



QUESNEL AND AREA COMMUNITY RESOURCE GUIDE

WORKBC QUESNEL



This brochure is provided courtesy of M. Daniels Consulting.
M. Daniels Consulting is a proud community employer.

Guide last updated April 13, 2022

The information in this Guide is to provide helpful information for the members of Quesnel and surrounding areas. The information is true to the best of our knowledge, was acquired through public means and is intended for community use only. If you wish to change or update your information, wish to have your information included, or if you do not wish to have your information published, please contact M. Daniels Consulting at nmartin@mdanielsconsulting.com

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EMPLOYMENT SERVICES

BC JOBS NETWORK

Websites: www.bcjobs.com
www.bcjobs.ca

Programs and Services: An online job search database that gives access to a hiring platform for employers and job seekers.

BC MINISTRY OF SOCIAL DEVELOPMENT AND POVERTY REDUCTION

Address: 908 Pandora Ave. Victoria, BC V8V 3P3
Phone: 1-866-866-0800
Telephone Device for the Deaf (TDD)
Vancouver: 604-755-0303
Elsewhere in BC: 1-800-661-8773
Website: <https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/social-development-poverty-reduction>

Minister's Office:

Honourable Nicholas Simons – Minister of Social Development & Poverty Reduction
Address: PO Box 9058, Stn Prov Govt., Victoria, BC V8W 9E2
Phone: 250-356-7750
Fax: 250-356-7292

Deputy Minister's Office:

David Galbraith – Deputy Minister of Social Development & Poverty Reduction
Address: PO Box 9934, Stn Prov Govt., Victoria, BC V8W 9R2
Phone: 250-387-2325
Fax: 250-387-5775

Programs and Services: The weblink provided above will direct you to online access for the following topics and services:

Topics:

- ✚ BC Poverty Reduction
- ✚ Accessibility Directorate
- ✚ Supports and Services for People with Disabilities
- ✚ Payment Dates
- ✚ Single Parent Employment Initiative
- ✚ BC Employment Assistance Policy and Procedure Manual

Services:

- ✚ Income Assistance: Apply for BC Employment and Assistance (BCEA)
- ✚ Disability Assistance: Apply for Persons with Disabilities Assistance
- ✚ My Self Serve: Secure online access to income and disability assistance programs and services in BC
- ✚ WorkBC: Committed to help British Columbians successfully navigate BC’s labour market
- ✚ Bus Pass: A reduced cost, annual bus pass for low-income seniors and individuals receiving disability assistance

CARIBOO CHILCOTIN ABORIGINAL TRAINING EMPLOYMENT

CENTRE SOCIETY

Address: 205 – 197 2nd Avenue North, Williams Lake, BC V2J 1Z5
Phone: 250-392-2510
Fax: 250-392-2570
Email: administration@ccatec.com
Website: www.ccatec.com

Mission: ‘Building healthy futures by supporting holistic, culturally appropriate programming and services for our members to secure meaningful employment, and to become economically self-sufficient.’

Proposals must be submitted a minimum four weeks prior to the requested start date or by the established deadline dates and must include a supporting Band Council Resolution or Board Motion, Workers Compensation Board (WCB) number, up to date Certificate of Insurance stating a minimum, one-million-dollar liability, and a current signing authorization form.

To be eligible for programs participants must be:

- ✚ Unemployed
- ✚ Living in the Cariboo Chilcotin
- ✚ Under Skilled/Employment Barriers
- ✚ First Nation/Aboriginal Ancestry
- ✚ Legally entitled to work in Canada
- ✚ Committed to employment/work

Programs and Services:

- ✚ Organizational Development (OD)
- ✚ Employment Skills Development (ESD)
- ✚ Staff Development (SD)
- ✚ Training on the Job (TOJ)
- ✚ Training Assistance Purchase (TAP)
- ✚ Summer Career Placement (SCP)
- ✚ Youth Program (YTH)
- ✚ Disability Program (DIS)
- ✚ Childcare (CC)
- ✚ Employment Insurance Job Creation Program (EIJC)

COMMUNITY FUTURES, NORTH CARIBOO

Address: 335A Vaughan Street, Quesnel, BC V2J 2T1
Phone: 250-992-2322
Toll-free: 1-877-992-2322
Fax: 250-992-7700
Email: info@cfquesnel.com
Website: www.cfquesnel.com

Partnered with WorkBC, the City of Quesnel, and the Chamber of Commerce, Community Futures has compiled a list of practical employee hiring and engagement tools you can start using today.

Programs and Services:

- ✚ Advisory Services
- ✚ Business Loans
- ✚ Business Training
 - ✓ Requests for proposal
 - ✓ Workshop Trainers
- ✚ C-BEST Program
- ✚ Entrepreneurs with Disabilities Program (EDP)
- ✚ Social Media Support
- ✚ Bookkeeper Referrals

NORTH CARIBOO METIS ASSOCIATION

Address: A-668 Doherty Drive, Quesnel, BC V2J 1B9
President: Tony Goulet
Telephone: 250-992-9722
Fax: 250-992-9721
Email: northcariboocc@mNBC.ca
Facebook: <https://www.facebook.com/groups/325532515080069/>

Programs and Services:

- ✚ Information about and referrals to social support programs
- ✚ Métis Clan Wellness program
- ✚ Information and support regarding Métis status
- ✚ Family Support Worker program
- ✚ Information and support regarding employment and training services
- ✚ Cultural information, programs and activities

SERVICE BC

Address: 102 – 350 Barlow Avenue, Quesnel, BC V2J 2C2
Contact: April Webb, Government Agent
Phone: 250-992-4315
Fax: 250-992-4314
Email: ServiceBC.Quesnel@gov.bc.ca
Website: <http://gov.bc.ca/servicebc/quesnel>

Programs and Services: With frontline government services Service BC can provide information, programs and services online or over the phone to the residents of Quesnel.

