

Community Resources in the Elk Valley



FERNIE
WOMEN'S RESOURCE
CENTRE

Created and distributed by
The Fernie Women's Resource Centre.
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For copies, please contact us at
250-423-4687



Your guide to services in the Elk Valley for
young people, adults and families



ANKORS

250-505-5506

information@ankors.bc.ca

provides HIV+ and Hep C support, harm reduction services, LGBTQ2IA+ resources, & community education to fight stigma in the Kootenays

Elk Valley Suicide Task Force

elkvalleystf@gmail.com

Promotes awareness, prevention and support for those impacted by suicide in the Elk Valley. Not a crisis service, please call the crisis line for 24/7 support.

East Kootenay Crisis Line:

1-888-353-2273

24/7 Non-judgemental emotional support, resources & information to help get you through the day. All calls welcome! It's not just about suicide but it can be.

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Fernie Women’s Centre

250-423-4687 or 1-800-339-7393

Free emotional and instrumental support, referrals, advocacy, and community education. Offers services in Sparwood, Elkford and Fernie.

Elk Valley Hospice

250-423-4453 ext. 309

Provides free, confidential, non-judgemental support to those facing life threatening illness and their families.

Columbia Basin Alliance for Literacy (CBAL)

250-946-7257

Provides free Family, Seniors, Basic Computer Skills, English as a Second Language, Adult and Youth literacy programming.

Seniors Drop-in Centre

(250) 423-3312

Fernie Pride Society

Ferniepride.ca or [facebook.com/fernierpride/](https://www.facebook.com/fernierpride/)

250-423-0750

Supports and connects the LGBTQ community in the Elk Valley. More information available on Facebook, their website or (non-emergency) over the phone.

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Resources for Children & Youth

Counselling & Mental Health Services

Isabella Dicken Elementary School Guidance Counsellor
250-423-4651

Fernie Secondary School Guidance Counsellor
250-423-4471

F.J. Mitchell Elementary School Guidance Counsellor
250-425-7818

Sparwood Secondary School Guidance Counsellor
250-425-6666

Rocky Mountain Elementary School Guidance Counsellor
250-865-4625

Elkford Secondary School Guidance Counsellor
250-865-4674

Children's Help Phone
1-800-668-6868

Youth in BC Online Crisis Counselling

www.youthinbc.com

Free service where youth can chat with a live, one-on-one crisis volunteer.

Indigenous Resources

Ktunaxa-Kinbasket Child and Family Services Society (KKCFSS)

250-489-4563

1-800-489-4563

Services for aboriginal families in need of support.

Paq'mi Nuq'yuk

250-946-7522

Aboriginal Early Years Program provides a positive start to a new life and encourages strong and healthy families with connection to culture and language through one-on-one and group services to aboriginal children under 6 and their families.

Yaqit ʔa·knuqti 'it (Tobacco Plains Indian Band)

250-887-3461

Provides support to the members of Yaqit ʔa·knuqti 'it First Nation and guidance towards health and wellness, employment and training, and cultural heritage.

Elk Valley Metis Association

250-423-4833

Provides support and information to Metis peoples in the Elk Valley.

Resources For Adults

Safety Resources

Elk Valley Safe Homes

250-946-6004

Provides emergency accommodation for women and children as well as a helpline. Safehomes offers support, referral, and shelter. Open 24 hours a day, 7 days a week.

Elk Valley RCMP Victim Services

250-423-7500

Provides information about the justice system, practical help, and emotional support to victims of crime.

East Kootenay Sexual Assault Response Team (SART)

1-800-200-3003

For a listening and empathetic ear or to speak with someone about your options regarding sexualized assault. Serving persons of all genders. Ask for SART.

Victim Link

1-800-563-0808

24 hour, 7 days a week, immediate crisis support for victims of family and sexual violence, help for other victims of crime and basic legal information and awareness of your rights.

Child & Youth Mental Health

250-423-5311

Free counselling for children and youth with mental health issues and support for their families. Self or parental referral is appropriate.

Program for Children and Youth Experiencing Violence (PEACE Program)

250-433-6353 | elkvalleypeaceprogram@gmail.com

Free individual and group counselling for children and youth who have witnessed or experienced negative conflict within their families. Self or parental referral is appropriate.

Sexual Abuse Intervention Program (SAIP)

250-430-1133

Free counselling for children and youth who have been sexually abused or who have sexual behavior problems

Child and Youth Mental Health Outreach

250-423-0817

Provides services to children and youth under the age of 19 with mild to moderate mental, emotional, and behavioral difficulties.

Resources for Parents & Families

Early Childhood Development

Bellies to Babies

250-430-1045

Drop-in program for expecting mothers and their infants up to one year old.

Parent/Tot Funtimes

(250) 423-4687

Drop-in program for parents and children under 6. Running once a week in Fernie, Sparwood and Elkford.

StrongStart

250-423-4687

A free early learning program for children birth to 5 years of age, with their parent or caregiver.

East Kootenay Child Care Resource and Referral

250-426-5677

Infant Development Program Consultant for the Elk Valley (birth to 3 years)

250-426-2543

idp.cbk2@ccssebc.com

Speech & Language Pathologist (Birth to Kindergarten Entry)

250-430-7026

Employment and Assistance Appeal Tribunal

1-866-557-0035

www.eaat.ca

Explains the appeal tribunal process and provides contact information and copies of the necessary forms.

