

# COMMUNITY RESOURCE GUIDE

for Burns Lake & District

Updated:  
February 2019



Prepared by:



**Lakes  
LITERACY**

Printing Sponsored by:



Lakes District  
Early Childhood  
Development Committee



Children  
First

# Literacy Projects in the Lakes District

## **W.O.W. Bus (Words on Wheels):**

A retired school bus was retrofitted in 2009 to become a traveling bookmobile bringing books and programs to outlying communities. The bus is good for children and adults alike - there is something of interest for everyone. The bus is making a weekly run to the Southside each week, bringing books and activities to the residents. Throughout the year the bus can be found at the Lakes District Fall Fair, Canada Day, Aboriginal Day, and in the summer at the Spirit Square - stop by and check out the inside! Borrowing books/puzzles/games or participating in programs is always free.

## **"Give a Book - Take a Book" Program:**

Books can be borrowed/traded/taken without due dates or costs from shelves located at the Lakeview Mall, Muriel Mould Neighbourhood Learning Centre, William Konkin Elementary, Lakes District Hospital, Lakes District Family Enhancement Society, and Elizabeth Fry. If there is location you think could use some books, please let us know.

## **Food Share Program:**

The community Food Share Program began April 2014, and we have been thrilled to have Save-On Foods as our partner from the start. Organizations work together daily to recover and distribute food to people in-need throughout the Lakes District. Over 1,000 pounds of food each month is going into our community rather than the landfill!

## **Dolly Parton's Imagination Library:**

Books in the home is the single biggest indicator of academic success - surpassing income, parents' education, family composition, and all other factors. A love of books and reading offers the foundation for literacy skills that set children up for future success. Parents reading to their children from birth improves a child's future reading ability. Through this program, each registered child (birth to age 5) receives a free, age-appropriate, high quality book each month. The books are addressed with the child's name and mailed directly to their home. Thanks to the Burns Lake Rotary Club for the funding to start this valuable project and the Early Childhood Development Committee (Success by 6 & Children First) for funds to help keep it going!

# Literacy Projects in the Lakes District

## **Fostering Literacy:**

Helping your child become a reader is the single most important thing that you can do to help your child succeed in school - and in life. The importance of reading simply can't be overstated - it is the key to lifelong learning.

In 2017, Lakes Literacy received funding from Decoda Literacy Solutions to offer children's literacy tutoring for free. The program was so successful we were granted funds to continue for 2018/2019 as well.

## **Community Resource Guide:**

This guide is requested by individuals, businesses, organizations, as well as people moving to the area. Once again a huge thank-you to the Early Childhood Development Committee for the Children First funds to print 900 copies!

## **Support for Community Initiatives:**

Lakes Literacy funds are contributed to the Burns Lake Public Library for Family Literacy events, as well as the Summer Reading Program. Lakes Literacy purchases new children/teen books to be included in the Christmas hampers, and supplies books for various community events and programs, like Books for Babies.

Please visit [www.lakesliteracy.ca](http://www.lakesliteracy.ca) for more information.

## Ways to help Lakes Literacy:

- Donate books to the W.O.W. Bus and 'Give a Book - Take a Book' program
- Monetary donations for projects (W.O.W. Bus expenses, Books, Dolly Parton's Imagination Library, Resource Guide printing)
- Join the Literacy Committee

## Changes/Additions to the Resource Guide

Please email additions or updates to:

Jennifer Petersen, Literacy Outreach Coordinator

Phone: 250-695-6778

Email: [ldhub@lakesdistrictliteracy.ca](mailto:ldhub@lakesdistrictliteracy.ca)

[www.lakesliteracy.ca](http://www.lakesliteracy.ca)

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# Children, Youth & Family Services

## **Axis Family Resources - Foster Parent Support Program**

Raya Leith    raya.leith@axis.bc.ca

250-691-1876

## **Bulkley-Valley Child Development Centre**    250-692-4201

- **Nechako Lakes Early Intervention Program**

Muriel Mould Neighbourhood Learning Centre

Box 1146, 270 9th Avenue, Burns Lake, BC V0J 1E0

Services offered:

- \* Occupational Therapy
- \* Physical Therapy
- \* Speech & Language Therapy
- \* Family Services Co-ordinator

We provide services for all children in Burns Lake and the surrounding areas, including Southside, Granisle and Tachet. ANY family, caregiver, and/or community professional who may have questions about a child's development is able to make a referral to the Early Intervention Program.

We serve children and their families from birth to Kindergarten entry to support their development. Our team of professionals provides a family centered approach, working with the child and caregivers directly. We can also work together with those important to a child's health and wellbeing, for example, extended family, daycare, health professionals and any other specialists or medical clinics.

Referral forms can be obtained at our office or by downloading the Nechako Lakes form found at: [bvcdc.ca/referrals/](http://bvcdc.ca/referrals/)

Please deliver completed referrals to our office, or fax them to: 250-692-4221

# Children, Youth & Family Services

## **Burns Lake Infant Development Program**

Box 1142, 270 9<sup>th</sup> Avenue

250-692-3211

<http://idpofbc.ca/>

Fax: 250-692-3215

Muriel Mould Neighbourhood Learning Centre

Services for families & children from birth to five years – for when your child needs extra help.

- \* Home visits to monitor progress, develop new activities, & support parents
- \* Development assessments, resource materials, toy lending, referrals to other services
- \* Infant Massage classes
- \* Coordination of Book for Babies program

### **• Parent and Child Mother Goose Program:**

- \* Free drop-in session for parents & children from birth to five years at the Muriel Mould Neighbourhood Learning Centre
- \* Encourages social skills development
- \* Learn new songs and finger plays with child
- \* Meet other parents, chat, make new friends
- \* Wednesday & Friday mornings 10 - 11:30 a.m. Sept - June (Closed Statutory Holidays)
- \* Call the office for summer hours (July/August)

## **Carrier Sekani Family Services** [www.csfs.org](http://www.csfs.org)

### **• Child & Family/Community Mental Health Services**

Burns Lake Office 108 - 2nd Avenue

250-692-2387

Southside Office 27920 Wellness Way

250-694-3270

- \* Providing counselling & support to children & families in the Lakes District area, with school based programs provided in Grassy Plains School, Babine Elementary Secondary School (Granisle), Francois Lake Elementary School, Lakes District Secondary School and Woyenne (LBN) School.
- \* Various workshops on mental health/wellness issues upon request.

# Children, Youth & Family Services

## **Carrier Sekani Family Services** - *continued*

### **• Early Childhood Development Services**

#### **\* Aboriginal Supported Child Development Program**

240 West Stewart St., Vanderhoof 250-567-2900  
Contact: Dawne Persson Toll Free: 1-866-567-2333

The Aboriginal Supported Child Development (ASCD) program was built on the belief that through inclusion in preschool and daycare children with developmental disabilities can learn a full range of skills, and actively participate in home and community life.

ASCD supports any children or youth from 0-18 years old with developmental delays, including speech and language delays, fine motor delays, gross motor delays, cognitive delays, and social, emotional and behavioural delays. Children do not need a diagnosis to access the ASCD programs however, some children already may have diagnoses such as down syndrome, cerebral palsy, autism spectrum disorder, fetal alcohol spectrum disorder (FASD), deaf or hard of hearing, visually impaired, attention deficit hyperactivity disorder (ADHD), speech disorders such as apraxia, and complex health care needs, and are welcome to receive supports.