- ✚ Address Change BC - Online
- ✚ Ambulance Service Fee Payments - Online
- ✚ B.C. Identification Card
- ✚ BC Hydro Payments - Online
- ✚ Road test appointments book online at www.icbc.com
- ✚ Get your driving record - Online
- ✚ Make sure you bring the right ID - Online

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- ✚ BC Online (Government Services Online) - Online
- ✚ BC Services Card
- ✚ BC Transplant Registration - Online
- ✚ BC Vitals Statistics Services - Marriage License Issuance in office only; Birth/Marriage/Death Certificates option - Online
- ✚ BCeID (ID for Online Government Services) - Online
- ✚ Child Care Subsidy Forms & General Information
- ✚ Commissioner for Taking Affidavits (limited authority)
- ✚ Community Access Terminals (Provincial Government Information)
- ✚ Consumer Tax - Online
- ✚ Corporate Registry Services – Online
- ✚ Exam Invigilation Services
- ✚ Fish and Wildlife
- ✚ Freshwater Angling/Fishing - Online
- ✚ Hunting Licenses – Online
- ✚ ICBC Driver License Services; Knowledge Tests (no appointments)
- ✚ Liquor Licensing - Online
- ✚ Manufactured Home Searches, Relocation Permits and Initial Registrations
- ✚ Medical Services Plan/Health Insurance BC - Online
- ✚ Apply - Online
- ✚ Premium Assistance - Online
- ✚ Pay - Online
- ✚ Motor Vehicle Traffic Fine Payments
- ✚ OneStop Business Registration - Online
- ✚ Personal Property Registry
- ✚ Public Service Oath of Employment - Please call ahead to determine if an appointment is required or not
- ✚ Residential Tenancy Forms and Application Submission - Online
- ✚ Rural Property Tax Services
- ✚ Pay Online
- ✚ Rural Home Owner Grant - Online
- ✚ Seafood Industry Licensing
- ✚ Water License Payments

SERVICE CANADA – QUESNEL LOCATION

Address: 283 Reid Street East, Quesnel, BC V2J 2M1
Phone: 1-800-622-6232
Employment Insurance Phone: 1-800-206-7218
Website: www.servicecanada.gc.ca
eService Canada Website: eservices.canada.ca/en/

Job Bank: www.jobbank.gc.ca

Programs and Services: A part of Employment and Social Development Service Canada provides access to a variety of government services and benefits. Staff at the locations are knowledgeable and willing to help. Services posted on their website include:

- ✚ Internet Reporting Service (EI)
- ✚ Records of employment (ROE)
- ✚ Job Bank
- ✚ Forms
- ✚ Passport
- ✚ Wage Earner Protection Program (WEPP)
- ✚ Social Insurance Number (SIN)
- ✚ Apprenticeship Incentive Grants
- ✚ Benefits payment dates
- ✚ Direct Deposit
- ✚ Guaranteed Income Supplement (GIS)
- ✚ Employment Insurance
- ✚ GST/HST Credit
- ✚ Canada Pension Plan (CPP) and Old Age Security (OAS)
- ✚ Benefits Finder

SMALL BUSINESS BC



Address: 550-555 12th Ave. W West Tower, Vancouver, BC V5Z 3X7
Phone: 604-775-5525
TTY (teletypewriter): 1-800-457-8466
Toll free: 1-800-667-2272
Fax: 604-775-5520
Email: [askus@smallbusiness.ca/](mailto:askus@smallbusiness.ca)
Website: <https://smallbusinessbc.ca/>

Programs and Services: A non-profit organization with a goal of helping entrepreneurs commence and build their businesses in British Columbia. Small Business BC offers expert advice, business resources, one on one advisory sessions, as well as business registry. Free tools are available on their website to help people get started on their ventures.

WORKBC QUESNEL

Address: 100 – 488 McLean Street, Quesnel, BC V2J 2P2
Hours of Operation: 9:00 am to 7:00 pm Monday
9:00 am to 4:30 pm Tuesday to Friday
Statutory Holidays - Closed
Telephone: 250-992-7691
Fax: 250-992-7692
Email: centre-quesnel@workbc.ca
Website: <http://workbccentre-quesnel.ca>

Programs and Services: Work BC helps individuals to find and sustain employment through exploration of personal traits, strengths, and personality. The opportunity for further education is another factor that Work BC can assist their clients in exploring. Not only does Work BC provide services to people looking for employment, but services are also provided to businesses looking for the right fit for the employment positions they have open.

-  Jobs & Careers
-  Employment Services
-  Training & Education
-  Labor Market & Industry
-  Employer Resources
-  Resources for All

JOB SKILLS & RETRAINING

COLLEGE OF NEW CALEDONIA

Address: 100 Campus Way, Quesnel, BC V2J 7K1
Phone: 250-991-7500
Fax: 250-991-7523
Toll-free: 1-866-680-7550
Email: quesnel@cnc.bc.ca
Website: <https://cnc.bc.ca/campuses/quesnel>






Programs and Services: CNC is home to over 70 programs and a wide variety of university credit courses. Along with being one of the most affordable post-secondary institutions in BC, CNC offers small class sizes, skilled instructors, and an unforgettable student experience.

- ✚ Aboriginal Resource Centre
- ✚ Accessibility Services
- ✚ Centre for Teaching and Learning
- ✚ Counselling
- ✚ Financial Aid & Awards
- ✚ Printing
- ✚ Research
- ✚ Student Career Centre
- ✚ Academic Advising
- ✚ Bookstore
- ✚ Information Technology Services
- ✚ Community Resources
- ✚ Library
- ✚ Recreation
- ✚ Safety and Security
- ✚ Testing and Tutoring

MINISTRY OF ADVANCED EDUCATION AND SKILLS DEVELOPMENT

Website:	https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/advanced-education-skills-training
Minister:	Honourable Anne Kang – Minister of Advanced Education and Skills Training
Secretary:	Andrew Mercier, MLA – Parliamentary Secretary for Skills Training
Dep. Minister:	Shannon Baskerville – Deputy Minister of Advanced Education and Skills Training.


Programs and Services:

- | | |
|--|---|
|  Find an Institution |  Industry Training Authority |
|  Search for Post-Secondary Programs |  WorkBC |
|  Apply for Student Financial Assistance |  WelcomeBC |

NORTHERN BC DISTANCE EDUCATION SCHOOL – KEY LEARNING CENTRE

Address:	10511 99 Avenue, Fort St John, BC V1J 1V6
Phone:	250-261-5660
Toll-Free:	1-800-663-9511
Fax:	250-785-1188
E-mail:	info@keylearning.ca
Website:	www.nbcdes.com

Programs and Services: A correspondence education center located in northern British Columbia.

