddictions/ProgramDescriptions/EarlyPsychosisIntervention.aspx

Family Mediation Services (Parent – Teen Mediation Services) (NH)
A service that provides an impartial third party, to assist parents and teens in working together to communicate in order to gain a shared understanding and to develop agreements to address their problems. MCFD referral required.
Referral Needed: Yes (by Ministry of Child and Family Development)
Phone: 250-649-4820
Fax: 250-562-4694
Website: www.northernhealth.ca

Nechako Youth Treatment Center (NH)
Provides a safe, supportive environment for youth, male or female aged 13-18, who are currently suffering from the misuse of drugs and/or alcohol and wish to deal with their substance abuse problems. This is a residential program and youth are supervised 24 hr/day. Voluntary admission, group therapy and individual counselling, recreational activities, crafts and life-skills training
Cost: None
Referral Needed: Yes
Address: 1308 Alward Street, Prince George, BC, V2M 7B1
Phone: (250) 565-2881
Fax: (250) 565-2883
AIDS Prevention Program/Needle Exchange (NH)
Walk-in only. Offers information, testing, needle exchange, condoms and counselling. Offers STD/STI, HIV, pregnancy and PAP testing. Emergency contraceptive pill (Morning after pill), hepatitis testing, vaccines for Hepatitis A and Hepatitis B.
Cost: None
Referral Needed: No
Address: 1108 3rd Avenue, Prince George, BC, V2L 3E5
Phone (Clinic): 250-564-1727
Walk-in Clinic hours: Monday-Saturday: 1:00pm-6:00pm
Phone (Outreach Vehicle): 250-960-9777
Outreach Vehicle Hours: Mon - Sat 7:00 pm- 11:00 pm.

Public Health Nurse On-call Line (NH)
Public health information and referral phone line staffed by Public Health Nurses.
Cost: None
Referral Needed: No
Phone: 250-565-7476
Hours: Calls will be answered or returned Monday to Friday 9am-4:30pm

University Hospital for Northern BC (NH)
The University Hospital of Northern British Columbia (UHNBC) is a vibrant health facility, growing to meet the needs of residents from across northern British Columbia. UHNBC is the largest acute care facility within the Northern Health region, and a hub for specialized health services in the province’s northern interior. Services include: emergency room, mental health and addictions, aboriginal health, maternity, public health, and more.
Cost: No
Referral Needed: No
Address: 1475 Edmonton Street, Prince George, BC, V2M 1S2
Hours: 6am-8: 30pm Monday-Sunday. Emergency Room access-24 hours/day, 7 days/week.
Phone: (250) 565-2000
Website: northernhealth.ca

Youth Community Outpatient Service (NH)
The program provides outreach to youth with co-occurring mental health issues and addictions through assessment, individual and group therapy, case management, life skills training, recreational activities, and family support.
Cost: None
Referral Needed: Yes (by Community Response Unit, Physician, self, family or school)
Ages: 12-18
Address: 1308 Alward Street – 2nd Floor, Prince George, BC, V2M 7B1
Phone: (250) 649-7660
Fax: (250) 649-7662

Pediatricians
Pediatricians are medical doctors with specialized knowledge for the medical care of infants, children and adolescents, usually up until 18 years of age. Pediatricians can help with mental health needs of the infant, child or adolescent, and can also provide a referral to other mental health resources as needed.
Ages: 0-18
Cost: None
Referral Needed: Yes (by Family Doctor or Emergency Room)
Physicians & Family Doctors

Family doctors (Physicians) provide general medical care for people of all ages, often doing so over the lifetime of the individual or the family. The family doctor is able to write referrals for patients to seek more specialized care as needed. To find a family doctor in Prince George, please visit the website below.

Cost: None
Referral Needed: No
Website: www.bcdoctordirectory.ca/prince-george

Prince George Native Friendship Centre (PGNFC)

Multi-service organization with a variety of programs meant to address the need for education, personal support, emotional and spiritual well-being, economic development, vocational needs and social services. Programs include economic initiatives, cultural and social services, child and youth services and early childhood services.

Cost: None
Referral Needed: No
Address: 1600 – 3rd Avenue, Prince George, BC, V2L 3G6
Phone: (250) 564-3568
Hours: 8:30am-4:30pm, Monday to Friday
Website: www.pgnfc.com

Native Healing Centre/Aboriginal Child and Youth Wellness Program (PGNFC)


Ages: All
Cost: None
Referral Needed: Self-referral or community referral
Address: 1600 - 3rd Avenue (3rd Floor), Prince George, BC, V2L 3G6
Hours: Monday-Friday 8:30am-4:30 pm (closed Thursdays between 1pm-4:30pm for clinical supervision and staff meetings)
Phone: (250) 564-4324
Fax: (250) 614-7727
Email: nhc@pgnfc.com

Psychiatrists

Psychiatrists are medical doctors, and specialize in mental health, including substance use disorders. Psychiatrists are qualified to assess both the mental and physical aspects of psychological problems, and can provide psychiatric assessments. Psychiatric help can be sought for many reasons: some sudden, such as panic attacks, frightening hallucinations, thoughts of suicide or hearing voices, and others more long-term, such as feelings of sadness, hopelessness, or anxiousness that affect the day to day life of the individual.

Ages: All
Cost: No
Referral Needed: Yes (by Family Doctor)
School District No. 57 (SD57)

Aboriginal Education Social Work Team (SD57)
School District No. 57 has seven Aboriginal Education Social Workers who are located in a total of 8 schools (5 elementary schools and 3 high schools). The role of the Aboriginal Education Social Worker is extensive. Sample services provided by members of the Aboriginal Education Social Work team include: advocacy for students; connecting with families and guardians; increasing self-esteem; anxiety reduction; connecting community agencies; sexual health risk reduction, prevention and intervention; delivering group and classroom workshops to proactively address social issues and provide pro-social education.
Cost: None
Referral Needed: Yes
Address: #102, 155 McDermid Drive, Prince George, BC, V2M 4T8
Phone: 250-562-4843 Local 211
Email: ahendrickson@sd57.bc.ca
Website: www.sd57.bc.ca/school/abed/Programs/pages/social-work-program.aspx

District Behavioural Team (SD57)
Three District Behaviour Teams have been established and are comprised of a District Behaviour Specialist, Youth Care Worker and an Educational Assistant. In Prince George, they provide direct service in elementary schools to students experiencing severe social-emotional difficulties and consultative services to Secondary schools.