The ASCD Program provides supports for parents whose children are developmentally delayed or may be developmentally delayed. Supports include:

- Learn new parenting skills
- Find ways to develop a meaningful connection with their child
- Know that they are not alone and that resources are available to assist them
- Funding for ASCD is provided by the Ministry of Children and Family Services, and all ASCD services are provided free of charge

The goals of the program are for children with developmental delays to:

- Receive support in developing their skills
- Receive one-on-one support throughout their early childhood, when needed receive timely assessments, when applicable



# Children, Youth & Family Services

## Carrier Sekani Family Services - *continued*

### • **Early Childhood Development Services** - *continued*

#### \* **Early Years Centre** 250-251-0262

Nancy DeLury, EYC Coordinator

Muriel Mould Neighbourhood Learning Centre

270 9th Ave, Room 141

[www.burnslakefamilies.ca/eyc](http://www.burnslakefamilies.ca/eyc) [www.facebook.com/eycburnslake](http://www.facebook.com/eycburnslake)

Open to all families, this is a place to come & see all of the Early Years Services offered in the Lakes District. Our coordinator will be happy to answer any questions regarding; child development, complete developmental screenings, where to access additional services, programs that are running in the community, etc. The centre also offers a variety of free programming for families to enjoy, including:

- **Craft Day: Tuesdays, 9:30 – 11:30**
  - \* Stop in with the kiddos to enjoy crafts, play, and snacks, during this relaxed craft time for children and their caregivers.
- **Drop-in play time: Thursdays, 8:30 – 3**
  - \* Drop-in to play or craft at a time that suits your schedule. Thursday drop-in is usually a quieter option for children and their caregivers.
- **Toy Lending Library: Tuesday, Thursday, and anytime the EYC door is open**
  - \* The EYC has a wide selection of toys for children aged 0-6 that are available to borrow.

#### • **Guardianship Office** 250-692-1800 8-870 Hwy 16 W., Burns Lake Fax: 250-692-1877

- \* Children in Care Support Services
- \* Family Preservation/Maternal Child Health Services
- \* Community Health Nurse/Health Services

# Children, Youth & Family Services

## **Child Care Resource and Referral (CCRR)**

[www.ccr.bc.ca](http://www.ccr.bc.ca)

250-563-2483 1-800-680-6699

2020 Massey Drive, Prince George

Fax: 250-563-2482

Provides support, training, resources and referral services for child care providers and parents.

## **Community Care Licensing**

250-565-2150

The purpose of this program is to make sure that licensed facilities are healthy & safe environments for adults, youth & children in care. We represent the public & families who rely on care providers to look after their loved ones. Daycares or residential care facilities that provide care & supervision to three or more children, who aren't related to the caregiver, need a community care facility license.

Contact Northern Health Licensing Officers for more information:  
[www.northernhealth.ca/services/community-care-licensing](http://www.northernhealth.ca/services/community-care-licensing)

## **Elizabeth Fry Society**

250-692-7559

Crisis and Support Line (24 hour):

250-692-5720

<http://pgefry.bc.ca/programs/burns-lake/>

Provides services to families, women & children:

- Children Who Witness Abuse (children ages 3-18 exposed to domestic violence)
- Outreach Program (women's counseling, support, referrals)
- Eagle's Nest Transition House for Women & Children
- Stopping the Violence Program (counseling for women who have experienced violence in a relationship)
- Family Support Program (call for more information)
- Family Connections - free confidential support for families with children 0-6. Services include individual support, referrals, Young Parents drop-in and Little Artists group. Call for more information.

## **Kids Help Phone**

1-800-668-6868

Website: [www.kidshelpphone.ca](http://www.kidshelpphone.ca) (Ages 20 and under)

# Children, Youth & Family Services

## Lake Babine Nation

- **Aboriginal Service Innovation—Early Years**

Shauna M. Alec, Program Director 250-692-3463  
[shaunaalec@gmail.com](mailto:shaunaalec@gmail.com) Fax: 250-692-3921

Muriel Mould Neighbourhood Learning Centre  
Room 102 207—9th Avenue, Burns Lake

The program provides service for all Lake Babine Nation children (0-6 years old) in the three active communities of Woyenne, Tachet & Fort Babine. We're here to provide resources of the programs & services that are available in our community, ensuring they are accessible to all our members. We're here to assist with the quality of existing services in Woyenne, & make certain they are affordable for all members.

Fort Babine 692-3138 Tachet Childcare Centre 250-697-2380

- **Lake Babine Nation Youth Centre** 250-692-2358

- **New Vision Wellness Centre** 250-692-3558  
105 Tsa Street - L.B.N. Crisis Line 250-692-7684

Our counsellors are certified in either Wholistic Wellness, Mental Health or NADAAP (Drug & Alcohol) counselling. Family, relationships, domestic violence, intimacy, addictions, parenting, a variety of men's groups, diabetic cooking for families, talking circle, women's & girl's groups, women's fun night, & addictions counselling support are just some of the services offered. Referrals for treatment, pre treatment counselling & aftercare, are offered as well. Our services are confidential.

- **Tachet Youth Centre** 250-697-2224 or 1-877-999-2224

# Children, Youth & Family Services

## **Lakes District Community Services Society**

B-132 Francois Lake Drive (Park Place)

250-692-7577

[www.lakesdistrictcommunityservices.ca](http://www.lakesdistrictcommunityservices.ca)

1-888-828-2056

- Provides the following services & programs:
  - \* Community Youth Justice – Community Service, Youth at Risk, Intensive Supervision & Support (free)
  - \* Child & Youth Special Needs Program (free)
  - \* R.E.A.C.H. Program Community Inclusion– Developmentally Disabled Adults (free)
  - \* Meals on Wheels
  - \* Seniors Transportation Program (Rambler)
  - \* see page 32 for information on Senior Services

## **Lakes District Family Enhancement Society (LDFES)**

Box 777, Burns Lake, BC, V0J 1E0

250-251-1466

- **Healthy Start for Mommy and Me:**
  - \* A program to promote healthy pregnancy & improve infant outcomes for pregnant women. Sessions are held in Burns Lake and Grassy Plains.
- **Lakes District Food Bank** - see page 17
- **Ashurst Children's Centre Daycare** - see page 18

**Ministry of Children & Family Development** - see page 22

## **Northern BC Crisis Centre** <https://crisis-centre.ca/>

Crisis Line: 1-888-562-1214 (24 hrs / 7 days a week)

Youth Line: 1-888-564-8336 (4pm-10pm 7 days a week)

BC Suicide Line: 1-800-SUICIDE (784-2433) (24 hrs / 7 days a week)

## **Parent Support Services Society of BC**

1-877-345-9777

[www.parentsupportbc.ca](http://www.parentsupportbc.ca)

- \* Parent Support Circles
- \* Grandparents Raising Grandchildren 1-855-474-9777
- \* Parenting Education and Support

# Children, Youth & Family Services

**StrongStart - Burns Lake/Granisle** 250-692-3146  
Contact: Katie Blackwell, StrongStart Facilitator, ECE  
Facebook: WKE StrongStart [kblackwell@sd91.bc.ca](mailto:kblackwell@sd91.bc.ca)

StrongStart is a FREE drop in early learning program for parents/caregivers & children aged 0-5. The program is focused on encouraging language, emotional, cognitive, physical, sensory, and creative development in young children. Some activities may include, sensory table, gym time, library time, circle time, free play, art, fine motor play, and dramatic play.