- | | |
|--|---|
|  Early Learning (Pre-K) |  Adult Education |
|  K-9 Education |  Alternate Education / Portals |

Secondary (10-12)

SD #60 – Peace River North Summer
Learning

SKILLED TRADES EMPLOYMENT PROGRAM (STEP) – [*Prince George
Location*]

Address: 3851 18th Avenue, Prince George, BC V2N 1B1

Phone: 250-614-8903

Service Website: <http://www.stepbc.ca>

Email: theteam@bccassn.com

Programs and Services: The main goal of the STEP program is to match motivated candidates with construction employers who have positions to fill in British Columbia.

UNIVERSITY OF NORTHERN BRITISH COLUMBIA

Address: S100 – 100 Campus Way, Quesnel, BC V2J 7K1

Telephone: 250-991-7540

Fax: 250-997-7528

Toll-free: 1-800-627-9931

Email: sc-info@unbc.ca

Website: <http://www.unbc.ca/south-central>

Programs and Services:

The University of Northern British Columbia (UNBC) offers programs and services to meet a wide variety of needs, including undergraduate, graduate and PhD level degrees to certificates and diplomas and individual continuing studies courses. UNBC has campuses in Prince George, Fort St John, Terrace, Quesnel, and Gitwinksihlkw.

COMMUNITY AND SOCIAL SERVICES

ALCOHOLICS ANONYMOUS








Phone: 250-992-5560
24/7: (888)-648-8226
Website: <https://www.rehab.ca/alcoholics-anonymous/1080973-r>
Address: 314 Roddis Dr. Quesnel, BC V2J 1A6

Programs and Services: As stated in the Alcoholics Anonymous Preamble “Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for AA membership is a desire to stop drinking.” Quesnel offers two meetings daily for people who want to attend.

AXIS FAMILY RESOURCES

Address: Unit #2 – 160 Barlow Ave. Quesnel, BC V2J 2B7
Phone: 250-992-2759
Fax: 250-392-3109
Toll-Free: 1-877-392-1003 ext. 205
Email: axiscommunications@axis.bc.ca
Website: <http://www.axis.bc.ca/>

Programs and Services: Axis Family Resources Ltd. delivers a variety of community based social services — both residential and non-residential throughout the North and Interior Regions of BC. Services include:

-  Family Services
-  Children and Youth with Mental Health Issues (CYMH)
-  Specialized Supportive Housing
-  Life skills for Children and Youth with Special Needs
-  FASD Keyworker Services
-  Foster Parent Support and Training Program
-  Phase II for Youth

BC FAMILY INFORMATION LIAISON UNIT

Mailing Address: PO Box 5550, Station Terminal, Vancouver, BC, V6B 1H1

Telephone: 1-888-355-0064

Fax: 604-660-5340

Website: www.gov.bc.ca/family-information-liaison-unit

Email: BCFILU@gov.bc.ca

Programs and Services: Intended to support families of missing or murdered Indigenous women and girls (MMIWG) by facilitating requests for information related to the loss of their loved one

- ✚ Case-specific information (status of an investigation)
- ✚ One stop information service
- ✚ General Information (criminal court process)
- ✚ Personalized approach to information-sharing for each family

BC MINISTRY OF HEALTH SERVICES

Address: 1515 Blanshard Street, Victoria, BC V8W 3C8

Telephone: 250-952-1742

Toll free: 1-800-465-4911

Website: <https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/health>

Programs and Services: Responsible for ensuring that cost effective, timely, appropriate and quality health services are available to all British Columbians. Featured topics on the website include:

- ✚ Health & Drug Coverage
- ✚ Accessing Health Care
- ✚ Health Forms
- ✚ Health Care Complaints
- ✚ Medical Services Plan
- ✚ Pharmacare
- ✚ Office of the Provincial Health Officer
- ✚ Office of Indigenous Health
- ✚ BC Guidelines
- ✚ Emergency Medical Assistance
- ✚ HealthlinkBC
- ✚ Vital Statistics

BRITISH COLUMBIA REGION OF NARCOTICS ANONYMOUS

Toll-free: 1-855-444-BCNA (2262)

Website: <https://www.bcrna.ca/>

Programs and Services: Built around the principles and steps of Alcoholics Anonymous, Narcotics Anonymous offers support from one person with addiction to another. Making connection and having commonality among peers there is a strong possibility for long term abstinence. All meetings offered in Quesnel are located at:

- | | |
|--------------------------------|-------------------------|
| ✚ Saint John's Anglican Church | ✚ Monday 7 pm – 8 pm |
| 465 Kinchant Street | ✚ Wednesday 7 pm – 8 pm |
| Quesnel, BC V2J 2R7 | ✚ Friday 7 pm – 8 pm |
| Basement | |

BETTER AT HOME (NCAFPS)

Address: 324 Hoy St. Quesnel, BC V2J 1X3

Program Coordinator: Brenda Gardiner

Phone: 250-992-9156

Email: bgardiner@longname.ca

Programs and Services: A program that helps seniors with non-medical related needs with a goal to help them maintain their independence and remain connected within the community.

- | | |
|----------------------|----------------------|
| ✚ Friendly Visiting | ✚ Grocery Shopping |
| ✚ Transportation | ✚ Minor Home Repairs |
| ✚ Light Housekeeping | ✚ Light Yard Work |
| ✚ Snow Shoveling | |

BIG BROTHERS BIG SISTERS OF QUESNEL

Address: 336 Front St. Quesnel, BC V2J 3J4
Phone: 250-992-7257
Fax: 250-992-0937
Website: <https://quesnel.bigbrothersbigsisters.ca/>
Email: bbbsques@goldcity.net
Facebook: Big Brothers Big Sisters of Quesnel


Programs and Services: A mentorship program to children/youth from the ages of 6-16. To qualify for services, one must be in school. Through presentations, pamphlets, media, word of mouth, monthly newspaper article, and social media Big Brothers Big Sisters of Quesnel is able to make their services known throughout the community.

