

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



Angel Flight East Kootenay

250-430-1188

angelflightek.ca

A volunteer run charity providing free air transportation to residents of the East Kootenay to medical appointments in Kelowna. Flight days are Tuesday, Wednesday, and Thursday.

QWORKS

250-741-8116 or 1-877-714-0471

qworks.ethoscmg.com

A free, hybrid model program providing employment skills & training for member of B.C's 2SLGBTQIA+ community. One-on-one coaching, referrals to personal supports, employment placements, and on-the-job training also available

Community Volunteer Income Tax Program

tlc4905@gmail.com | Fernie Library: 250-423-4458

A community led free income tax program for people with limited income. Operates around tax time (March to April) out of the Fernie Library. Income limits: Family - \$50, 000 + \$3000/Child, Single—\$40,000. Contact to book an appointment.

Miscellaneous Resources

ANKORS

250-505-5506 or 1-800-421-AIDS

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!

Elk Valley Family Society

250-423-4213

Provides housing program support for seniors, people with disabilities, second stage housing, and affordable housing in Fernie and Sparwood.

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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

Kids Help Phone

1-800-668-6868

A free 24/7/365 call, text and chat mental health service for young people in Canada.

Miscellaneous Resources

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 and Area Hospice

250-423-4453 ext. 38109

elkvalleyhospice@gmail.com

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. Call or text.

Fernie Pride Society

ferniepride.ca

info@ferniepride.ca

Supports and connects the LGBTQ community in the Elk Valley. More information available on Facebook or their website.

Seniors Drop-in Centre

(250) 423-3312

Resources for Adults

Safety Resources

Elk Valley Women’s Transition House (Safehomes)

250-946-6004

Provides emergency accommodation for women and children experiencing domestic violence. Safehomes offers support, referral, and shelter. Open 24 hours a day, 7 days a week. Also an after hours support for people experiencing sexual assault.

Elk Valley RCMP Victim Services

250-423-7500

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

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. Call or text.

Youth in BC Online Crisis Counselling

310-6789 or 9-8-8

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

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 | elkvalleysaip@gmail.com

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 | cymhoutreach@gmail.com

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

Resources for Children & Youth

Indigenous Resources

Isabella Dicken Elementary School Indigenous Education Support Worker
kerry.peters@sd5.bc.ca

Fernie Secondary School Indigenous Education Support Worker
willow.burk@sd5.bc.ca

EJ. Mitchell Elementary School Indigenous Education Support Worker
jennifer.hutchinson@sd5.bc.ca

Sparwood Secondary School Indigenous Education Support Worker
natasha.gamache@sd5.bc.ca

Rocky Mountain Elementary School Indigenous Education Support Worker
rebecca.bauer@sd5.bc.ca

Elkford Secondary School Indigenous Education Support Worker
brenda.newlove@sd5.bc.ca

Ktunaxa-Kinbasket Child and Family Services Society (KKCFSS)
250-489-4563 or 1-800-663-9122
Services for indigenous families in need of support.

Yaq̓it ᑲa·knuq̓i 'it (Tobacco Plains Indian Band)
250-887-3461
Provides support to the members of Yaq̓it ᑲa·knuq̓i 'it First Nation and guidance towards health and wellness, employment and training, and cultural heritage.

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

Paq̓mi Nuq̓'yuk
250-489-4563
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.

Indigenous Resources

Indigenous Disability Canada/British Columbia

Aboriginal Network on Disability Society

250-381-7303 or 1-888-815-5511

Provides disability related support and services to Indigenous, Metis and Inuit peoples in Canada with disabilities.

First Nations Health Authority

1-866-913-0033

Offers a Health Benefits Program that provides status First Nations people living in BC with a comprehensive health benefits plan.

Indigenous Justice Centre

Cranbrook: 250-420-0202

Free legal and outreach services for Indigenous people that are facing a criminal or child protection issues.

KUU-US Crisis Line Society

1-800-588-8717

BC First Nations and Indigenous specific crisis line available 24 hours a day, seven days a week.

Residential School Crisis Line

1-866-925-4419

A 24-hour national support line for anyone affected by their experience at residential schools.

Resources for Parents & Families

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 Food Security Society

info@ferniefoodsecuritysociety.com

Provides families support in nutritious, safe, and consistent access to food through food bins, grocery cards, backpack programs, outreach, and emergency support.

Fernie Heritage Library

250-423-4458

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

Parent Connections

fernienparentconnections@outlook.com

Fernie based free drop-in program offering discussion on parenting topics, and open space to talk about the good and tough parts of parenting.