School Counsellors (SD57)
Counselling services are provided at all secondary and junior secondary schools. Elementary counsellors are available at some elementary schools. All counselling services are under the direct supervision of the principals of the schools to which they are assigned. Contact your child/youth’s school for more information.
Cost: None
Referral Needed: No

Student Support Services (SD57)
Additional specialized services are available to all schools in the district. These services are provided by a variety of specialist staff including: District Behaviour Teams, District Behaviour Specialists, District Resource teacher, Teachers of the Visually Impaired, Teachers of the Hearing Impaired, Occupational Therapists, Speech-Language Pathologists, School Psychologists, Homebound Teacher, etc.
Address: John McInnis Centre, 3400 Westwood Drive, Prince George, BC, V2N 1S1
Phone: 250-561-9235 local 2201
Website: www.sd57.bc.ca/Programs/DistrictDepts/SSS/Pages/default.aspx
SOS Society (Surpassing our Survival)
Assists adults, youth, and children who have experienced sexual abuse and/or sexual violence. Also provides education to individuals and organizations.
Cost: None
Referral Needed: No
Address: 193 Quebec Street, Prince George, BC V2L1W1
Phone: 250-564-8302
Fax: 250-564-8303
Email: ltozer@telus.net
Website: www.sossociety.net

Kids Konnection (SOS)
Counselling program for children aged 3-13 who have experienced sexual abuse. Also provides family support and community prevention and education programs.

University of Northern British Columbia (UNBC)

UNBC Access Resource Centre for Students with Disabilities
Support services and advocacy for UNBC students with documented learning, physical, psychiatric disabilities or chronic illness. Services available to registered or incoming students at UNBC
Cost: Free to UNBC students or incoming students
Referral Needed: No
Address: Rm 10-1048, 3333 University Way, Prince George, BC, V2N 4Z9
Hours: Monday to Friday 8:30 a.m. to 4:30 pm, Summer hours’ change
Coordinator Phone: 250-960-6711
E-mail: arc@unbc.ca
Website: www.unbc.ca/access-resource-centre

UNBC Wellness Centre
Confidential services for UNBC students including managing short and longer term illness or health problems, information on a variety of health, wellness and lifestyle topics, and managing personal healthy lifestyle changes.
Services available to students registered at UNBC
Cost: No cost for UNBC students
Referral Needed: No
Counselling Services Hours: 9am-4pm, Monday-Friday
Counselling Services Location: Room 5-196, 3333 University Way, Prince George, BC, V2N 4Z9
Counselling Services Phone: 250-960-6369
Health Services Hours: 9am - 4pm Monday-Friday
Health Services Location: Room 5-106, 3333 University Way, Prince George, BC, V2N 4Z9
Health Services Phone: 250-960-6370
**Walk-In Clinics**
The Nechako Medical Clinic and Salveo Family Medicine Clinic accept patients on a walk-in basis and with no appointment. Walk-in clinics offer treatment for minor illness and injuries that aren’t serious enough or urgent enough for emergency rooms. Often open every day and outside regular family doctor hours. See website below or local Yellow Pages for Walk-in Information in Prince George.
**Cost:** None
**Referral Needed:** No
**Website:** moveupprincegeorge.ca/live/healthcare/

**Youth Around Prince Resource Center**
Youth around Prince (YAP) is a youth-led downtown resource center for all youth in Prince George. We offer front-line services such as showers, laundry, a kitchen, phone, mailing address, photocopier, fax machine, and computer access free of charge. Many agencies within YAP offer different programs and opportunities such as pre-employment training, youth-led forum theatre, one-on-one and group counselling, and more. Can connect youth to MCFD, Northern Health, SD57, Intersect, CASEY, Street Spirits and more.
**Cost:** None
**Referral Needed:** No
**Address:** 1160 7 Ave, Prince George, BC, V2L 5G6
**Hours:** Monday-Friday 8:30am - 4:30Ppm
**Phone:** (250) 645-4010
**Email:** youth@nbcy.org
**Website:** www.youtharoundprince.org/#home
Section 4: Child and Youth Mental Health and Substance Use Services
(Listed by Subject)

Assessment

Adolescent Psychiatry Assessment Unit (NH)
The Adolescent Psychiatric Assessment Unit [APAU] is a six-bed inpatient assessment and crisis stabilization unit for youth aged 12-18 years of age, living within the Northern Health Region. Referrals are accepted on an ongoing basis from family doctors, emergency departments, Community Mental Health and Addictions Clinicians, and MCFD in the Northern Health Region; however, collateral referral information, and support for the referral from a family doctor is required. Referrals are processed through a committee and triaged to the appropriate service.

**Ages:** 12-18 years
**Cost:** No
**Referral Needed:** Yes (by family doctors, emergency departments, community mental health and addictions clinicians, and Ministry of Child and Family Development).

**Address:** UHNBC 3rd Floor, 1475 Edmonton Street, Prince George, BC, V2M 1S2
**Phone:** (250) 565-2575
**Fax:** (250) 565-2661

Complex Developmental Behavioral Conditions (NH)
The Complex Developmental Behavioural Conditions Program was developed by Northern Health and MCFD to provide multidisciplinary assessments and support services to children with complex behaviours aged 0-19 and their families. The program is managed by the Northern Health Assessment Network (NHAN).