CANADIAN MENTAL HEALTH ASSOCIATION

Address: 102-345 Anderson Drive, Quesnel, BC V2J 1G3
Telephone: 236-424-1946
Fax: 236-424-1992
Website: <https://northernbc.cmha.ca/programs-services/quesnel-services/>

Programs and Services: The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. Nation-wide leader and champion of mental health, CMHA promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

 Mental Health Assessments

 Counselling

 Information Sessions

 Mental Health Advocating

 Support

 Psycho-Education Courses

CANADIAN RED CROSS

Address: GR Baker Hospital, 543 Front Street, Quesnel, BC V2J 2K7
Telephone: 250-991-7565
Fax: 250-991-7584
Website: www.redcross.ca/what-we-do/health-services-in-canada/healthequipment-loan-program

Programs and Services: Red Cross provides the short-term loan of clean, safe medical equipment to people who are living in their homes and recovering from injury, illness or surgery. The Red Cross Health Equipment Loan Program is operated by volunteers who clean and maintain the equipment. Red Cross medical equipment includes wheelchairs, walkers, canes, crutches, bathroom aides, etc. A referral from a health care professional is necessary for the loan of mobility aids.

CHILD CARE RESOURCE REFERRAL (NEW FOCUS SOCIETY)

Address: 469A Anderson Drive, Quesnel, BC V2J 5J4
Phone: 250-992-7606
Fax: 250-992-8677
Email: qnlccrr@quesnelbc.com
Website: <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/how-to-access-child-care/child-care-resource-referral-centre>











Programs and Services: Working within the community to help parents have access to quality and inclusive childcare services.

- ✚ Child Care Referrals
 - ✚ Subsidy Applications (available) and Support
 - ✚ Free Computer Access for Grant and Subsidy information.
 - ✚ Starting Child Care Business Kits
 - ✚ Resource Toy Lending Library and Infant Equipment
 - ✚ Pick-up and delivery of Resource items for Child Care Providers
 - ✚ Training and Workshops
 - ✚ More if you explore!
-

COMMUNITY LIVING BC ~ (CLBC)

Address: #314 350 Barlow Avenue, Quesnel, BC V2J 2C2
Phone: 250-645-4065
Fax: 250-992-4137
Website: <https://www.communitylivingbc.ca/>
Manager: Andrea Emmons

Programs and Services: The provincial crown corporation that funds, supports, and provides services to adults with developmental disabilities, as well as individuals who have a diagnosis of Autism Spectrum Disorder (ASD) or Fetal Alcohol Spectrum Disorder and who also have significant difficulty doing things on their own.

- | | |
|--|---|
|  CLBC Welcome Package |  Start with Hi |
|  Information for Families Sheet |  I Can Be Safe Online |
|  Planning Tools |  Employment Resources |
|  Aging Resources |  Safeguards Resources |
|  Inclusive Housing Resources |  RDSP Information |

CRISIS CENTER FOR NORTHERN BC - HOTLINES

Credit Counselling Society BC: 1-888-527-8999
Youth Support: 1-888-564-8336
Crisis Line – 24/7 (Northern BC): 1-888-562-1214
1-800-SUICIDE (BC Wide): 1-800-784-2433
310 Mental Health Support Line: 310-6789 (no area code needed)
310 Mental Health Support Line
(Teletypewriter): 1-866-872-0113

Programs and Services: Hotlines operating 24 hours a day, 7 days a week


DENGARRY – QUESNEL

Address: 391 Johnston Avenue, Quesnel, BC V2J 3M6
Mailing Address: P.O. Box 4528, Quesnel, BC V2J 3J8
Phone: 250-992-7900
Toll-free: 1-877-610-3009
Fax: 250-992-7909
Email: qcontact@dengarry.bc.ca
Website: <https://dengarry.com/>

Programs and Services: Our purpose is to provide quality community-based services that will meet the necessities for each individual to live a happy and meaningful life.

 Residential

- ✓ Assistance with banking
- ✓ Training in menu planning
- ✓ Training with cooking
- ✓ Hygiene support

 Community Inclusion

 Home Sharing

 Employment Services

- ✓ Resume assistance
- ✓ Job search
- ✓ Interview support
- ✓ Job development

FAMILY SUPPORT INSTITUTE OF BC: *FAMILIES SUPPORTING*

FAMILIES

Contact Name: Angela Clancy, Executive Director
Address: 227 6th Street New Westminster, BC Canada V3L 3A5
Phone: 604-540-8374 ext. 523
Fax: 604-540-9374
Toll Free Support Line: 1-800-441-5403
Website: www.familysupportbc.com

Programs and Services: The family support institute of British Columbia is committed to the support of families who have a family member with a disability.

The large volunteer base will:

Community Resource Guide

- ✚ Connect by phone, email or in person
- ✚ Guide families to community resources
- ✚ Attend meetings; take notes; debrief
- ✚ Mentor and coach
- ✚ Listen and learn
- ✚ Share successes and celebrate families!

Further Supports include:

- ✚ Family support for anyone, any age, with any disability
- ✚ Connection to other families
- ✚ Encouragement and Guidance
- ✚ Networking opportunities
- ✚ Information sharing and referral
- ✚ Workshops and training

Regarding Advocacy: FSI will coach and mentor families to advocate for themselves,

- ✚ Help families develop relationships
- ✚ Work collaboratively with families and stakeholders; problem solve together
- ✚ Sit with families as their voices are being heard
- ✚ Help families to understand and navigate systems
- ✚ Help families to understand their rights and the rights of their family members
- ✚ Help families find policy/resources to inform their own advocacy

GRACE YOUNG WELLNESS CENTRE

Address: 395 Elliot St, Quesnel, BC V2J 1Y4
Phone: 250-985-5824
Fax: 250-985-5833
Website: <https://www.northernhealth.ca/services/mental-health-substance-use/services-by-community#quesnel>

Programs and Services:

- ✚ Opportunities
 - ✓ Leisure
 - ✓ Recreational
 - ✓ Social
- ✚ Services
 - ✓ Methadone Treatment
 - ✓ Counseling
 - ✓ Education