- **William Konkin Elementary School StrongStart**  
724 Carroll Street 250-692-3146  
Monday, Thursday & Friday: 8:45-12:00 pm  
Wednesday: 8:45 am—2:45 pm  
Closed Tuesday, statutory holidays & Pro-D days
- **Babine Elementary Secondary School StrongStart**  
34 Macdonald Avenue 250-697-2222  
Tuesday: 9:30-12:00 pm

**StrongStart—Grassy Plains School** 250-694-3396

**Thomas Robinson Consulting Ltd.**  
Burns Lake Consultant: Monique Brodie 250-692-6567  
[monique.brodie@trcl.ca](mailto:monique.brodie@trcl.ca)

TRC Ltd. facilitates the following programs in Burns Lake:

- **Supported Child Development Program**  
A community based resource that provides services to families with children who require extra supports to access regulated child care programs in their home communities.
- **Autism Support Services**  
Support services for children and youth who have Autism Spectrum Disorder.

# Community Services & Resources

**Al-Anon - Southside** 250-694-3745  
Meets every Saturday: 10—11 am at the  
Grassy Plains Gospel Church

**Alcoholics Anonymous** 250-692-3024  
Meets on Tues. and Sat. at 7:30 pm  
Immaculata Parish 248-3rd Ave

**Women's group** meets Wed. at 7:30 pm 250-685-8365  
108 2nd Avenue

**Alcoholics Anonymous - Southside** 250-691-1673  
Meets on Mon. and Thurs. at 6:30 pm  
Grassy Plains Gospel Church

**Burns Lake Community Forest Ltd** 250-692-7724  
153 Francois Lake Drive [blcomfor.com](http://blcomfor.com)

**Burns Lake Community Garden** 250-692-7977  
Beate Marquardt

- Community garden beds for resident use
- Facebook: Burns Lake Community Garden
- <http://burnslakecommunitygarden.weebly.com/>

**Burns Lake & District Chamber of Commerce**  
540 Hwy 16, Burns Lake [www.burnslakechamber.com](http://www.burnslakechamber.com)  
Fax: 250-692-3701 250-692-3773  
Email: [info@burnslakechamber.com](mailto:info@burnslakechamber.com)

**Burns Lake Families** [www.burnslakefamilies.ca](http://www.burnslakefamilies.ca)  
Facebook: [www.facebook.com/burnslakefamilies](http://www.facebook.com/burnslakefamilies)

**Burns Lake Infant Development Program** - see page 7

# Community Services & Resources

## **Burns Lake Ladies Auxiliary Thrift Shop**

36 – 4<sup>th</sup> Avenue

250-692-7666

Open Monday to Friday: 12:00 pm to 4:00 pm

- Sells used clothing, books & household items to support local hospital & community needs.

## **Burns Lake Native Development Corporation**

485 Hwy 16 W, Box 1030, Burns Lake

250-692-3188

Website: [www.blndc.ca/](http://www.blndc.ca/)

Fax: 250-692-7483

## **Burns Lake Public Library**

250-692-3192

585 Government Street

Website: [burnslake.bc.libraries.coop](http://burnslake.bc.libraries.coop)

## **Burns Lake Visitor Information Centre**

250-692-3773

540 Hwy 16, Burns Lake [info@burnslakechamber.com](mailto:info@burnslakechamber.com)

Fax: 250-692-3701

**Bulkley-Valley Child Development Centre** - see page 6

## **Canadian Diabetes Association**

Website: [www.diabetes.ca](http://www.diabetes.ca)

1-800-268-4656

**Carrier Sekani Family Services** - see page 7, 8 & 9

## **Community Futures Development Corporation of Nadina**

2430 Butler Ave Unit A, Houston

250-845-2522

Fax: 250-845-2528 Website: <http://cfnadina.ca/>

- Assists entrepreneurs and business owners with business plan creation and access to capital.

**Early Years Centre** - see page 9

**Elizabeth Fry Society** - see page 10

# Community Services & Resources

## **Food Share Program** 250-695-6778

Jennifer Petersen, Literacy Outreach Coordinator

Numerous agencies working together to recover food from Save-On Foods, & distribute it to people in-need throughout the Lakes District, on a daily basis.

## **Give a Book - Take a Book Program** 250-695-6778

Jennifer Petersen, Literacy Outreach Coordinator

- Books for all ages can be borrowed/traded/taken free of charge from various locations in the Lakes District.
- If you have books for donation please contact the above number.

## **Good Food Box Program** 250-692-3007

Contact: Jean Vessey

- \$20 per month for an assortment of fruits & veggies
- Forms are at Western Financial Group - Lakeview Mall
- Pick-up 2nd Tuesday of each month

## **Good Food Box Program - Southside** 250-694-3270

Southside Health & Wellness Centre (SSHWC)

- \$20 per month for an assortment of fruits & veggies
- Pick-up 2nd Tuesday of each month at SSHWC

## **Granisle Public Library** 250-697-2713

#2 Village Square, McDonald Ave. [granisle.bc.libraries.coop](http://granisle.bc.libraries.coop)

## **FireSmart**

- Volunteers come out to your home within, or near the village boundaries, to do free FireSmart assessments of home exterior and property (as available).
- Always looking for new FireSmart committee members to volunteer. [burnslake.firesmart@gmail.com](mailto:burnslake.firesmart@gmail.com)

## **Lakes District Community Services Society** 250-692-7577

See page 12 for more information



# Community Services & Resources

## **Lakes District Food Bank**

250-251-1466

(Lakes District Family Enhancement Society)

Provides emergency food supplies for people in need, on site & through our Mobile Food Centre.

- Personal Health CareCards will be accepted for identification
- Located at 788 Centre Street (across the street from the hospital)
- Hours of operation & emergency information is posted on the door of the Food Bank
- Community Kitchen Garden: Tracey Payne 250-692-5708

## **Lakes District News**

Box 309, 23 – 3<sup>rd</sup> Avenue [www.ldnews.net](http://www.ldnews.net)

250-692-7526

- Local printed media for news, announcements, & advertisements

## **Lakeside Multiplex** [www.burnslake.ca](http://www.burnslake.ca)

250-692-3817

## **Royal Canadian Mounted Police**

147 Highway 35, Burns Lake

250-692-7171

Box 759, Burns Lake BC V0J 1E0

Fax: 250-692-3869

#22 McDonald Street, Granisle BC

250-697-2333

## **RCMP Victim/Witness Assistance Program**

147 Hwy 35, Mon-Thurs 9:00 am - 4:00 pm

250-692-3010

## **Southside Economic Development Association**

[www.southsidebc.ca](http://www.southsidebc.ca) 1246 Uncha Lake Rd

250-694-3430

## **Statistics Canada/Provinces**

Websites: [www.statcan.gc.ca](http://www.statcan.gc.ca) or [www.bcstats.gov.bc.ca](http://www.bcstats.gov.bc.ca)

- Provides detailed statistics on social & economic trends & changes nationally, provincially, & locally.