**Ages:** 0-19
**Cost:** None
**Referral Needed:** Yes (talk to family doctor about your concerns – the family doctor may refer your child/youth to a pediatrician or psychiatrist or to the CDBC)

**Phone:** 250-649-4834
**Website:** www.bvcdc.ca/programs/complex-developmental-behavioural-conditions/#sthash.Zk2oySFc.dpuf

Psychiatrists
Psychiatrists are medical doctors, and specialize in mental health, including substance use disorders. Psychiatrists are qualified to assess both the mental and physical aspects of psychological problems, and can provide psychiatric assessments. Psychiatric help can be sought for many reasons: some sudden, such as panic attacks, frightening hallucinations, thoughts of suicide or hearing voices, and others more long-term, such as feelings of sadness, hopelessness, or anxiousness that affect the day to day life of the individual.

**Ages:** all
**Cost:** Varies
**Referral Needed:** Yes (by Family Doctor)
Autism

**Autism Society of BC (ASBC) North**
The Autism Society of BC North community support group is running in Prince George, to provide essential opportunities to connect and network with other individuals whose lives are affected by ASD and listen to guest speakers on a wide range of meaningful and relevant topics.

- **Cost:** None
- **Referral Needed:** Yes
- **Address:** #201 – 1685 3rd Ave., Prince George, BC, V2L 3G5
- **Contact:** Corey Walker
- **Phone:** (250) 961-7620
- **E-mail:** cwalker@autismbc.ca

**Autism Support Groups - ASBC North**
Parent led support group with monthly, kid friendly meetings. Parents helping parents navigate the road of autism.

- **Cost:** None
- **Referral Needed:** Yes

**Sources Community Resource Society**
Sources has BCBA supervised and credentialed staff that provides a variety of services to people with autism and pervasive developmental disorders and their families. Includes a variety of consultation services, behavioral support, and training. Resource library of books, videos, and equipment is available to anyone.

- **Address:** 1600 3rd Ave, Prince George, BC, V2L 3G6
- **Phone:** (250) 561-1194
- **Website:** sourcesbc.ca

**B.A.S.I.C. Program**
Source’s B.A.S.I.C. program works with individuals who require specialized instruction to develop skills. We usually work with people with autism and use their autism funding however, because this is a fee-for-service program we are able to work with anyone who has funding to pay for the program as any child would benefit from our services. We also provide training to families and organizations who work with people with disabilities and/or behavior problems. Referrals can come from any source, including self-referrals.

**T&K Behavioral Interventionists Ltd.**
Organization offering life skills training for children with Autism and developmental disorders. Also provides family support and social skills group for clients.

- **Referral Needed:** Yes
- **Contact:** Kalma Arnett
- **Phone:** 250.613.2947
- **Email:** kalma@tkbehavioural.ca
- **Website:** www.tkbehavioural.ca/
Counsellors and Psychologists – Private Services
(Publicly funded Counsellors and Psychologist are listed in Section 3)

Aroha Counselling and Consulting
Counselling services, specializing in life transitions, parent/teen conflicts, marriage counselling and family blending
Cost: Yes, contact for rates
Referral Needed: No
Phone: 250 640-2706
Address: 209-1717 3rd Ave, Prince George, BC, V2L 3G
Hours: 11am-6pm

Brazzoni & Associates
Private counselling services for individuals, couples, and families. Provides training through workshops designed to meet the needs of companies/agencies. Provides critical incident stress management, employee assistance programs, and First Nations consultation and therapy services throughout northern BC.
Cost: Yes, contact for rates
Referral Needed: No
Address: Suite 301 - 1705 3rd Avenue, Prince George, BC, V2L 3G6
Phone: 250-564-4079
Fax: 250-561-7097

Charis Counselling Services - Brian Bulgin, M. Ed.
Cost: Yes, contact for rates
Referral Needed: No
Office: (250) 562-7882
Cell: (250) 617-2181
Email: chariscs@telus.net
Website: http://www.chariscounselling.ca/

Diocese of Prince George
Offers religious education programs for children and adults, resource library, counselling, and sacramental records
Cost: None
Referral Needed: No
Website: http://www.pgdiocese.bc.ca/

Hardy Psychological Services
Cost: Yes, contact for rates
Referral Needed: No
Address: 102-1268 5th Ave, Prince George, BC, V2L 3L2
Phone: 250-596-7792
Fax: 250 596-7795

Butler Janice MSW RSW - Child & Family Therapist Inc.
Cost: Yes, contact for rates
Referral Needed: No
Address: 1717 3rd Ave, Prince George, BC, V2L 3G7
Phone:(250) 563-1156
Northern Centre for Integrative Medicine
Naturopathic medicine is a distinct primary health care system that blends modern scientific knowledge with traditional and natural forms of medicine. Naturopathic medicine is the art and science of disease diagnosis, treatment and prevention using natural therapies including botanical medicine, clinical nutrition, hydrotherapy, homeopathy, naturopathic manipulation, Traditional Chinese Medicine, acupuncture, and lifestyle counselling. A Naturopathic Doctor is a primary care practitioner that seeks to restore and maintain optimum health in their patients by emphasizing nature’s inherent self-healing process.
Cost: Yes, contact for rates
Referral Needed: No
Address: 1811 Victoria Street, Suite 206, Prince George, BC, V2L 2L6
Phone: (250) 649-0886
Phone (Toll free): 1-866-623-6486
Fax: (250) 649-0866
Email: office@ncim.ca

Tanya Bedford
Registered Clinical Counsellor
Cost: $95/hour
Referral Needed: No
Address: #310-1705 3rd Avenue, Prince George, BC, V2L 3G7
Phone: 250-640-9027