✓ Employment

✓ Support

GR BAKER MEMORIAL HOSPITAL

Address: 543 Front Street, Quesnel, BC V2J 2K7
Phone: 250-985-5600
Fax: 250-992-5652
Website: <https://www.northernhealth.ca/locations/hospitals/gr-baker-hospital>

Programs and Services:

- ✚ Hospital Services
 - ✓ Lab
 - ✓ Medical
 - ✓ Surgical
- ✚ Community Care Licensing
- ✚ Healthy Living in Communities
- ✚ Mental Health & Substance Use
- ✚ Indigenous Health
- ✚ Environmental Health
- ✚ Home and Community Care
- ✚ NH Connection Bus

IMMIGRANT AND MULTICULTURAL SERVICES SOCIETY

Address: 1270 2nd Avenue, Prince George, BC V2L 3B3
Phone: 250-562-2900
Toll Free: 1-877-562-2977
Email: imss.pg@imss.ca
Website: <https://imss.ca/>

Programs and Services:

- ✚ Language Training Services
- ✚ Employment Related Services
- ✚ Community Connections
- ✚ Women/Senior Programs
- ✚ Youth Leadership
- ✚ Child Minding
- ✚ Computer Training
- ✚ Transportation
- ✚ Community Information and Orientation
- ✚ Needs Assessment and Referrals

- ✚ Translation Referral
- ✚ Labor Market Services

- ✚ Settlement Workers in Schools (SWIS) Program
- ✚ Immigrant and Settlement Services
- ✚ BC Settlement and Integration Service

LEGAL SERVICES SOCIETY – QUESNEL

Address: 342 Kinchant St. Quesnel, BC V2J 2R4

Phone: 250-992-8387

Website: <https://lss.bc.ca/> or <https://legalaid.bc.ca/>

Programs and Services: The law is complex and Legal Services Society is available to help individuals and families with their legal issues.

✚ Legal Aid

- ✓ Advice
- ✓ Information
- ✓ Representation
- ✓ Legal aid locations
- ✓ Call legal aid
- ✓ Free publications

✚ Lawyers

- ✓ LSS Online
- ✓ Practice resources
- ✓ Forms
- ✓ LSS Tariffs
- ✓ Notices to Counsel
- ✓ Take legal aid cases

✚ Community Workers

- ✓ Resources
- ✓ Client services
- ✓ Workshop and conferences
- ✓ Free publications
- ✓ Newsletters

LEGION – QUESNEL

Address: 262 Kinchant Street, Quesnel, BC V2J 2R2

Phone: 250-992-6819

Facebook: Royal Canadian Legion Branch 94

Programs and Services: Along with supporting and honoring Canada's Veterans, the Royal Canadian Legion is also an organization with volunteer community-based activities that strongly benefit the growth of a stronger nation.

- ✚ Remembrance
- ✚ Supporting Veterans
- ✚ Advocating for Veterans
- ✚ Community and Youth

THE WELLNESS WAY – QUESNEL MENTAL HEALTH AND ADDICTIONS ADVISORY

Website: <https://www.facebook.com/groups/1407728422837734/>

Programs and Services: ‘The Wellness Way’, The Quesnel Mental Health & Addictions Advisory Committee, is dedicated toward action that will help empower and support consumers of Mental Health and Addictions Services and their families. The main interests are rehabilitation, identifying successes, gaps and barriers in Mental Health and Addictions Services, community education and awareness and ensuring best practices by service providers are being maintained.

AL-ANON

Address: St. Andrews United Church, 218 Kinchant Street, Quesnel, BC

Website: www.bcyukon-al-anon.org

Phone: 250-992-2313

Programs and Services: Al-anon is an anonymous support group for individuals affected by another person’s drinking. There is one meeting a week offered in Quesnel.

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT

Address: 163 Kinchant Street, Quesnel, BC V2J 2R1

Phone: 250-992-4267

Fax: 250-992-4351

Website: <https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/children-and-family-development>

Programs and Services: The Ministry works together with Delegated Aboriginal Agencies, Aboriginal service partners, various social service agencies and foster homes, cross

governmental and social sector partners to deliver inclusive, culturally respectful, responsive and accessible services that support the well-being of children, youth, and families.

Featured Topics:

- ✚ Call Provincial Centralized Screening
- ✚ New Child Care Improvements in BC
- ✚ Grand Chief Ed John Report: Indigenous Resilience, Connectedness and Reunification – From Root Causes to Root Solutions
- ✚ Adoption & Fostering
- ✚ Service & Supports for Parenting with Young Children
- ✚ Indigenous Child & Family Development
- ✚ Children and Youth with Special Needs
- ✚ Youth Justice
- ✚ Information for Contracted Service Providers
- ✚ Provincial Deaf & Hard of Hearing Services

Featured Services:

- ✚ Child Protection
- ✚ Child/Youth Mental Health
- ✚ Guardianship
- ✚ Adoptions
- ✚ Family Services
- ✚ Child/Youth Special Needs
- ✚ Youth Justice

NEW FOCUS SOCIETY

Contact Name: Pat Colbourne
Address: 469A Anderson Drive, Quesnel, BC V2J 5J4
Phone: 250-992-3119
Fax: 250-992-8677
Email: nfsadmin@quesnelbc.com
Facebook: Quesnel CCRR/New Focus Society

Programs and Services: A non-profit organization that holds government contracts for Child Care Resource & Referral (MCFD) and ESL Settlement Services (MJTT).

NORTH CARIBOO ABORIGINAL FAMILY PROGRAM SOCIETY

Address: 324 Hoy Street, Quesnel, BC V2J 1X3
Phone: 250-992-9160
Fax: 250-992-9157
Website: <http://www.longname.ca/>

Programs and Services: To promote the advancement and well-being of the children, youth, and families of Aboriginal communities in the region and to advocate for and provide programs, services and resources which contribute to community development and capacity-building.