## **Supported Child Development Program - see page 13**

## **United Way of Northern British Columbia (UWNBC)**

Michele Brooke, Community Development Officer

[micheleb@unitedwaynbc.ca](mailto:micheleb@unitedwaynbc.ca)

250-561-1040 ext 103

# Daycares & Child Minding Centres

**Ashurst Children's Centre Daycare** 250-692-1720  
Lakes District Family Enhancement Society (LDFES)

**Carebear Headstart** Wet'suwet'en First Nation 250-698-7763

**Child Care Resource & Referral** - see page 10

**Day Care Subsidy Request Line** 1-866-866-0800  
Provides information on day care & special needs supplements.

**Fehr Weather Daycare** - Dominique Fehr 250-692-9713

**Helping Hands Family Daycare** - Donna Bouck 250-692-0655

**Hilltop Daycare** - Sherri Fehr 250-692-9953

**Little Angels Daycare** - Burns Lake Band 250-692-7703

**Movin' On Up** (after school program) Tamara Janzen 250-692-9486

**Tachet Child Care Centre** 250-697-2380

**Woyenne Daycare - Skakahtsin Lee Bey Yigh** 250-692-4763

**You Are My Sunshine Children's Centre** 250-692-6837  
Sharla Martens

# E\_ducation

## **Cheslatta Carrier Nation Training Centre**

26378 Keefe Landing Road 250-694-3334 ext 401  
PO Box 909, Burns Lake, BC V0J 1E0  
Shelley Wall, Manager of Education and Training

*continued on next page*

# Education

## **Cheslatta Carrier Nation Training Centre - *continued***

The Cheslatta Carrier Nation Education and Training Center is located on the south side of Francois Lake. The center is a hub for education and training for the Cheslatta Nation. The center welcomes all members of neighboring First Nations and local residents to attend the variety of courses being offered at the center. The Cheslatta Carrier Nation has partnered with the College of New Caledonia to ensure that the area has access to a wide variety of programs and courses.

### **College of New Caledonia**

250-692-1700

[www.cnc.bc.ca/lakes.htm](http://www.cnc.bc.ca/lakes.htm)

Fax: 250-692

-1750

- Adult Education Centre in Burns Lake and Southside
- University Transfer Courses
- Trades Programs

### **School District No. 91 (Nechako Lakes)**

<http://www.sd91.bc.ca/>

Muriel Mould Neighbourhood Learning Centre

- Burns Lake Regional Office 250-692-7782
- Burns Lake Maintenance Department 250-692-3150
- Busing Department 250-692-3130
- Vanderhoof Board Office 1-800-903-4771

### **Babine Elementary Secondary (K-12)**

250-697-2222

### **Decker Lake Elementary (K-7)**

250-698-7301

### **Francois Lake Elementary (K-7)**

250-695-6401

### **Grassy Plains (K-12)**

250-694-3396

### **Lakes District Secondary (8-12)**

250-692-7733

### **William Konkin Elementary (K-7)**

250-692-3146

### **StrongStart Programs - See page 12**

### **Lake Babine Nation**

#### **Fort Babine Elementary (K-7)**

250-692-3138

#### **Morris Williams Elementary (K-7)**

250-692-2355

#### **Ted Williams Memorial Learning Centre**

250-692-2355

#### **Woyenne Secondary - K'ay Skak School**

250-692-2355

# Employment Services

## **Bridging to Employment Program**

250-692-3586

492 Hwy 16 W. (side entrance)

Diana Batley, Coordinator dbatley@csfs.org

- Available to people 19 years of age or older who identify as First Nation
- Designed to help those who are unemployed or underemployed overcome barriers to furthering their education & employment goals
- Program is 10 weeks in length and runs Mon – Fri
- Some of the specific services provided by the program are:
  - \* Support to set & achieve goals to address employment readiness
  - \* Individual support to find & maintain employment
  - \* Referrals to other programs & resources which may be of benefit to meet goals (counselling, treatment, health care needs, legal support, etc.)
  - \* Life skills and education training in a group format
  - \* Certification in WHIMIS, Food Safe, Serving it Right & First Aid.
  - \* Build healthy support networks with new friends
  - \* Supported work placement
  - \* Teaching bahlats. (Carrier First Nations feast celebration)

The program is unique in that it is one of the only programs which is built on Carrier culture, practices, traditions & values; with life & employment skills weaved throughout.

## **Prince George Nechako Aboriginal & Employment Training Association (PGNAETA)**

250-692-0055

- Help with resumes, cover letters, job searches & training support

## **WorkBC Employment Services Centre**

Website: [www.WorkBC.ca](http://www.WorkBC.ca)

250-692-4219

Park Place – 132 Francois Lake Drive Fax: 250-692-4237

- Provides services to assist with job search, resumes & cover letters
- Over 100 Workshops to assist in finding & maintaining employment
- Interview Preparation, Career Decision Making
- Self-Serve Resource Room & Current Job Postings

The Employment Program of British Columbia is funded by the Government of Canada & the Province of British Columbia.

## Financial Institutions

|  |              |
|--|--------------|
| <b>Bulkley Valley Credit Union</b><br>Lakeview Mall <a href="http://www.bvcu.com">www.bvcu.com</a> | 250-692-7761 |
| <b>CIBC</b><br>233 Balmoral Plaza <a href="http://www.cibc.com">www.cibc.com</a>                   | 250-692-3127 |
| <b>RBC Royal Bank</b><br>354 Highway 16 <a href="http://www.rbc.com">www.rbc.com</a>               | 250-692-7111 |

## First Nations Communities

|  |                                   |
|--|-----------------------------------|
| <b>Burns Lake Band (Ts'il Kaz Koh)</b><br>Bag 9000, Burns Lake<br><a href="http://www.burnslakeband.ca">www.burnslakeband.ca</a>                 | 250-692-7717<br>Fax: 250-692-4214 |
| <b>Cheslatta Carrier Nation</b><br>Box 909, Southbank<br><a href="http://www.cheslatta.com">www.cheslatta.com</a>                                | 250-694-3334<br>Fax: 250-694-3632 |
| <b>Lake Babine Nation (Woyenne)</b><br>Box 879 - 225 Sus Ave. Burns Lake<br><a href="http://www.lakebabine.com">www.lakebabine.com</a>           | 250-692-4700<br>Fax: 250-692-4790 |
| <b>Tachet Administration Office</b>  | 250-697-2335                      |
| <b>Nee Tahi Buhn Band</b><br>47805 Olson Road, Grassy Plains   | 250-694-3494<br>Fax: 250-694-3492 |
| <b>Skin Tye Nation</b><br>6940 Campbell Road, Southbank  | 250-694-3517<br>Fax: 250-694-3268 |
| <b>Wet'suwet'en First Nation</b><br>21 Tom Drive, Burns Lake<br><a href="http://www.wetsuwetenfirstnation.com">www.wetsuwetenfirstnation.com</a> | 250-698-7307<br>Fax: 250-698-7480 |

# Government Services

## **Burns Lake Village Office**

Box 570, 15 – 3<sup>rd</sup> Avenue

village@burnslake.ca

[www.burnslake.ca](http://www.burnslake.ca)

250-692-7587

Fax: 250-692-3059

## **BC Ministry of Agriculture**

Bag 6000, 3333 Tatlow Rd, Smithers

John Stevenson, Regional Agrologist

[John.J.Stevenson@gov.bc.ca](mailto:John.J.Stevenson@gov.bc.ca)

250-847-6379

Cell 250-643-2445

## **Conservation Officer Service**

161 Hwy 16, Burns Lake

250-692-7777

## **Enquiry BC**

1-800-663-7867

- Toll-free transfer to any government agency

## **Employment Insurance**

<http://www.servicecanada.gc.ca/eng/sc/ei/index.shtml>

1-800-206-7218

## **Granisle Village Office**

Box 128, #1 Village Square

[www.granisle.net](http://www.granisle.net)

250-697-2248

Fax: 250-697-2306

## **Ministry of Attorney General - Court Service**

Bag 3500 - 508 Highway 16

250-692-7711

## **Ministry of Children & Family Development**

Box 615 – 108 – 2<sup>ND</sup> Avenue

250-692-4142

- The primary focus of the Ministry is to support vulnerable children and their families using a client-centred approach to service delivery that builds on their existing resources and capacities. This approach focuses the ministry on delivering services in a respectful, compassionate, strengths-based and culturally appropriate manner that maximizes the potential of children, youth and families to achieve meaningful outcomes.