UNBC Community Counselling Centre
The University of Northern British Columbia’s Community Counselling Centre provides personal counselling to community members in Prince George and the surrounding area. More specifically, UNBC’s Clinic offers counselling services to adolescents and adults who are experiencing interpersonal, emotional, social, and life transition difficulties. Qualified Master of Education Students who are advanced in their course work and/or are completing their clinical hours provide services with direct supervision.
Cost: $10.00 for one hour, and is on a sliding fee scale
Referral Needed: No
Address: 1310 3rd Avenue, at the UNBC Downtown BMO Centre
Occasional sessions may be held on the UNBC campus in the Lab building. Both locations offer confidential and supportive counselling areas.
Hours: September until July, with no scheduled appointments during the month of August. Sessions may be booked Monday to Friday, generally from 12:00pm until 7:00pm.
Contact: Ryan James
Phone: 250-960-6457
Email: ccc@unbc.ca

Walmsley & Associates
Walmsley provides Employee and Family Assistance Programs (EFAP) services to companies and organizations. The services focus not only on counselling intervention but also on wellness initiatives and professional services to the organization as a whole, therefore taking a holistic approach to service deliver.
Cost: Yes, contact for rates
Referral Needed: No
Address: 1512 Queensway Street, Prince George, BC, V2L 1L7
Phone: 250-564-1000
Phone (Toll-free): 1-800-481-5511
Fax: 1-877-389-9858
Website: www.walmsley.ca
Wellspring Counselling Services
Cost: Yes, contact for rates
Referral Needed: No
Phone: 250-561-0410
Hours: Wednesday-Saturday
Address: 1717 3rd Ave. # 218, Prince George, BC

Worth Counselling and Assessment
Cost: Yes, contact for rates
Referral Needed: No
Address: 1717 3rd Ave Suite 217, Prince George, BC, V2L 3G7, Canada
Phone: (250) 563-7331

Youth for Christ
Christian organization offering lifestyle and crisis counselling for youth and their families. Also offers recreational programs, family conferences, and lifestyle counselling at all high schools.
Cost: None
Referral Needed: No
Address: 2113 Ogilvie St S #202, Prince George, BC, V2N 1X2
Mailing Address: P.O. Box 1806, Stn. A, Prince George BC, V2L 4V7
Phone: 250-562-7110
Email: info@princegeorgeyfc.ca
Website: www.princegeorgeyfc.ca

Child Protection

Child Protection Intake Unit (MCFD)
Responds to child protection reports to ensure that child abuse is prevented and that children are protected from abuse and neglect.
Cost: None
Referral Needed: No
Address: 1441 - 7th Ave., Prince George, V2L 3P3
Phone: 250 645-4015 or 250 645-4124
Central Intake Phone Line: 1 800 663-9122
Fax: 250 565-4216

Northern Child and Family SCAN Clinic (Suspected Child Abuse and Neglect) (NH)
Interdisciplinary team for suspected or actual child abuse and neglect.
Ages: 0-18 years
Cost: No
Referral Needed: Yes, (by RCMP, Ministry of Child and Family Development or family physician)
Address: 4186 15th Ave, Prince George, BC, V2M 1V8, Canada
Phone: (250) 565-2120
Developmental/Learning Disabilities

**AIMHI**
Provides support services to adults who have developmental disabilities and children who have special needs and their families. Advocates for the protection of rights in the interest of equality.

**Address:** 950 Kerry St, Prince George, BC, V2M 5A3
**Phone:** (250) 564-6408
**Fax:** 250-564-6801
**Email:** aimhi@aimhi.ca

**Autism Society of BC (ASBC) North**
The Autism Society of BC North community support group is running in Prince George, to provide essential opportunities to connect and network with other individuals whose lives are affected by ASD and listen to guest speakers on a wide range of meaningful and relevant topics.

**Address:** #201 – 1685 3rd Ave., Prince George, BC, V2L 3G5
**Contact:** Corey Walker
**Phone:** (250) 961-7620
**E-mail:** cwalker@autismbc.ca

**Learning Difficulties Centre of BC**
The Learning Difficulties Centre of BC provides training and tutoring, using individualized, multisensory approaches in developing reading, writing, spelling and math skills, while promoting awareness and distributing information, to support children and adults affected by learning difficulties.

**Cost:** Yes
**Referral Needed:** No

**Address:** 785 Patricia Blvd, P.O. Box 1068, Prince George, BC, V2L 4V2
**Phone:** 250-564-8011
**Fax:** 250-564-8055
**E-Mail:** information@theldc.com

**Sources Community Resource Society**
Sources has BCBA supervised and credentialed staff that provides a variety of services to people with autism and pervasive developmental disorders and their families. Includes a variety of consultation services, behavioral support, and training. Resource library of books, videos, and equipment is available to anyone.

**Address:** 1600 3rd Ave, Prince George, BC, V2L 3G6
**Phone:** (250) 561-1194
**Website:** sourcesbc.ca

**B.A.S.I.C. Program**
Source’s B.A.S.I.C. program works with individuals who require specialized instruction to develop skills. We usually work with people with autism and use their autism funding however, because this is a fee-for-service program we are able to work with anyone who has funding to pay for the program as any child would benefit from our services. We also provide training to families and organizations who work with people with disabilities and/or behavior problems. Referrals can come from any source, including self-referrals.
Eating Disorders

**Eating Disorder Clinic**
Provides assessment, consultation and counselling services for individuals and their families throughout the Northern Health Region, local support to those clients who are not living in Prince George through their local support professionals - family doctor, dietitian, counsellor as well as tertiary referrals to St Paul and BCCH Eating Disorders Programs.

Cost: No

Referral Needed: Accepts self-referral or referrals by healthcare professionals.

Address: 1308 Alward Street, Nechako Centre, 2nd Floor, Prince George, BC, V2M 7B1

Phone: (250) 565-7479

Fax: (250) 649-7662

Financial Assistance

**Northern BC, Friends of Children Society**
Assists families with children in extraordinary medical need by offering financial assistance, providing information, emotional support and coordinating efforts with other organizations and service providers.