- ✚ Child Services
- ✚ Family Services
- ✚ Sus Aboriginal Playschool & Pre-School
- ✚ Community Kitchen
- ✚ Aboriginal Supported Child Development (ASCD) & Aboriginal Infant Development Programs (AIDP)
- ✚ Parent Circle
- ✚ Family Support Worker (FSW)
- ✚ Community Culture Program
- ✚ Kids in the Kitchen & Youth in the Kitchen
- ✚ Family Group Conferencing (FGC)
- ✚ Strengthening Families Program (SFP)
- ✚ Quesnel Youth Centre
- ✚ Better at home

QUESNEL AND DISTRICT CHILD DEVELOPMENT CENTER

Address: 300 - 488 McLean Street, Quesnel, BC V2J 2P2
Phone: 250-992-2481
Fax: 250-992-3439
Website: <https://www.quesnelcdc.com/>
Email: heidik@quesnelcdc.com

Programs and Services: We are a local non-profit and a registered charity dedicated to helping local children and their families.

- ✚ Pregnancy Outreach Program
- ✚ Therapies Program
- ✚ Infant Development Program
- ✚ Supported Child Development

QUESNEL CHILD AND YOUTH SUPPORT SOCIETY

Address: 13 – 655 Front Street, Quesnel, BC V2J 5J5

Phone: 250-992-5114

Programs and Services: The Quesnel Child and Youth Support Society provides individual child and family counselling, including marriage counselling.

QUESNEL COMMUNITY LIVING ASSOCIATION

Address: 658 Doherty Drive, Quesnel, BC V2J 1B9

Phone: 250-992-7774 ext. 202

Fax: 250-992-6651

Email: Navigate to ‘Contact Us’ on website to send an email.

Website: www.qcla.ca

Programs and Services: We provide service for people who have developmental disabilities.

All clients are referred by Community Living BC (CLBC).

- | | |
|--|--|
|  Low Barrier Living |  Cluster Living |
|  Residential Care |  Outreach |
| ✓ Racing Road Residence |  Day Program |
| ✓ Hutchcroft House | ✓ Life Skills |
| ✓ Apartment Cluster | ✓ Community Inclusion |

QUESNEL LITERACY

Address: 206 – 488 Mclean Street, Quesnel, BC V2J 4P4

Phone: 778-414-9119

Email: locquesnel@shaw.ca

clc_admin@literacyquesnel.ca

Website: <https://literacyquesnel.ca/>

Programs and Services: It was created by a group of people who wanted to honor the idea that literacy is essential to the health of any community and is a part of everything we do.

QUESNEL MENTAL HEALTH AND ADDICTIONS SERVICES

Hospital location:

Address: 2nd Floor South 543 Front St, Quesnel, BC V2J 2K7
Phone: 250-983-6828
Fax: 250-983-6825

Elliot Street location:

Address: 395 Elliot St. Quesnel BC V2J-1Y4
Phone: 250-992-5189
Fax: 250-985-5833

Programs and Services: The Mental Health & Substance Use community programs offer services that provide assessment, treatment and referral for youth and adults including some specialty services, Developmental Disabilities Mental Health (DDMH), Acquired Brain Injury (ABI), etc.

- ✚ Intake
- ✚ Short Term Counselling
- ✚ Provides Life Skills support for activities of daily living
- ✚ Psycho-educational groups
- ✚ Psychiatric consultation
- ✚ Crisis Response
- ✚ Longer Term Case Management
- ✚ Medication management
- ✚ Education
- ✚ Opioid Agonist Treatment (OAT)

AMATA TRANSITION HOUSE SOCIETY

Address: 693 McLean Street, Quesnel, BC V2J 2P7
Phone: 250-992-7321
Crisis line (24-hr.): 250-992-3385
Website: <http://www.amata.ca/>

Programs and Services: A non-profit organization that provides a confidential safe place for women and children to go, with a non-judgmental and accepting atmosphere. Staff are present 24

hours a day and provide emergency housing needs, advocacy, information and referral services, and support.

QUESNEL PUBLIC HEALTH UNIT – NURSING

Address: 511 Reid Street, Quesnel, BC V2J 2M8
Telephone: 250-991-7571

QUESNEL PUBLIC HEALTH UNIT – PREVENTATIVE

Address: 523 Front Street, Quesnel, BC V2J 2K7
Telephone: 250-983-6810

QUESNEL ROTARY

Address: 262 Kinchant Street, Quesnel, BC V2J 2R2
Email: RotaryClubOfQuesnel@gmail.com
Website: <http://www.quesnelrotary.com/>

Programs and Services: A place where people from all over the earth can come together to become something greater than themselves.

QUESNEL SALVATION ARMY

Warrior's Song Address: 374 McLean Street, Quesnel, BC V2J 2N9
Phone: 250-992-7079
Website: <https://salvationarmy.ca/>

Programs and Services: Helping meet the immediate and short-term needs of people in distress through emergency assistance with clothing/household goods, a food bank (9am-11am, Tuesday-Friday), soup kitchen (11am-12:45pm, Tuesday-Friday) bread giveaways, and emergency disaster services.

QUESNEL TILLICUM SOCIETY/NATIVE FRIENDSHIP CENTER

Mission: “To improve the quality of life and meet the needs of the First Nations and others who are faced with adjusting to the social, economic, and cultural lifestyles of the community”

Address: 319 North Fraser Drive, Quesnel, BC V2J 1Y9

Phone: 250-992-8347

Fax: 250-992-5708

Email: tony.goulet@qnfc.bc.ca

Website: <https://www.quesnefriendshipcentre.com/>

Crisis Line (Monday, Wednesday, Friday from 10:00am to 2:00pm for anyone needing mental health support) Please contact Adele Lilienweiss for more information at 250-992-8347

Programs and Services:

- | | |
|---------------------------------------|----------------------------------|
| ✚ Fetal Alcohol & Drug Effects Worker | ✚ Family Support Worker |
| ✚ Mom’s for Recovery Program | ✚ Family Law Advocate |
| ✚ Drugs and Alcohol Counselor | ✚ Poverty Law Advocate |
| ✚ Employment Coordinator | ✚ Cultural Programmer |
| ✚ Youth Outreach | ✚ Mental Health Clinician |
| ✚ Program Coordinator | ✚ Community Cultural Coordinator |
| | ✚ Kith & Kin Family Finder |

QUESNEL WOMEN’S RESOURCE CENTER

Address: 690 McLean Street, Quesnel, BC V2J 2P6

Phone: 250-992-8472

Email: qwrc@shawcable.com

Website: <https://www.qwrc.ca/>

Programs and Services: A non-profit organization run by a collective equal power without a hierarchy. Quesnel Women’s Resource Centre offers:

- | | |
|-------------------------------------|----------------------------|
| ✚ Stopping the Violence Counselling | ✚ Advocacy |
| ✚ Outreach support services | ✚ Drop-in support services |
| ✚ LUNA Women’s Wellness Clinic | ✚ Respectful Relationships |

✓ Women's health nurse

✚ Compass Counselling

✚ Making Connections Program

✚ Gender Equality Program

Through advertising, word of mouth, Facebook and website advertising, the Women's Resource Centre makes their services known to the public.