*continued on next page*

## **Ministry of Children & Family Development** - *continued*

- Provides support/referral services to families with respect to parenting issues
- Provides protection services for the Lakes District including investigation of child protection concerns
- Provides guardianship service for children in MCFD care
- Provides support & recruitment of foster care homes
- Provides Community Living Services

Ministry services are complementary & families may access a combination of services delivered through the following service lines:

- Early Years Services
- Services for Children & Youth with Special Needs
- Child & Youth Mental Health Services
- Child Safety
- Family, Youth & Children in Care Services & Adoption Services
- Youth Justice Services

## **Ministry of Environment** - Skeena Regional Office

3726 Alfred Street, Smithers, BC

250-847-7260

## **Ministry of Forest**

Bag 3500, 185 W. Highway 16

250-692-2200

Fax: 250-692-7461

## **Ministry of Health Services**

1-800-663-7867

- Responsible for Medical Services Plan, Travel Assistance Program, PharmaCare, & BC Ambulance Service.

## **Ministry of Social Development & Poverty Reduction**

1-866-866-0800

## **Ministry of Transportation & Infrastructure**

[www.DriveBC.ca](http://www.DriveBC.ca)

250-692-7161 or 250-847-7403  
Road Conditions 1-800-550-4997

# Government Services

## **Regional District of Bulkley-Nechako**

Box 820, 37 – 3<sup>rd</sup> Avenue

[www.rdbn.bc.ca](http://www.rdbn.bc.ca)

250-692-3195

Fax: 250-692-3305

**Royal Canadian Mounted Police** - see page 17

## **Service BC - Ministry of Labour & Citizens' Services**

Bag 3500 – 161 W. Highway 16

250-692-2528

- Provides access to provincial government services, including but not limited to:
  - BC Medical
  - Rural Property Taxation
  - Vital Statistics
  - Notary & Commissioner Service
  - Fish & Wildlife
  - Consumer Taxes (motor fuel, PST, logging)
  - Corporate Registry & Business Services

# Health Services

## **Burns Lake Medical Clinic**

744 Centre Street

250-692-3111

Fax: 250-692-7477

- Provides medical services by appointment Monday - Friday

## **Canadian Cancer Society**

250-564-0885

Services Provided: Cancer Support Information, Prevention Information, General Information on all types of cancer and treatments, Financial Assistant Kits.

Cancer Information Service: 1-888-939-3333 [www.cancer.ca](http://www.cancer.ca)

## **Kordyban Lodge**

1100 Alward Street, Prince George

250-562-3535

## **Canadian Red Cross**

Medical Equipment Loan

1-800-278-7177

## **Carrier Sekani Family Services: Aboriginal Child & Youth**

Mental Health (*See page 7, 8 & 9 for info*)

250-692-2387



# Health Services

|  |              |
|--|--------------|
| <b>Dentists: Lakeview Dental Centre</b><br>744 Center Street | 250-692-7791 |
| <b>Burns Lake Dental Clinic</b><br>98 2nd Avenue             | 250-692-3103 |
| <b>Denturist: Ecklands Denture Clinic</b><br>Lakeview Mall   | 250-692-7626 |

**Dial-A-Dietitian Program** [www.dialadietitian.org](http://www.dialadietitian.org) **Dial 811**  
Free nutrition information by registered dietitians & nutritionists.

**F.A.M.I.L.I.E.S. of BC Schizophrenia Society**  
Heather Megchelsen 250-691-1132  
[lakedistrict@bcss.org](mailto:lakedistrict@bcss.org) [www.bcssp.org](http://www.bcssp.org)

- FAMILIES (Family Alliance on Mental Illness-Leaders in Involvement, Empowerment & Support) provides education & support for all family members affected by any mental illness (&/or addictions) through groups & individual consultations.
- Presentations on any of the mental illnesses are available for community groups (including schools).

**FYidoctors** 310 Hwy 16 [fyidoctors.com](http://fyidoctors.com) 250-692-3466

**Granisle Health Centre** 250-697-2251  
#80 Hagen Street, Granisle, B.C. Fax: 250-697-6221

**HealthLink BC ~ Nurse Line ~** **24 Hrs Per Day**  
Website: [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) **Dial 811**

- Provides medical advice (Require CareCard Number)
- Provides information on when to call hospital

**Lake Babine (Woyenne) Health Unit** 250-692-4720

**Lakes District Hospital & Health Centre** - see pages 27-29

**Screening Mammography Program** 1-800-663-9203  
• Provides mammograms in Burns Lake during spring & fall

# Health Services

**Southside Health and Wellness Centre** 250-694-3270  
27920 Wellness Way Fax: 250-694-3290  
Centre Coordinator: Aileen Serle [www.southsidewellness.ca](http://www.southsidewellness.ca)  
Email: [southsidewellness@hotmail.com](mailto:southsidewellness@hotmail.com)

- Major Programs:

- \* Addictions Services
- \* Home Support
- \* Nursing Services
- \* Nurse Practitioners
- \* Carrier Sekani Family Services (CSFS) Doctor Visits Monthly
- \* CSFS Nurse 1-2 days a week
- \* Mental Health Services
- \* Community Health Representatives for the three Southside First Nations; Skin Tyee, Cheslatta Carrier, Nee Tahi Buhn
- ◇ Adult Immunizations including Influenza
- ◇ Arthritis Exercise
- ◇ Beginner Yoga
- ◇ Community Garden
- ◇ Dental Varnishing Program
- ◇ Diabetic Visits and Education
- ◇ Dietician Services (by referral)
- ◇ Expanded Counseling Opportunities
- ◇ Foot Care
- ◇ Health Fairs
- ◇ Infant and Child Immunization Program
- ◇ Informational Workshops
- ◇ Lab Services
- ◇ Liaison with Other Support Programs in Area
- ◇ Meeting Room Space (for health programs)
- ◇ Physiotherapy (by referral)
- ◇ Pregnancy and Birth Control Counseling
- ◇ Pre/post Natal Support/ Teaching
- ◇ Well-baby Programs
- ◇ Women's Cancer Screening

**Wet'suwet'en/Necigeh Beyigh Health Centre**

14 Tom Drive 250-698-7787  
[wfnchr@lakescom.net](mailto:wfnchr@lakescom.net) Fax: 250-698-7998

**Tachet Health Unit**

Email: [tachethealth@lakebabine.com](mailto:tachethealth@lakebabine.com) 250-697-2278  
Fax: 250-697-2236

# Health Services

## Lakes District Health Centre

741 Centre Street, Burns Lake

|                                   |              |
|-----------------------------------|--------------|
| Automated Switchboard             | 250-692-2400 |
| Primary Care Central Registration | 250-692-2412 |
| Emergency Registration            | 250-692-2410 |

### Aboriginal Patient Liaison

- Monday to Friday 8:00 - 4:00 pm
- Provides consistent communication & advocacy services for First Nations clients between community & acute programs.