Cost: None

Referral Needed: No

Address: Room 107/108 - 490 Quebec Street, Prince George, BC, V2L 3G6

Mailing Address: PO Box 2463, Prince George, BC, V2N 2S6

Phone: 250.564.2217

Phone (Toll Free): 1.866.564.2217

Email: info@friendsofchildren.ca

Website: www.friendsofchildren.ca

Gender (see Sexual Health)

Infants

**Aboriginal Infant and Family Development Program (PGNFC)**
The Aboriginal Infant and Family Development Program (AIFDP) is a family-centered environment for expectant families and those with children ages birth through six.

Cost: None

Referral Needed: No

Address: 138 George Street, Prince George, BC V2L 1P9

Phone: (250) 564-5941

Fax: (250) 564-5946

**Aboriginal Infant Development Outreach (PGNFC)**
The outreach team is a group of dedicated individuals with various backgrounds including: psychology, counselling, child development, early childhood education special needs as well as experience and training with ages 0-3. The program offers home visits with the intent to monitor developmental progress and to provide information and referrals for any needs the families may have.

**Building Blocks (PGNFC)**
A AIFDP program to empower parents to the best of their ability to educate and nurture their children as well as themselves.
Aboriginal Supported Child Development Program (PGNFC)
Aboriginal Supported Child Development Program (ASCD) is intended for children who need extra support to be included in any child care setting, because they have a developmental delay or disability in physical, cognitive, communicative or social/emotional/behavioral areas.
Cost: None
Address: 1600 – 3rd Avenue (2nd Floor), Prince George, BC, V2L 3G6
Phone: (250) 564-3568 Ext 234
Fax: (250) 614-7732
Website: www.pgnfc.com

AIMHI Infant Development Program
Program services children from birth to three years of age who are at risk for, or who may have a delay in development. Your participation is voluntary. Children aged birth to three years, delayed in one or more skill area, children with a diagnosed disability, at risk for potential delays, parents with questions/concerns
Referred Needed: Yes, by: parent, doctor, health nurse, etc.
Address: 950 Kerry St, Prince George, BC, V2M 5A3
Phone: (250) 564-6408
Fax: 250-564-6801
Email: aimhi@aimhi.ca

Legal

Native Court Worker - Youth and Family Advocates
Provides crisis counselling, intervention, advocacy on behalf of clients to address conflict between families and the Ministry of Children and Family. Refers Aboriginal people to appropriate education, legal, social and community resources available
Phone (Toll Free): 1-877-811-1190 Ext.321
Fax: 604-985-8933
Phone: 855-221-1184
Fax: 866-963-0131
E-mail: nccabc@nccabc.net

Pro Bono Law Clinic (PGNFC)
Free consultation with a local lawyer available.
Ages: youth/adults
Cost: None
Referral: self-referral
Address: 1600-3rd Avenue, Prince George, BC, V2L 3G6
Phone: (250) 564-4324
Fax: (250) 614-7727
Website: www.pgnfc.com
Parents and Caregivers

There are many services and supports available to parents and caregivers that are not listed here. For more information about these services please see The Village (below) or contact a CYMHSU professional.

The Village: Parent, Grandparent & Caregiver Resource (PSSS)
The Village is a comprehensive registry of programs, resources and services for parents in the community produced by Parent Support Services Prince George. To submit your Prince George program, or to receive The Village, please contact Parent Support Services coordinator in Prince George at 250-962-0600 or email parentnorth@shaw.ca.
Cost: None
Referral Needed: No
Address: PO Box 21106, Spruceland R.P.O West Central St. Prince George, BC, V2M 2A5
Phone: (250) 962-0600
Email: parentnorth@shaw.ca
Website: www.parentsupportbc.ca

Pregnancy (see Sexual Health)

Psychosis

Early Psychosis Intervention (NH)
The EPI program provides assessment, treatment, case management, groups, and medication management for individuals experiencing first break psychotic episodes as well as individual, family, and community education.
Address: 1308 Alward Street, Prince George, BC, V2M 7B1
Phone:(250) 649-7660
Website: northernhealth.ca/YourHealth/MentalHealthAddictions/ProgramDescriptions/EarlyPsychosisIntervention.aspx

Schizophrenia

BC Schizophrenia Society
British Columbia Schizophrenia Society is a non-profit organization founded in 1982 by families and friends of people with schizophrenia. Since then, BCSS has grown into a province-wide family support system. We are dedicated to supporting each other, educating the public, raising funds for research and advocating for better services for people with schizophrenia and other serious and persistent mental illness.
Cost: None
Referral Needed: No
Location: 1117-6th Avenue, V2L 4S6
Phone: 250-561-8033
Email: kimdixon@bcsspg.org
Website: http://www.bcsspg.org/

F.A.M.I.L.I.E.S.
Partners with the BC Schizophrenia Society of Prince George as well as the Activity Centre for Empowerment to help support ALL individuals and their families living with any type of mental illness including schizophrenia, bi-polar disorder, depression and anxiety disorders.
Cost: None
Referral Needed: No
Location: 1117-6th Avenue, V2L 4S6
Phone: 250-561-8033
Email: kimdixon@bcsspg.org
Sexual Health

**Aboriginal Infant and Family Development Program (PGNFC)**
The Aboriginal Infant and Family Development Program (AIFDP) is a family-centered environment for expectant families and those with children ages birth through six.

**Cost:** None

**Referral Needed:** No

**Address:** 138 George Street, Prince George, BC V2L 1P9

**Phone:** (250) 564-5941

**Fax:** (250) 564-5946

**AIDS Prevention Program/Needle Exchange**
Walk-in only. Offers information, testing, needle exchange, condoms and counselling. Offers STD/STI, HIV, pregnancy and PAP testing. Emergency contraceptive pill (Morning after pill), hepatitis testing, vaccines for Hepatitis A and Hepatitis B.