QUESNEL YOUTH CENTER (NCAFPS)

Address: 610 Wade Ave. Quesnel, BC V2J 1E3 (Old Ecole Baker School)

Phone: 250-985-0530

Website: <https://www.longname.org/youth-center.html>

Programs and Services: The Quesnel Youth Center is a free drop-in, inclusive center for youth ages 13-18 years. All youth are welcome to come and participate in games, sports, arts & crafts, and music.

QUESST ~ (Quesnel Unit Emergency Short Stay Treatment)

Address: 543 Front Street, Quesnel, BC V2J 2K7

Phone: 250-985-5608

Fax: 250-992-2765

Website: <https://www.northernhealth.ca/services/mental-health-substance-use/services-by-community#quesnel>

Programs and Services:

✚ 5 Beds, plus one observation room

✚ Age group: 18 years and up (will admit youth if necessary)

✚ Services the NH Region, resources to outlying areas

✚ Provides crisis stabilization, assessment, consultation and brief treatment and discharge planning

✚ Group work focused on Psycho-Social Rehab model

✚ Provides services for all psychiatric diagnoses including concurrent with Addictions

✚ Provides the gateway for Provincial Tertiary Services

✚ Admission: via emergency department, Mental Health and Addiction community services or Physicians

SEASONS HOUSE – NAWKUZUT KOO

Mission: “To create a place of safety and support for people experiencing homelessness in Quesnel, where they can receive shelter, nourishment, and services which foster independence and success. The shelter is based on the principles of harm reduction and minimal barriers. This means that there are minimal obstacles and barriers in the way of accessing our services.”


Address: 146 Carson Avenue, Quesnel, BC V2J 2A9

Phone: 250-991-0222

Email: executivedirector@seasonshouse.ca

Website: <http://www.seasonshouse.org/> or <https://www.qsss.ca/>

Programs and Services:

 *Housing First Program* – Operates on the philosophy that people are better able to move forward in their lives if their basic needs are first met; housing being a basic need and human right.

 Shelter Programs

- 10 Emergency Shelter Beds
- 8 Transitional Housing Units
- 4 Support and Recovery Beds
- Emergency Weather Response (EWR)
- Day Program
- Take Home Naloxone

SENIORS' CENTER

Address: 461 Carson Avenue, Quesnel, BC V2J 2B6

Phone: 250-992-3991

Email: mainhall@telus.net

Website: <http://www.quesnel seniorcentre.com/>

Programs and Services: The facility is excellent for weddings, banquets, fundraising, funerals, workshops/seminars and performances. Seniors' activities include bridge, carpet bowling, crib and whist, line dancing, pool, Tai Chi, TOPS and Ukulele. Membership in the Quesnel Seniors' Centre is open to anyone over 45

FINANCIAL SERVICES

BANK OF MONTREAL

Address: 397 Reid Street, Quesnel, BC V2J 2M5
Telephone: 250-992-5577
Website: <https://branches.bmo.com/bc/quesnel/>

CANADIAN IMPERIAL BANK OF COMMERCE

Address: 318 Reid Street, Quesnel, BC V2J 2M4
Telephone: 250-992-2104
Fax: 250-992-3038
Toll-free: 1-800-465-2422
Website: <https://locations.cibc.com/bc/quesnel/05950>

CREDIT COUNSELLING SOCIETY

Address: 440 – 88 Sixth Street, New Westminster, BC V3L 5B3
Phone: 604-527-8999
Toll-free: 1-888-948-8960
Fax: 604-527-8008
Website: <http://www.nomoredebts.org>

Programs and Services:

The Credit Counselling Society is a registered, non-profit service providing free and nonjudgmental counselling for consumers. The experienced and professionally trained counsellors help tens of thousands of people resolve their debt and money management problems every year. The Society works with you and your creditors to resolve your situation quickly and with as little stress as possible. To find out more or to make a confidential, free appointment with one of the counsellors, please contact the Society using the information above.

INTEGRIS CREDIT UNION

Address: 253 Reid Street, Quesnel, BC V2J 2M1
Telephone: 250-992-9216
Fax: 250-612-3465
Toll-free: 1-866-758-5678
Website: www.integriscu.ca

ROYAL BANK OF CANADA

Address: 201 St. Laurent Avenue, Quesnel, BC V2J 2C8
Telephone: 250-992-2127
Website: www.rbcroyalbank.com

SCOTIA BANK

Address: 293 Reid Street, Quesnel, BC V2J 2M1
Telephone: 250-992-7021
Fax: 250-992-9237
Website: www.scotiaonline.scotiabank.com

TD CANADA TRUST

Address: 321 Reid Street, Quesnel, BC V2J 2M5
Telephone: 250-992-2167
Website: www.tdcanadatrust.com

FINANCIAL TIPS

1. If you have financial issues, talk with your bank early. Banks have specialists and support staff who can help if you have financial problems.
2. Work on a budget. Sitting down and reviewing all your income sources and all your

Community Resource Guide

expenses are an important step to figuring out where things can be cut back and improved.

3. Be honest with yourself and your bank. As with many other issues in life, financial issues do not happen overnight and take a while to build up, and they will take a while to solve.

Your bank is there to provide you with ideas on best next steps.