### Acute Care - 24 hours per day

- Provides inpatient (admitted patient) care
- Suggested visiting hours 10:00 - 8:00 pm

### Administration

- Monday to Friday 8:00 - 4:00 pm
- Includes Health Services Administrator, Community Services Manager & Integrated Primary Team Lead.

### Emergency Care - 24 hours per day

- Emergency Registration 250-692-2410
- Please remember to bring your CareCard & a list of any medications you take.

### Laboratory Services - 24 hrs for Emergency Services

- Outpatient Hours (non-emergency) Mon-Fri: 8:30 - 4:30 pm
- Lab Drop Offs till 4:00 pm

### Radiology Services - 24 hrs for Emergency Services

- Outpatient Hours Monday - Friday: 9:00 - 3:00 pm
- Closed for lunch 12:00 - 1:00

### Spiritual Care

John Rakin at 250-692-2448

- Chaplains provide spiritual care & emotional care to patients and families of the Hospital and The Pines.

# Health Services

## Lakes District Health Centre - *continued*

### **Interprofessional Team—Primary Care**

(previously Home & Community Care & Public Health)

- Monday to Friday 8:00 - 4:00 pm
- Central Registration 250-692-2412
- Primary Care uses an integrated community based case team that supports client & family focused care. Clients may self-refer or be referred by another practitioner or program.
- The programs below are included in Primary Care.

**Senior Services** (previously Long Term Case Management & Home Care Nursing)

- Assessment & coordination for adult support services including home support, residential care, adult day center, respite care, assisted living and the CSIL program.

### **Primary Care Services**

- Wound Care for outpatients, including ostomy care and management (in home or at an outpatient clinic)
- Continence Care for outpatient
- Palliative Care in the home
- Central line care
- In home services for adults requiring assistance with personal care, including dressing, bathing, toileting, medications & meal preparation
- Consultation & education regarding chronic disease management
- Immunizations (publicly funded) for children & adults
- Vision, hearing, dental & development screening
- Prenatal registry including classes, breast feeding support & home visits to families with a new baby
- Drop-in growth measurement
- Harm reduction services & supplies
- Health Education to community groups, including schools
- Registered Dietitian onsite
- Sexual Health & Wellness Service:
  - \* Pregnancy Testing
  - \* Morning After Pill (ECP)
  - \* Sexually Transmitted Infections (testing & treatments)
  - \* Birth Control Options (counselling & dispensing)

*continued on next page*

# Health Services

## Lakes District Health Centre - Primary Care - *continued*

### **Mental Health**

- Adults whose life & basic functioning is seriously affected by acute mental illness or by severe & persistent mental illness
- Youth (age 12-18) who have substance abuse concerns

### **Rehabilitation Services**

- Rehabilitation therapists work with clients to optimize functional abilities, promote independence & enhance quality of life. Therapists work with the care team to create treatment plan & assess home accessibility & safety.

## **Primary Care Clinic (Nurse Practitioners & Doctors)**

- Clinic Hours 9:00 - 4:30 pm
- Central Registration 250-692-2412
- Walk-in appointments accepted

### **Nurse Practitioners**

- Nurse practitioners are health professionals who have achieved advanced nursing practice competencies at a Masters level.
- Nurse practitioners provide holistic health care services for clients requiring assistance with health challenges, including diagnosis (such as lab work) and treatment (such as prescribing medications) of acute and chronic illnesses.

### **Oncology Services**

- Ongoing follow up oncology care.

### **Visiting Specialists**

- Mobile Mammogram 1-800-663-9203
- Pacemaker Clinic
- Audiology
- Specialty Physicians:
  - \* Internal Medicine
  - \* Geriatric Psychiatrist
  - \* Physiatrist
  - \* Geriatrician
  - \* Dermatologist
  - \* Internist-Infections Disease
  - \* Gynecologist
  - \* Endocrinology
  - \* Rheumatologist
  - \* Pediatrician
  - \* Geriatrics
  - \* Genetician (all ages)

# Pet Care

**Amanda's K9 Clips**

250-251-1144

**Burns Lake Veterinary Clinic / Mother Millie - Simonds' Sanctuary**

250-692-7476

24050 Fountain Frontage Road [burnslakevetclinic.ca](http://burnslakevetclinic.ca)

**Bakers Acres Kennels** [www.bakersacreskennels.com](http://www.bakersacreskennels.com)

7320 Tintagel Road Contact: Brandie Baker

250-692-6481

**Lakes Animal Friendship Society**

250-694-3696

Box 49 Southbank BC V0J 2P0

[www.lakesanimalfriendship.ca](http://www.lakesanimalfriendship.ca)

email: [Valerie@lakesanimalfriendship.ca](mailto:Valerie@lakesanimalfriendship.ca)

Healthy Animals, Families and Communities

Proper animal care is good for the animals and helps keep families and communities safe and healthy!

- 1) Education – Making a difference starts with education! We educate the community about animal care, compassion and bite safety. Children are the most common dog bite victims. Proper animal care and safety skills keep kids from getting hurt. Students learn about respect for all living creatures.
- 2) Spay/Neuter – There are too many animals and not enough good homes! Spaying and neutering ("fixing") is good for your pets, your family and community. We work with local veterinarians to help lower income families have their pets spayed and neutered.
- 3) Dog Houses – Dogs and cats need proper shelter, particularly in our cold winters. We work with local schools and other groups to build and paint houses for dogs and cats in need.
- 4) Pet Food – Hungry families have hungry pets. We work with local groups (Burns Lake Community Forest, Starland Supply and P&B Feeds) and lower mainland donors to source, transport and store pet food for the local food bank.

**Lakes District Kennel Club**

Candice Little

250-695-6630

# Religious Organizations

|  |  |
|--|--|
| <b>Burns Lake Community Church</b><br>530 Kerr Road  | 250-692-3259                               |
| <b>Catholic Church (Immaculata Parish)</b><br>248 – 3 <sup>rd</sup> Avenue, Burns Lake                             | 250-692-3568                               |
| <b>Church of Jesus Christ of Latter Day Saints</b><br>Hwy 35, Francois Lake  | 250-695-6654                               |
| <b>Church of the Way</b><br>Newman Ave, Granisle   | Pastor Rob<br>250-697-6334<br>250-698-7334 |
| <b>Danskin Mennonite Church</b><br>Keefes Landing Road, Danskin  | 250-694-3686                               |
| <b>Decker Lake Mennonite Church</b><br>6760 Highway 16 West, Decker Lake   | 250-698-7629                               |
| <b>Grassy Plains Gospel Church</b><br>Keefes Landing Road, Grassy Plains   | 250-694-3756                               |
| <b>Island Gospel Fellowship</b><br>810 Highway 35, Burns Lake  | 250-692-7551                               |
| <b>Lakes Fellowship</b><br>724 Babine Lake Road <a href="http://www.lakesfellowship.ca">www.lakesfellowship.ca</a> | 250-692-7464                               |
| <b>Living Waters Church</b><br>766 Mulvaney Crescent, Burns Lake   | 250-692-0031                               |
| <b>New Life (Vineyard) Christian Fellowship</b><br>457 Highway 16 West, Burns Lake                                 | 250-692-7962                               |
| <b>Old Landmarks Christian Fellowship</b><br>Muriel Mould Neighbourhood Learning Centre - 9th Ave                  | 250-692-9196                               |
| <b>Our Lady of the Plains Catholic Church</b><br>Grassy Plains   | 250-692-3568                               |
| <b>St. Paul's United Church</b><br>136 – 4 <sup>th</sup> Avenue  | 250-692-7202                               |
| <b>Seventh Day Adventist Church Group</b><br>136-4th Ave (United Church), Burns Lake                               | 250-695-6586                               |
| <b>Wistaria Community Church</b><br>37348 Ootsa-Nadina Road  | 250-694-3377                               |