**Cost:** None

**Referral Needed:** No

**Address:** 1108 3rd Avenue, Prince George BC, V2L 3E5

**Phone (Clinic):** 250-564-1727

**Walk-in Clinic hours:** Monday-Saturday: 1:00pm-6:00pm

**Phone (Outreach Vehicle):** 250-960-9777

**Outreach Vehicle Hours:** Mon - Sat 7:00 pm- 11:00 pm.

**Crisis Pregnancy Centre**
We offer pregnancy tests and options peer counselling, along with ongoing help and empowerment. We provide information and answer questions about pregnancy issues and choices, fetal development, abortion procedures and risks, parenting, and adoption planning/ birth-parent advocacy. We also support people struggling after an abortion.

**Cost:** None

**Referral Needed:** No

**Address:** #206 - 2289 Westwood Dr., Prince George, BC

**Hours:** Tue: 4pm to 8pm, Wed, Thu, Fri: 12pm to 4pm (Other Appointments times can be arranged)

**Cell:** 250.981.2444 (24 hours a day, 7 days a week)

**Office:** 250.562.4464

**Email:** info@pgpcc.ca

**Email:** confidential@pgpcc.ca

**Elizabeth Fry Society**
There are many kinds of violence against women including sexual, spiritual, cultural, physical verbal financial psychological and emotional abuse. The Elizabeth Fry Society assists women, children and youth advocating on their behalf by providing counselling services and education, as well as social and legal support programs.

**Cost:** None

**Referral Needed:** No

**Address:** 1575 – 5th Avenue, Prince George, BC, V2L 3L9

**Phone:** (250) 563-1113

**Fax:** (250) 563-8765

**Website:** www.pgefry.bc.ca/
**Kids Konnection (SOS)**
Surpassing our Survival (SOS Society) counselling program for children aged 3-13 who have experienced sexual abuse. The program also provides family support and community prevention and education programs.

**Cost:** None  
**Referral Needed:** No  
**Address:** 193 Quebec Street, Prince George, BC, V2L1W1  
**Phone:** 250-564-8302  
**Fax:** 250-564-8303  
**Email:** ltozer@telus.net  
**Website:** [http://www.sossociety.net/kids_konnection](http://www.sossociety.net/kids_konnection)

**Opt Youth Sexual Health Clinic**
Free, confidential health clinic for youth of all ages, genders and orientations. Provides; birth control, morning after pill, STD/STI and pregnancy testing, and education and counselling on a variety of issues including relationships, nutrition, self-esteem, and substance abuse.

**Address:** 1444 Edmonton St, Prince George, BC, V2M 6W5  
**Phone:** 250-565-7477  
**Fax:** 250-565-7377  
**Drop-in Hours:** Thu 3:00 p.m. - 5:30 p.m.  
**For booking, please call:** 250 565-7381

**SOS Society (Surpassing our Survival)**
Assists adults, youth, and children who have experienced sexual abuse and/or sexual violence. Also provides education to individuals and organizations.

**Address:** 193 Quebec Street, Prince George, BC, V2L1W1  
**Phone:** 250-564-8302  
**Fax:** 250-564-8303  
**Email:** ltozer@telus.net  
**Website:** [www.sossociety.net/](http://www.sossociety.net/)

**Transgender Health Clinic**
The Northern Transgender Health Clinic was formed in August 2015 to support a growing need for trans care in Northern BC. The clinic provides medical care and support to transgender individuals. These services are offered by our inter-professional team, which includes physicians, nurse practitioners, nurses, social workers, mental health clinicians and pharmacists. We also collaborate with pediatricians, psychiatrists and psychologists when applicable to support the assessment and transition process. Our goal is to provide safe, effective and timely care to transgender patients, as well as increase awareness of transgender health issues in our community.

**Cost:** covered under MSP (Medical services plan)  
**Referral Needed:** No  
**Address:** Blue Pine Clinic, Suite 102- 1302 7th Ave, Prince George, BC, V2L 3P1  
**Phone:** (250) 596-8100  
**Fax:** (250) 596-8101  
**Appointment Needed:** yes
Substance Use

**ALANON**
Al-ANON family groups offer understanding and support to families and friends of problem drinkers  
Cost: None  
Referral Needed: No  
Website: http://www.district27alanon.ca/  
Phone: 250-561-3244  
Email: district27alanon@gmail.com

**Alcoholics Anonymous**
12-step support group for those wishing to stop drinking. Daily meetings. Phone for schedule of current meetings  
Cost: None  
Referral Needed: No  
Phone: 250-564-7550  
Address: Various Locations  
Website: aa-meetings.com/aa-meetings/aa-canada/BritishColumbia/PrinceGeorge.html

**Narcotics Anonymous**
Twelve-step support group program for people addicted to any drug, including alcohol.  
Cost: None  
Referral Needed: No  
Hours: Daily Meetings. Phone for schedule of meeting times.  
Location: Varies  
Phone (Toll-free): 1-888-543-2499  
Website: http://bcrna.ca/index.php?category=contact

**Native Healing Centre/Aboriginal Child and Youth Wellness Program (PGNFC)**
Ages: All  
Cost: None  
Referral Needed: Self-referral or community referral  
Address: 1600 - 3rd Avenue (3rd Floor), Prince George, BC, V2L 3G6  
Hours: Monday-Friday 8:30am-4:30 pm (closed Thursdays between 1pm-4:30pm for clinical supervision and staff meetings)  
Phone: (250) 564-4324  
Fax: (250) 614-7727  
Email: nhc@pgnfc.com  
Website: http://www.pgnfc.com

**Nechako Youth Treatment Center (NH)**
Provides a safe, supportive environment for youth, male or female aged 13-18, who are currently suffering from the misuse of drugs and/or alcohol and wish to deal with their substance abuse problems. This is a residential program and youth are supervised 24 hr/day. Voluntary admission, group therapy and individual counselling, recreational activities, crafts and life-skills training  
Cost: None  
Referral Needed: Yes  
Address: 1308 Alward Street, Prince George, BC, V2M 7B1  
Phone: (250) 565-2881  
Fax: (250) 565-2883
Victim Services