Tenants Resource and Advocacy Centre (TRAC)

tenants.bc.ca

1-800-665-1185

provides information about residential tenancy law to tenants across British Columbia

Family Justice Counsellor

1-888-518-8822 or 250-426-1660

Free mediation services for separating parents.

East Kootenay Family Law Advocate Program

250-464-0474 | fladvocatecranbrook@ccssebc.com

Information & Advice relating to Family Law Programs Assistance with Legal Aid applications, reconsiderations & appeals. Information, advice & assistance with Child Support & Spousal Support. Connections to information resources & services to help with a variety of legal issues related to Family Law.

Resources For Adults

Legal Services

BC Legal Aid

1-866-577-2525

Get information and apply for legal aid over the phone, or find out more information about other services in the community.

East Kootenay Poverty Law Advocate Program

1-877-298-2211 | ekadvocate@ccssebc.com

Provides free information, referrals, and advocacy around residential tenancy concerns, welfare and disability benefits.

Legal Services Society's Family Law Telephone Advice Line

1-866-577-2525

Apply for legal aid over the phone or family law lawyers give brief, "next-step" legal advice over the telephone.

Dial-A-Law

1-800-565-5297

Lawyer Referral Service and Legal Information

Residential Tenancy Branch

1-800-665-8779

Provides landlords and tenants with information and dispute resolution services.

Family Support Services

Ministry of Children and Family Development (MCFD)

250-423-5311

Columbia Basin Family Resource Society

Voluntary Family Support & Youth Care Program

250-423-4687 | cbfrs.com

Free service that provides parenting support, parent-teen mediation, and one-on-one youth support.

Fernie Heritage Library

250-423-4458

Free story time, reading buddies, book clubs, and multiple programs for school aged kids.

Government Advocates

Representative for Children and Youth

1-800-476-3933

Supports children, youth, and families who need help dealing with child welfare systems.

Ombudsman (Adult and Youth Advocates)

1-800-567-3247

Receives inquiries and complaints about the practices and services provided by public agencies.

MCFD Complaints Consultants

1-877-387-7027

Receive inquiries and complaints about the process and conduct of the Ministry of Child and Family Development.

BC Centre for Elder Advocacy and Support

1-866-437-1940

Provides information and support to older adults who have been abused including: Victim Services, Outreach and Legal Programs.

Government Offices

Service Canada

1-800-622-6232

City of Fernie

250-423-6817

District of Sparwood

250-425-6271

District of Elkford

250-865-4000

Member of Parliament: Rob Morrison

Ottawa: 613-995-7246 Cranbrook: 250-417-2250

Member of Legislative Assembly: Tom Shypitka

250-417-6022 or 1-866-417-6022

Citizenship & Immigration

1-888-242-2100

Canada Revenue Agency

1-800-267-6999

Resources For Adults

Health Resources

Public Health Units

Fernie: 250-423-8288 | Sparwood: 250-425-6212
Elkford: 250-865-2215

Dietary Services

Fernie: 250-423-4453 | Sparwood: 250-425-6212
Free nutrition consultation

Options For Sexual Health (The OPT Clinic)

250-423-8274
www.optionsforsexualhealth.org/clinic/fernie-opt-clinic/
Drop-in clinic for sexual health services offering pap tests, STI testing, pregnancy tests, counselling, and birth control. No charge for people with a provincial health plan. See website for days & hours.

Sex Sense

1-800- SEX SENSE (1-800-739-7367)
Information about sex, contraception, and STI's.

ANKORS Trans Connect

ankorstransconnecteast@gmail.com
Health and community program supporting transgender people in the East & West Kootenays.

Employment and Income

Kootenay Employment Services (Work BC)

250-423-4204
Free employment search services for those legally able to work in Canada.

Employment Standards Branch

1-833-236-3700
Ask a question or get support for a work issue.

Employment Insurance

1-800-206-7218

Canada Pension Plan

1-800-227-9914

Old Age Security

1-800-277-9914

Ministry of Social Development (Income Assistance)

1-886-886-0800

BC Housing

1-800-257-7756

Community Food Banks

Fernie: 250-423-4661 | Sparwood: 250-425-3746 |
Elkford: 250-910-7088

Resources For Adults

Counselling & Mental Health

Elk Valley Community Mental Health

250-425-2064 or 1-800-661-0329

Free counselling for adults with mental health issues. Self-referral is appropriate.

East Kootenay Addiction Services Society

250-423-4423 or 1-800-644-6144

Free counselling for adults dealing with their own or someone else's substance misuse or addiction. Self-referral is appropriate.

Stopping the Violence Counselling Program

250-423-4687

Free counselling for women who have experienced any type of abuse at any point in their lives. Self-referral is appropriate.

CBFRS Family Counselling

250-430-1004

Free counselling for individuals, couples or families as a whole who: are having family system issues, parent-child relational issues, blended family issues, communication problems or conflict resolution issues. For families that have children under 19 years old.

Private Counselling Information

Some employers offer Employee Assistance Programs (EAPs). You may be able to access private counselling in this way; check with your employer for details.

East Kootenay Canadian Mental Health Association Crisis Line

1-888-353-CARE (2273)

Free crisis support line. Open 24 hours a day, 7 days a week.

B.C. Distress Phone Services

1-800-SUICIDE (1-800-784-2433) or 310-6789

Free crisis support line. Open 24 hours a day, 7 days a week.

Alcohol and Drug Information Referral Service

1-800-663-1441

Information on AA and NA meetings held in the Elk Valley

Fellaship

fellashipmensgroup@gmail.com

Food and a Safe Place to be heard for any man