

Current supports at the Community Centre

(340 Front St)



We are open to all from 8 a.m. to 10 p.m., 7 days a week

Mental Health Supports	Service Canada	Medical Transportation	In the community and virtual
<p>Counselling services for children, youth and adults are available.</p> <p>Services will gradually relocate from the Tumbler Ridge Community Centre to the Health Centre, and a new space close by. More information is coming soon.</p> <p>We are here for you. Staff continue to be at the community centre to help direct you to supports.</p> <p>Phone and virtual supports for all ages:</p> <ul style="list-style-type: none">» Call 250-784-2342 or email CYMH.Provincial.Services@gov.bc.ca for outreach, online or in-home visits through Child & Youth Mental Health Services» Foundry offers free virtual services 7 days a week<ul style="list-style-type: none">• Download the Foundry BC app and register for a youth or caregiver account• Call 1-833-308-6379 or visit www.foundrybc.ca/virtual	<p>Walk-in sessions are available at the Tumbler Ridge Public Library. You don't need to book an appointment.</p> <p>When: Monday, February 23 to Friday, February 27, 2026, from 10 a.m. to 6 p.m.</p> <p>Services:</p> <ul style="list-style-type: none">» Canadian Benefit for Parents of Young Victims of Crime» Employment Insurance (EI) sickness benefits» EI caregiving benefits <p>Phone: 1-877-631-2657</p> <p>Online: https://canada.ca/service-canada-home</p>	<p>Northern Health Connections Shuttle Service</p> <ul style="list-style-type: none">» Daily shuttle service between Tumbler Ridge Health Centre and Fort St. John Hospital, with stops in Chetwynd and Dawson Creek.» No cost. No pre-booking required. First-come, first-served.» For pick up and drop off times: https://www.nhconnections.ca <p>TR Cares</p> <ul style="list-style-type: none">» Medical travel service for patients travelling from Tumbler Ridge to:<ul style="list-style-type: none">• Dawson Creek – weekly rides on Mondays and Thursdays only• Fort St. John – once per month rides» To book a trip, call or text 250-242-7444	<p>Victim Services</p> <p>The Victim Services team is in Tumbler Ridge to support the community.</p> <ul style="list-style-type: none">» Trauma-informed conversations and debriefs» Crime Victim Assistance program» Financial assistance available to victims of crime» Call 250-242-5252 <p>Canadian Red Cross</p> <p>The Red Cross team is in Tumbler Ridge to support the community.</p> <ul style="list-style-type: none">» Financial support to help families of those injured and deceased.» Support navigation and referrals.» Psychosocial and well-being support.» Call 250-315-5938 or email TumblerRidgeSupport@redcross.ca



Visit the District of Tumbler Ridge for community supports:
www.districtoftumblerridge.ca/p/community-supports



If you need help, reach out. For more information visit:
gov.bc.ca/ResourcesinTumblerRidge