Aboriginal Victim Services (PGNFC)
Information and supports available, including assistance with applications, court support and information about your rights as a victim.
Ages: All
Cost: None
Referral: Self-referral
Address: 1600-3rd Avenue, Prince George, BC, V2L 3G6
Phone: (250) 564-4324
Fax: (250) 614-7727

Children who Witness Abuse – Elizabeth Fry
Provides services for children ages 3-18 exposed to domestic violence.
Ages: 3-18 years
Cost: None
Referral Needed: Yes
Address: 1575, 5th Avenue, Prince George, BC, V2L 3L9
Phone: (250) 563-1113
Fax: (250) 563-8765
Website: www.pgefry.bc.ca/

Specialized Victim Support Services – Elizabeth Fry
We provide a range of services and assistance, including counselling, information, support and referrals to victims of childhood assault, criminal harassment, partner violence and sexual assault.
Cost: None
Referral Needed: Yes
Address: 1575, 5th Avenue, Prince George, BC, V2L 3L9
Phone: (250) 563-1113
Fax: (250) 563-8765
Email: Website: www.pgefry.bc.ca/

RCMP Victim Services
Victims of crime and people suffering from other traumas have needs they cannot always meet on their own. Prince George RCMP Victim Services offers support 24/7 to victims of crime and trauma and this can take many forms: emotional support, referrals to appropriate agencies, crisis intervention, criminal justice information and court orientation/accompaniment
Cost: None
Referral Needed: Yes
Address: 455 Victoria Street Prince George, BC, V2L 0B7
Phone: RCMP Non-emergency line 250-561-3300
Youth in Care

**Axis Family Resources**
Multi-service agency that provides services in the areas of foster parent support and training, specialized care homes for youth, intensive support to youth working towards independence, and parent education. Satellite offices throughout BC.
- **Cost:** No
- **Referral:** Yes (by Ministry of Child and Family Development)
- **Address:** 185 Quebec St, Prince George, BC, V2L 1W1
- **Phone:** (250) 564-9064
- **Toll-free:** 1-877-392-1003
- **Website:** www.axis.bc.ca/

**Specialized Residential Services**
Axis Family Resources Ltd. has been providing Specialized Residential Services since 1992 for children, youth and adults with behavioral challenges related to mental health, addictions, offending behaviors and compromising medical conditions including Fetal Alcohol Spectrum Disorder (FASD), Complex Developmental Behavioral Conditions (CDBC), developmental disabilities and autism.

**Axis Family Services**
Families who take part in Axis Family Services are typically experiencing stress due to behavior challenges presented by children or youth, special needs of children and youth, addiction and mental health issues on the part of different family members, domestic violence, neglect, and poverty. In Prince George, we offer Family Based Supports, which includes Family Support and Key Worker Support for families dealing with FASD.

**Carrier Sekani Family Services**
Provides: child welfare, family support, parenting, education, counselling, referrals, and health services to band members
- **Cost:** No
- **Referral Needed:** No
- **Address:** 987 4th Avenue, Prince George, BC, V2L 3H7
- **Phone:** 250-562-3591
- **Phone (Toll-free):** 1-800-889-6855
- **Fax:** 250-562-2272
- **Fax (Toll-free):** 1-888-554-7244
- **Website:** www.csfs.org

**Child and Family Services Office (MCFD)**
Social workers specializing in services and support to foster children, foster parents, receiving homes, and group homes. Information and training material available on fostering.
- **Cost:** None
- **Referral Needed:** Yes
- **Business Line:** 1-250-565-4151
- **Address:** 1011 4th Ave, Prince George, BC V2L 3H9

**Nezul Be Hunuyeh**
Provides many services to families of the Tl’azt’en and Nak’azdli communities including support, intervention, assessment and referral.
- **Cost:** None
- **Referral Needed:** Yes
- **Address:** 1444 9 Ave, Prince George, BC, V2L 5N9
- **Phone:** (250) 561-0790
Youth Justice

Youth Forensic Psychiatric Services
Assessments and full range of treatment services for young offenders.

Referral: Yes
Ages: 12-18. Some programs also available to victims.
Phone: 250 565 7115
Fax: 250 565 7119
Address: 1594 – 7th Avenue, Prince George, BC V2L 3P4

Section 5: Prevention and Education Services

Big Brothers/Big Sisters
Adult friendship and guidance for children, aged 7-18. A number of different programs are available. Volunteers undergo a screening process.
Address: 777 Kinsmen Place, Prince George, BC, V2M 6Y7
Phone: 250-563-7410
Website: http://www.bbbspg.ca/

Canadian Mental Health Association (CMHA)
CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support recovery from mental illness
Address: 1152-3rd Avenue, Prince George, BC, V2L 3E5
Phone: 250-564-8644
Toll Free Phone: 1-800-555-8222
Fax: 250-564-6155
Email: reception@cmhapg.ca
Website: www.princegeorge.cmha.bc.ca

ASIST Training (CMHA)
Applied Suicide Intervention Skills Training (ASIST) is for everyone 16 or older—regardless of prior experience—who wants to be able to provide suicide first aid

Confident Parents: Thriving Kids (CMHA)
A family-focused phone-based coaching service effective in reducing mild to moderate behavioural problems and promoting healthy child development in children ages 3-12. Through a series of 6 to 14 weekly coaching sessions, along with exercises and workbooks, trained coaches empower parents and/or caregivers to learn effective skills and techniques that support social skills and cooperation in their child.
Cost: none
Referral: yes, from your family doctor or pediatrician

Enjoy Your Baby (CMHA)
The course is for any new mother facing stress, low mood or anxiety who could use skills training support to make positive changes in her life and really enjoy parenthood.

Mental Health First Aid for Youth (CMHA)
This is a training course provided throughout the northern region, where participants learn how to provide initial help to people who are showing signs of a mental health problem or experiencing a mental health crisis.
Cost: $200 per attendee
Living Life to the Full for Youth (CMHA)
Living Life to the Full offers you enjoyable and interactive courses that will help you understand your feelings, thoughts and behaviors, and what to do about them!
Cost: $185 per attendee

safeTALK Training (CMHA)
safeTALK is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.