4. Stay calm and ask for help.

SPECIAL PROGRAMS AND SERVICES

ALEX FRASER PARK

Address: 102 North Star Road, Quesnel, BC V2J 5P6
Email: alexfraserpark@outlook.com
Website: <http://www.alexfraserpark.ca/>
Office Phone: 250-991-7947
Caretaker: Paul Chandler
Email: afpcaretaker@gmail.com
Phone: 250-255-6095

CARIBOO REGIONAL DISTRICT LIBRARY – QUESNEL BRANCH

Address: 101 - #410 Kinchant Street, Quesnel, BC V2J 7J5
Librarian: Heather Lee
Telephone: 250-992-7912
Email: quesnelib@cariboord.bc.ca
Website: <http://www.cln.ca/default.htm>

Programs and Services:

Free access to the internet and online catalogues.

QUESNEL DISTRICT ARTS AND RECREATION CENTER

Address: 500 North Star Road, Quesnel, BC V2J 5P6
Telephone: 250-992-8200
Fax: 250-992-6866
Website: quesnel.ca/arts-recreation/facilities/arts-recreation-centre

Programs and Services:

The Arts and Recreation Centre operates a seasonal ice rink, swimming pool, playschool program, fitness facilities, and a wide range of performing, visual, and applied arts programs.

QUESNEL AND DISTRICT CHAMBER OF COMMERCE

Address: 335 E Vaughan Street, Quesnel, BC V2J 2T1
Telephone: 250-992-7262
Email: qchamber@quesnelbc.com
Website: <http://quesnelchamber.com>
Facebook: www.facebook.com/Quesnel-District-Chamber-of-Commerce10150128152340257

Programs and Services: The Quesnel and District Chamber of Commerce is the voice of business in Quesnel and offers numerous value-added programs that serve both small and large businesses.

QUESNEL DOWNTOWN ASSOCIATION

Address: 101 - 246 St. Laurent Avenue, Quesnel, BC V2J 2C9
Phone: 250-991-0527
Office Manager: Jennifer Jones
Email: qda@goldcity.net
Website: <http://www.downtownquesnel.com/>

SOUTH QUESNEL BUSINESS ASSOCIATION

Telephone: 250-255-5865
Email: southquesnel@gmail.com
Website: www.southquesnel.com
Facebook: www.facebook.com/southquesnel

WEST QUESNEL BUSINESS ASSOCIATION

Telephone: 250-255-8225
Facebook: www.facebook.com/Quesnel-West-Village-160712390687829
Website: unsecured

FIRST NATIONS

ESDILAGH FIRST NATION (ALEXANDRIA FIRST NATION)

Address: #4 – 423 Elliot St. Quesnel, BC, V2J 1Y6
Phone: 250-991-6000
Fax: 250-991-0589
Email: temp@esdilagh.ca
Website: <http://www.esdilagh.com/>

LHTAKO DENE NATION

Address: 1515 Arbutus Road, Quesnel, BC V2J 5H8
Telephone: 250-747-2900
Fax: 250-747-1341
Email: reception@lhtako.ca
Website: <http://carrierchilcotin.org/lhtako-dene-nation/>

LHOOSK'UZ DENE NATION

Address: #101 – 231 Anderson Drive, Quesnel, BC V2J 3K4
Telephone: 250-992-3290
Fax: 250-992-3291
Email: admin@lhooskuz.com
Website: <http://www.lhooskuz.com/>

NAZKO BAND GOVERNMENT

Address: 405 Barlow Avenue, Quesnel, BC V2J 2C3
Mailing Address: PO Box 4129, Quesnel, BC · V2J 3J2
Telephone: 250 992 9085
Fax: 250 992 7982

Community Resource Guide

Email: reception@nazkoband.ca

Website: <http://nazkoband.ca/>

Programs and Services:

- | | |
|---|--|
|  Chief and Council |  Finance |
|  About Nazko First Nations |  Employment Assistance Services |
|  Education |  Contact Nazko First Nation |
|  Health |  Housing Programs |
|  Social Development |  Fisheries |

NAZKO HEALTH CENTRE

Address: 405 Barlow Ave. Quesnel, BC V2J 2C3

Mailing Address: PO Box 4129, Quesnel, BC V2J 3J2

Health Director: Rachel Chantyman

Health Centre Phone: 250-249-0275

Fax: 250-249-5538

Email: bandadmin@nazkoband.ca

NAZKO ECONOMIC DEVELOPMENT CORPORATION

Address: 405 Barlow Ave. Quesnel, BC V2J 2C3

Director: Chief Leah Stump

Manager: Taiho Krahn

Administrative Assistant: Jennifer Kohl

Phone: 250-991-0284

Email: admin@nazkoecdev.ca

Website: nazkoecdev.ca

Programs and Services: The economic and business development arm of Nazko First Nation.

Working for the Nazko First Nation through Chief and Council, we facilitate the creation of wealth for the Nation by preparing and implementing the economic development strategy with the primary focus of identifying, developing and managing viable business consistent with Nazko First Nation values.

GOVERNMENT

MLA HONORABLE CORALEE OAKS CARIBOO NORTH

Address: #401-410 Kinchant Street, Quesnel, BC V2J 7J5
Telephone: 250-991-0296
Fax: 250-992-5629
Email: coralee.oakes.mla@leg.bc.ca
Facebook: www.facebook.com/teamcoralee

CARIBOO REGIONAL DISTRICT – NORTH CARIBOO OFFICE

Address: #102 – 410 Kinchant Street, Quesnel, BC V2J 7J5
Telephone: 250-992-7400
Toll-free: 1-800-665-1636
Fax: 250-992-7414
Email: mailbox@cariboord.bc.ca
Website: www.cariboord.bc.ca/
Hours of operation: Tues, Wed & Thurs. 8:00 am – 4:00 pm (closed 12 – 1 for lunch)

CITY OF QUESNEL

Address: 410 Kinchant Street, Quesnel, BC V2J 7J5
Telephone: 250-992-2111
Fax: 250-992-2206
Email: cityhall@quesnel.ca
Website: www.quesnel.ca
Facebook: www.facebook.com/cityofquesnel
Hours of operation: Mon – Fri 9:00 am – 4:00 pm (closed on statutory holidays)

Programs and Services: The City of Quesnel offers many services for both residents and businesses to access including many Community supports, Municipal and Business services, Building and Development support, and Arts and Recreation programs.