# Senior Services

**Alzheimer Society of BC** 1-800-667-3742  
[www.alzheimerbc.org](http://www.alzheimerbc.org)

**Arthritis Society** 1-800-321-1433  
[www.arthritis.ca/bc](http://www.arthritis.ca/bc)

**First Link Dementia Helpline** 1-800-936-6033

**Granisle Seniors Society Association** 250-697-6218

- Meeting - 2nd Thursday of each month at 1:00 pm
- Social - 4th Thursday of each month at 1:00 pm

**Lakes District Community Response Network**  
Kelly Turford 250-692-9792  
Provides information, education, resources and support for vulnerable adults who may experience, or be at risk of experiencing, abuse, neglect or self-neglect. Support is available for vulnerable/older adults and families of those affected.

**Lakes District Community Services Society** 250-692-7577  
[www.lakesdistrictcommunityservices.ca](http://www.lakesdistrictcommunityservices.ca) 1-888-828-2056

- **Meals on Wheels**
  - \* Provides hot meals to seniors for \$5.00 per meal (subject to change)
  - \* Delivered by volunteers through Lakes District Community Services Society
- **Rambler: Seniors Transportation**
  - \* Provides transportation for Burns Lake Village seniors on Tuesdays and Thursdays
  - \* Fare is \$2.00 per day (subject to change)

**Lakes District Senior Housing Association** 250-692-3781  
Carroll Cottage, Heritage Manor & Tweedsmuir House  
53 - 9th Avenue Fax: 250-692-3785

- Provides self contained apartments for Lakes District seniors with low to moderate incomes.



# Senior Services

## **Lakes District Seniors Society**

Kay Saul

250-698-7632

## **Lifeline Program**

1-800-851-0184

Maintain your independence while help is as close as the push of a button.

## **The Pines Care Home**

800 Centre Street

250-692-2490

Contact: Grant Lemke

- Provides long term, extended residential care to seniors
- Adult Day Center
- Community Bath Program

## **Respite, Adult Day Centre, Assisted Living & Complex Care**

Northern Health Primary Care

250-692-2412

## **Seniors Abuse & Information Line (SAIL)**

<http://seniorsfirstbc.ca/programs/sail/>

1-866-437-1940

## **Seniors Curling Club**

Wayne Larsen

250-695-6433

- Meets Tuesday & Thursday from 10:00 am – Noon

## **Seniors Advocate**

1-877-952-3181

[www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)

## **Seniors Travel Assistance Program**

1-800-661-2668

- Provides information regarding travel discounts for medical purposes, for seniors and escorts.

## **Southside Seniors Housing Association**

Donna Lambert

250-694-3571

# Societies/Groups/Clubs/Committees

## **4-H Club's**

**Southside:** Deanna Lambert, A Leader 250-694-3811

**Burns Lake & Area:** Heather Waters, A Leader 250-695-6405

## **4-H Senior Council - Lakes District**

President Elan Reynolds 250-694-3501

## **Baseball**

Mixed Slow Pitch – Jasmine Tom 250-692-9836

**Beacon Theatre** [www.beacontheatre.ca](http://www.beacontheatre.ca) 250-692-3334

## **Burns Lake Army Cadets**

Gord Stanley 250-692-2272

**Burns Lake Classic Cars** [burnslakeclassiccars.webs.com](http://burnslakeclassiccars.webs.com)

Dieca Cooke 250-692-6935

**Burns Lake Community Foundation** 250-692-7081

[blcommunityfoundation.org](http://blcommunityfoundation.org) [bld.communityfoundation@gmail.com](mailto:bld.communityfoundation@gmail.com)

## **Burns Lake Curling Club**

Kevin White 250-692-3294

## **Burns Lake Minor Hockey Association**

Steven Bayes [vpblmha@gmail.com](mailto:vpblmha@gmail.com) 778-669-1110

**Burns Lake Mountain Bike Association** 250-695-6400

Guy Epkens-Shaffer [www.burnslaketrails.ca](http://www.burnslaketrails.ca)

## **Burns Lake Little League**

Sara Levick [burnslakelittleleague@gmail.com](mailto:burnslakelittleleague@gmail.com) 250-692-9451

## **Burns Lake Old Timers Hockey**

Jarrett Anderson 250-692-0340

## **Burns Lake Paintball Association**

Michael Jacques 250-692-7773

## **Burns Lake Rodeo Association**

Derek Feldman 250-699-6628

## **Burns Lake Saddle Club**

Shannon Marr [burnslakesaddleclub.weebly.com/](http://burnslakesaddleclub.weebly.com/) 250-251-1637

# Societies/Groups/Clubs/Committees

## **Burns Lake Scouts, Cubs, Beavers**

Tyree Parkin

403-627-8751

## **Burns Lake Snowmobile Club**

Dennis Firomski

250-692-6438

## **Burns Lake Soccer Club** [www.blsoccer.ca](http://www.blsoccer.ca)

Donna Franz

250-698-7565

## **Burns Lake Soccer - Adults**

Ryan Wilkes

250-619-0509

## **Burns Lake Terry Fox Committee**

Carla Carlson 250-692-7438 Tammy Zayac 250-695-6496

## **Burns Lake Trail Runners Group**

Susan Russell

250-692-9454

## **Burns Lake Vortex - Women's Hockey**

Rose Unruh (for ages 13)

[burnslakevortex@hotmail.com](mailto:burnslakevortex@hotmail.com)

250-692-3303

## **Chambermaids Choir** (Both Sides Now)

Martina Zechendorf

250-692-3951

## **Chinook Emergency Response Society**

Rise' Johansen

250-694-3403

## **Colleymount Recreation Commission**

Diane Tremblay

250-695-6618

## **Decker Lake Recreation Commission**

Ed Martens

250-698-7453

## **Eagle Creek Recreation Commission**

Richard Cannon

250-699-8697

## **Early Childhood Development Committee**

Nancy DeLury, Coordinator

250-692-9532

## **FireSmart Committee** - see page 17

## **Francois-Ootsa Sportsman's Association**

Derek Blackwell

250-694-3873

# Societies/Groups/Clubs/Committees

## **Francois/Tchesinkut Lake Recreation Commission**

Kim Gillespie 250-695-6783 or Joan McFee 250-695-6381

## **Lakes District Airport Society**

Reg Blackwell

250-695-6935

## **Lakes District Arts Council**

Sandra Barth [www.lakesdistrictarts.com](http://www.lakesdistrictarts.com)

250-692-3371

## **Lakes District Cattlemen's Association**

President Jon Solecki

250-692-0665

## **Lakes District Community Choir**

Boni Lambert

250-692-3648

## **Lakes District Community Pool Club**

Martina Zechendorf

250-692-3951

## **Lakes District Community Response Network**

Kelly Turford

250-692-9792

## **Lakes District Community Service Network**

Nyree Hazelton [nhazelton@csfs.org](mailto:nhazelton@csfs.org)