Resources for Parents & Families

Early Childhood Development

Bellies to Babies

250-430-1045 or 250-430-1048 | text or call

Free one-to-one support and weekly drop-in program about parenting, food, and baby care for expecting parents and their infants up to one year old.

Parent/Tot Funtimes

parenttotfuntimes@gmail.com

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

StrongStart

250-946-7257 | elkvalleycoordinator@cbal.org

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

Juice Box Social

ferniefamilyconnections@gmail.com

A monthly Fernie based music-play and connection drop-in program for families and caregivers with babies up to 2 years

Story time with CBAL

250-946-7257

Free, interactive, weekly drop-in story time at the Fernie library for caregivers and children birth to 5 years.

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

Eligibility information— Contact: 604-255-3099 ext 230

Legal Questions— Contact: 1-800-665-1185

Provides information about residential tenancy law to tenants across British Columbia.

SHARP Workplaces

604-673-3134 | SHARPworkplaces@clasbc.net

Up to 5 hours of free legal advice to help you deal with workplace sexual harassment.

Family Justice Counsellor

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

Free mediation services for separating parents. Located in Cranbrook, offers virtual services.

East Kootenay Family Law Advocate Program

250-464-0474 | fladvocatecranbrook@ccssebc.com

Information & advice relating to child support, spousal support, family law programs, assistance with Legal Aid applications, reconsiderations & appeals. 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 Community Law Advocate

1-877-298-2211 or 250-426-4293

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

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.

Kids Café

Mountainside Community Church | 250-423-4112

Weekly Sparwood & Elkford based drop-in for parents and kids aged 0-5, with bouncy castles, toys, snacks, and coffee. Opportunities for kids to play and parents to connect.

Fernie Early Years

ferniecearlyyears@gmail.com

A Facebook page offering information for families to learn about events and activities for children in Fernie.

Sparwood Early Years

www.facebook.com/sparwoodearlyyears

A Facebook page providing information about programs in Sparwood and facilitating connections for families of children from birth to 6 years old.

East Kootenay Child Care Resource and Referral

250-426-5677

Cranbrook based community connections program that provides supports for families in areas like child care, toy library, and healthy child development

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

778-687-1995

idp.cbk2@ccssebc.com

Government Advocates

Representative for Children and Youth

1-800-476-3933

rcy@rcybc.ca

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

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

Seniors First BC

1-866-437-1940

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

Inclusion BC

1-844-488-4321

Self advocacy support for people with intellectual and developmental disabilities working for federal, municipal, and provincial systems level inclusive change

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 or Cranbrook: 250-417-2250

Member of Legislative Assembly: Pete Davis

Victoria: 250-387-3507 or Cranbrook: 250-417-6022

Citizenship & Immigration

1-888-242-2100

Canada Revenue Agency

1-800-959-8281 or 1-800-267-6999 for the Tax Information Phone Service (TIPS)

Resources For Adults

Health Resources

Public Health Units

Fernie: 250-423-8288 | Sparwood: 250-425-6212
Elkford: 250-865-2247 ext 3

Dietary Services

Fernie: 250-423-4453
Free nutrition consultation.

Options For Sexual Health (The Fernie Options Clinic)

To book an appointment go to:

www.optionsforsexualhealth.org/clinic/fernie-opt-clinic/

Sexual health services for all ages, all genders, all orientations, offering free birth control for people in BC with MSP, STI testing and care, cervical screening, pregnancy testing and options counselling. For clients with no MSP/other provincial health care plans, charges may apply

Health Connect Registries

hcr.healthlinkbc.ca/s/

Online self-registry where you can add yourself to a waitlist for a family doctor. PHN is required.

ANKORS Trans Connect

250-505-5506 | 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 | fernie.admin@kes.bc.ca

Free employment search services for those legally able to work in Canada.

Employment Standards Branch

1-833-236-3700 | Text: 604-660-2421

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)

1-866-866-0800

BC Housing

1-800-257-7756

Community Food Banks

Fernie: 250-423-4661 | Sparwood: 250-425-3746 |

Elkford: 250-910-7088

Benefits Wayfinder

Benefitswayfinder.org

Online guide to government benefits

Resources For Adults

Counselling & Mental Health

Sparwood Opioid Agonist Treatment Clinic

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

Opioid treatments and other harm reduction and addiction services at little or no cost.

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.

Columbia Basin Family Resource Society 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 9-8-8

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

Fellaship

fellashipmensgroup@gmail.com

Food and a safe place to be heard for any man.

Sexual Assault Services Coordination & Counselling

250-423-4687

www.ferniewomenscentre.com

Free counselling and outreach services for anyone who has experienced any type of sexual assault or sexual exploitation at any point in their lives. Self referral is appropriate.