Community Against Sexual Exploitation of Youth (CASEY)
CASEY increases awareness of issues of sexual exploitation throughout the entire community including professionals, the general public, and youth. Involved in prevention and education activities. Members of the community come together to act as agents of change.
Business Line: 250 565 6260
Fax: 250 564 8900
Address: 1160-7th Ave, Prince George, V2L 5G6
Email: caseyprincegeorge@gmail.com

Crisis Prevention, Intervention & Information Centre for Northern BC
Provides crisis intervention, suicide prevention, resource information, education and confidential peer support for the people of Northern BC.
Cost: None
Referral Needed: No
Address: 5th Floor - 1600 3rd Ave, Prince George, BC, V2L 3G6
Business Phone: 250-564-5736 (Emergency numbers listed in emergency response section)
Business Hours: 9:00am-5:00 pm, Monday-Friday
Email: executive.director@crisis-centre.ca
Fax: 250-563-0815
Website: http://www.crisis-centre.ca/

Drugs and Organized Crime Awareness Service – RCMP North District
Provides factual information, substance abuse education, and prevention programs on substance abuse issues.
Address: 4020 - 5th Avenue, Prince George, BC, V2M 7E7
Phone: 250-561-3128

PARTY Program: Prevent alcohol and risk-related trauma in youth
To promote injury prevention through vivid clinical reality, enabling youth to recognize risk, make informed choices and identify potential consequences about activities and behaviors
Address: 1475 Edmonton Street, Prince George, BC, V2M 1S2
Hours: Every Thursday during the school year from 9:00 a.m. - 2:30 p.m.
Email: lynnprimus@northernhealth.ca
Website: http://pgpartyprogram.ca

Queer Straight Alliance
The Library QSA is a safe space for Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Queer, Questioning and Straight teens and teens with LGBTQ families. Teen friends and allies are welcome. The Library QSA is a city-wide group open to all youths in grades 8-12 in Prince George and area. Every other Tuesday, 7-8:30pm.
Cost: Free
Address: 888 Canada Games Way, Prince George, BC, V2L 5T6
Phone: 250-936-9251 ext 206
Email: mcruickshank@pgpl.ca
Website: gendercreativekids.ca/providers/queer-straight-alliance-qsa-prince-george-public-library/
**Rainbows Prince George**  
Grief and loss program for 5-15 year olds who are experiencing a painful transition from death, divorce, separation, abandonment, or neglect. Two-13 week sessions/year.  
**Cost:** Free  
**Address:** 1506 Ferry Avenue, Prince George, BC, V2L 5H2  
**Phone:** (250) 563-2551  
**Age:** Children/teens

**Reconnect Youth Village**  
Reconnect Youth Village is a Ministry of Children and Family Development (MCFD) contracted program providing voluntary youth-centered service; provide safe, secure, stable and nurturing emergency drop-in shelter services, and daily integrated service programming to street involved and/or high risk youth. Outreach staff can refer youth and their families to appropriate resources within the community for medical, educational, counselling, treatment, or financial services.  
**Cost:** None  
**Address:** 171 George Street, Prince George, BC, V2L 1P8  
**Phone:** (250) 562-2538  
**Fax:** (250) 564-1432  
**Website:** [http://www.pgnfc.com/programs_services.html](http://www.pgnfc.com/programs_services.html)

**Youth for Christ**  
Christian organization offering lifestyle and crisis support for youth and their families. Also offers recreational programs, family conferences, and lifestyle counselling at all high schools.  
**Cost:** None  
**Referral Needed:** No  
**Address:** 2113 Ogilvie St S #202, Prince George, BC, V2N 1X2  
**Mailing Address:** P.O. Box 1806, Stn. A, Prince George, BC, V2L 4V7  
**Phone:** 250-562-7110  
**Email:** info@princegeorgeyfc.ca  
**Website:** [www.princegeorgeyfc.ca](http://www.princegeorgeyfc.ca)

**YMCA Prince George**  
Though the world may be unpredictable, one thing remains certain – the YMCA is, and always will be dedicated to building healthy, confident, secure and connected children and youth, families and communities. Offers lots of great programs for children, youth and families, including youth leadership programs.  
**Cost:** Yes  
**Address:** PO Box 1808, 2020 Massey Drive, Prince George, BC, V2L 4V7  
**Phone:** (250) 562-9341  
**Fax:** (250) 564-2474
Section 6: Online and Electronic Resources

**Alateen**
Strength and hope for friends and families of problem drinkers
http://al-anon.org/for-alateen

**BC Health Service Locator App**
The BC Health Service Locator App helps you find walk in clinics, hospitals, emergency rooms, immunization locations, after-hours pharmacies, and laboratory services near you.
http://www.healthlinkbc.ca/app/

**Check Your Head**
Child and youth information about mental health and mental illness
http://checkyourhead.org/

**Here to Help**
HeretoHelp is a website of the BC Partners for Mental Health and Addictions Information
http://www.heretohelp.bc.ca/

**Kelty Mental Health Resource Centre**
Child and youth information about mental health and mental illness
URL: keltymentalhealth.ca

**Mind Check**
Youth information about mental health and mental illness
http://mindcheck.ca/

**Mindshift App**
MindShift is an app designed to help teens and young adults cope with anxiety.
https://www.anxietybc.com/resources/mindshift-app

**Mind Your Mind**
Mind Your Mind is a space for youth and young adults (14-24) to find support when going through tough times.
http://mindyourmind.ca/
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Correspondence regarding this directory can be sent to Shari Wallace, PG LAT Project Lead, wallaces@unbc.ca

The Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative is funded by the Shared Care Committee in partnership with the General Practice Services and Specialist Services Committees; all are Joint Collaborative Committees of Doctors of BC and the BC government. The goal of the Collaborative is to increase timely access to integrated services and supports for children, youth and families struggling with mental health and substance use issues.