250-692-2387

## **Lakes District Fall Fair Association**

Joan McFee

250-695-6381

## **Lakes District Festival Association**

Lois Koop [www.ldfestival.com](http://www.ldfestival.com)

250-695-6699

## **Lakes District Folk Music Society**

[www.ldfms.ca](http://www.ldfms.ca)

778-349-7245

## **Lakes District Kennel Club**

Candice Little

250-695-6630

## **Lakes District Museum Society**

250-692-7450

## **Lakes District Roping Club**

Amanda Ettinger-Boeker

250-692-0649

## **Lakes District Trappers Association**

Denys Bell

250-692-3525

# Societies/Groups/Clubs/Committees

|  |                |
|--|----------------|
| <b>Lakes District Pony Club</b><br>Karen Ritchey   | 250-695-6642   |
| <b>Lakes District Rock &amp; Gem</b><br>Leanne Miranda   | 250-698-7337   |
| <b>Lakes District Team Penning &amp; Sorting Association</b><br>Mike O'Meara   | 250-691-1947   |
| <b>Lakes Outdoor Recreation Society</b><br>Lynn Synotte  | 250-692-9574   |
| <b>Lakes Taekwon-Do</b><br>Jeannette Froese  | 250-692-6704   |
| <b>Lakeside Multiplex/Tom Forsyth Arena/Burns Lake Curling Rink</b><br>(Recreation Department, Village of Burns Lake) <a href="http://www.burnslake.ca">www.burnslake.ca</a><br>250-692-3817 or 250-692-7587 |                |
| <b>Omineca Ski Club</b> <a href="http://www.ominecaskiclub.ca">www.ominecaskiclub.ca</a><br>Agathe Bernard   | 250-698-7737   |
| <b>Palling Recreation Commission</b><br>Cindy Andersen   | 250-698-7927   |
| <b>Rose Lake Community Club</b><br>Karen Sirfalk   | 250-696-3379   |
| <b>Rotary Club of Burns Lake</b> <a href="http://rotaryburnslake.org">rotaryburnslake.org</a><br>Darrell Hill, President   | 250-251-9490   |
| <b>Royal Canadian Legion Branch 50</b><br><b>Legion Dart Club</b> Luc 250-691-1536 or Karen 250-251-1227   | 250-692-3232   |
| <b>Special Olympics BC</b><br><a href="http://www.specialolympics.bc.ca">www.specialolympics.bc.ca</a>   | 1-888-854-2276 |
| <b>Tatalrose Farmers Institute</b><br>Jon Solecki  | 250-692-0665   |
| <b>Tweedsmuir Junior Saddle Club</b><br>Liz Kemppainen   | 250-692-9207   |
| <b>Tweedsmuir Park Rod &amp; Gun Club</b> <a href="http://tprg.ca">tprg.ca</a>   |                |
| <b>Tweedsmuir Recreation Commission</b><br>Pat Kalaman   | 250-694-3658   |

# Shipping

## Canada Post - Post Offices

[www.canadapost.ca](http://www.canadapost.ca)

- ⇒ Burns Lake - 388 Government Street 250-692-3556
- ⇒ Southbank 250-694-3320
- ⇒ Granisle - #5 McDonald Street 250-697-2307

## Burns Lake Freight & Delivery

250-692-3178

465 Government Street

- ⇒ Clark Freightways
- ⇒ Van Kam Freightways Ltd
- ⇒ DHL Express Courier
- ⇒ Loomis Express
- ⇒ Overland West Freight Line
- ⇒ Bandstra Transportation Systems Ltd.

## Purolator [www.purolator.com](http://www.purolator.com)

1-888-744-7123

- LDFC Printing & Stationery 166 B Hwy 16

250-692-3309

## UPS [www.ups.com](http://www.ups.com)

1-800-742-5877

- Blu Jay Sports & Appliances 5-251 Hwy 16

250-692-3155

# Transfer Stations/Recycling/Sani Dump

## Transfer Station Locations:

Burns Lake - 4410 Babine Lake Road

Granisle - 71815 Central Babine Lake Hwy 118

Southside - 36007 Eakin Settlement Road

For Information & Hours of Operation: [www.rdbn.bc.ca](http://www.rdbn.bc.ca)

Regional District of Bulkley-Nechako

250-692-3195

## Burns Lake Return-It Depot

250-692-7948

113 Park Street

[www.return-it.ca/locations/burns-lake-return-it-depot/](http://www.return-it.ca/locations/burns-lake-return-it-depot/)

**BC Liquor Store** - Lakeview Mall

250-692-2258

**Sani Dump** - Railway Avenue (right off Francois Lake Drive)

# Transportation

**Bulkley Nechako Regional Transit System** (BC Transit)  
<https://bctransit.com/bulkley-nechako> 1-855-499-1119

**BC Bus North Service** [bcbus.ca](http://bcbus.ca) 1-844-564-7494

**Lakes District Community Services Society**  
 Rambler: Seniors Transportation 250-692-7577

**Via Rail** [viarail.ca](http://viarail.ca) 1-888-842-7245

**Francois Lake Ferry** Operated by WaterBridge Equipment Inc.  
 Ferry: 250-694-3423 Office: 250-695-6491

All times are Pacific Time. Extra trips may be made as required.

| <b>Departs Southside</b> | <b>Departs Northside</b> |
|--------------------------|--------------------------|
| 5:30 am                  | 5:55 am                  |
| 6:20 am                  | 6:45 am                  |
| 7:10 am                  | 7:35 am                  |
| 8:00 am                  | 8:25 am                  |
| * 8:50 am*               | 9:15 am                  |
| 9:40 am                  | 10:05 am                 |
| 10:30 am                 | 11:00 am                 |
| 11:30 am                 | 12:01 pm                 |
| 12:30 am                 | 1:00 pm                  |
| 1:30 pm                  | 2:00 pm                  |
| 2:30 pm                  | 2:55 pm                  |
| 3:20 pm                  | * 3:45 pm*               |
| 4:10 pm                  | 4:35 pm                  |
| 5:00 pm                  | 5:25 pm                  |
| 5:50 pm                  | 6:15 pm                  |
| 6:40 pm                  | 7:05 pm                  |
| 7:30 pm                  | 8:00 pm                  |
| 8:30 pm                  | 9:00 pm                  |
| 9:30 pm                  | 10:00 pm                 |
| 10:30 pm                 | 11:00 pm                 |

\*School Bus Sailings\*

# Emergency Phone Numbers:

**Police/Fire/Ambulance  
CALL 911**



**Natural Gas Emergencies:**

1-800-663-1173

**Power Outages and Emergencies:**

1-888-769-3766

# Non-Emergency Phone Numbers:

**Police:** 250-692-7171

**Fire Department - Burns Lake:** 250-692-3664  
**Southside:** 250-694-3553

**Ambulance:** 1-800-461-9911

**Hospital:** 250-692-2400

**HealthLink BC—Nurse Line:** Dial 811

**Poison Control Centre:** 1-800-567-8911

**Crisis Centre:** 1-888-562-1214

**BC One Call (dial before you dig):** 1-800-474-6886

**Report a Wildfire:** 1-800-663-5555 or  
\*5555 from a cell phone