

DAY	LOCATION	TIME
Monday	TDCSS Homelessness Outreach Program - Soup Kitchen • 3312 Sparks St (All Nations Centre).....	Coffee: 8:30am-2pm Lunch: 11:30am
	Hungry Kids Project (Kids Only) - Kalum Community School Society • Various Local Schools, 250-615-7167 or email: KCSSTerrace@live.com or school admin.....	Breakfast & Lunch Items
	Youth Program - TYES Drop In - Meal, Snack, Care Products and Refreshments • 3221 Eby St. 250-635-3178.....	11am-1 pm & 3-6pm
	Kermode Friendship Society - Coffee, breakfast and snacks (Effective June 1, 2016) • 3313 Kalum St, 250-635-4906.....	8:00am-12:00pm
	TDCSS Homelessness Outreach Program - Soup Kitchen • 3312 Sparks St (Carpenters Hall).....	Coffee: 8:30am-2pm Lunch: 11:30am
Tuesday	Kermode Friendship Society - Coffee, breakfast and snacks (Effective June 1, 2016) • 3313 Kalum St, 250-635-4906.....	8:00am-12:00pm
	Parkside Secondary School - Food Share (for students only) • 3824 Eby St, 250-635-5778.....	12:00-1:00pm
	Ksan House Society - Donation Room (no food items) • 4838 Lazelle Ave, 250 635-2373.....	10:00am - 2pm
	Hungry Kids Project (Kids Only) - Kalum Community School Society • Various Local Schools, 250-615-7167 or email: KCSSTerrace@live.com or school admin.....	Breakfast & Lunch Items
	TYES Drop In Youth Program - Meal, Snack, Care Products and Refreshments • 3221 Eby St. 250-635-3178.....	11am-1pm & 3-6pm
Wednesday	TDCSS Homelessness Outreach Program - Soup Kitchen • 3312 Sparks St (Carpenters Hall).....	Coffee: 8:30am-2pm Lunch: 11:30am
	Ksan House Society - Donation Room (no food items) • 4838 Lazelle Ave, 250-635-2373.....	10:00am - 2pm
	Salvation Army - Food Share (unless Food Bank is operating) • 3236 Kalum St, 250-635-5446.....	1:00pm
	Salvation Army – Breakfast 7:30 to 9:00am • 3236 Kalum St, 250-635-5446.....	7:30 to 9:00am
	Hungry Kids Project (Kids Only) - Kalum Community School Society • Various Local Schools, 250-615-7167 or email: KCSSTerrace@live.com or speak to school admin.....	Breakfast & Lunch Items
	TYES Drop In Youth Program - Meal, Snack, Care Products and Refreshments • 3221 Eby St. 250-635-3178.....	11am-1pm & 3-6pm
	Field of Faith Foundation – Serve Dinner • Library Park Band Shelter.....	6-8pm
Thursday	Kermode Friendship Society - Coffee, breakfast and snacks (Effective June 1, 2016) • 3313 Kalum St, 250-635-4906.....	8:00am-12:00pm
	TDCSS Homelessness Outreach Program - Soup Kitchen • 3312 Sparks St (Carpenters Hall).....	Coffee: 8:30am-2pm Lunch: 11:30am
	TDCSS Homelessness Outreach Program - Food Share • 3312 Sparks St (Carpenters Hall).....	11am (come early)
	Ksan House Society - Donation Room (no food items) • 4838 Lazelle Ave, 250-635-2373.....	10:00am - 2pm
	Salvation Army – Breakfast 7:30 to 9:00am • 3236 Kalum St, 250-635-5446.....	7:30 to 9:00am
	Zion Baptist Church - Soup Kitchen (closed mid-June and reopens September) • 2911 South Sparks St, 250 638-1336.....	4:00-5:30pm
	Hungry Kids Project (Kids Only) - Kalum Community School Society • Various Local Schools, 250-615-7167 or email: KCSSTerrace@live.com or school admin.....	Breakfast & Lunch Items
	TYES Drop In Youth Program - Meal, Snack, Care Products and Refreshments • 3221 Eby St. 250-635-3178.....	11am-1pm & 3-6pm
Friday	Kermode Friendship Society - Coffee, breakfast and snacks (Effective June 1, 2016) • 3313 Kalum St, 250-635-4906.....	8:00-9:00am 1:00-3:00pm (come early)
	Ksan Place - Food Share • 101-2812 Hall St, 250-635-2654.....	8:00-9:00am 1:00-3:00pm (come early)
	Hungry Kids Project (Kids Only) - Kalum Community School Society • Various Local Schools, 250-615-7167 or email: KCSSTerrace@live.com or speak to school admin.....	Breakfast & Lunch Items
	TYES Drop In Youth Program - Meal, Snack, Care Products and Refreshments • 3221 Eby St. 250-635-3178.....	11am-1pm & 3-6pm
	Salvation Army - Food Share (Bring your own bags) • 3236 Kalum St, 250-635-5446.....	1:00pm (come early) 3pm-? (Food after church service)
Saturday	Seventh Day Adventist All Nations Centre Church Service • 3312 Sparks St (Carpenters Hall), 250-635-3232.....	10:00am-5:00pm (Food after church service)
	Seventh Day Adventist Church - Bread of Life Soup Kitchen and Food Share • 3312 Sparks St (Carpenters Hall), 250-635-3232.....	12:00pm Lunch 5:00pm Dinner
Sunday	Transition House, 250-635-6447 (for women and children only)	12:00pm Lunch
	K'san Residence and Shelter, 250-635-5890.....	5:00pm Dinner
3 meals/week	Terrace Churches' Food Bank – 4643 Park Ave (under Dairy Queen) • Please Bring along proof of address and gov't issued ID for yourself and your dependents • Food is distributed to users via alphabetical order – check their Facebook Website for details.....	Various Times Usually 9:30am-1pm (come early)
	Scheduled Days	

Call TDCSS @ 250-635-3178 to suggest changes or additions to this schedule, thanks!

WANT TO HELP, VOLUNTEER OR DONATE?

Please contact TDCSS's Homelessness Outreach Program at 250-635-3178 ext 422

HELP LINES

Alcohol & Drug Referral Service	1.800.663.1441
BC NurseLine	1.866.215.4700
Child Find BC	1.888.689.3463
City of Terrace - After Hours Trouble Line	250.638.4744
Crime Stoppers / TIPS	1.800.222.8477
Crisis Line - For persons in Emotional Distress	1.888.562.1214
Crisis Line - Teen	1.888.564.8336
HealthLink BC	811
Reporting Child Abuse (no area code req'd)	310.1234
Kids Help Phone	1.800.668.6868
Problem Gambling Helpline 24hrs	1.888.795.6111
Quit Now! Smokers Help Line	1.877.455.2233
Sexual Assault Centre - 24hrs	250.635.1911
Suicide Distress Line	1.800.784.2433
Transition House Women & Children in Crisis	250.635.6447
VictimLINK - 24hr Help & Information Line	1.800.563.0808
Youth Against Violence Line	1.800.680.4264
Indian Residential School Survivors Society	1.250.635.4499
Ministry of Social Development & Innovation	1.866.866.0800

TOILETS, SHOWERS & HYGIENE

TDCSS - provides shower coupons and hygiene products
KSAN Shelters - provides showers (must not be under the influence)
Aquatic Centre - provides showers for \$2 (must not be under the influence)
Discount Haircuts - TDCSS provides coupons
Public Washrooms - Library, Skeena Mall (must not be under the influence)
Low-Barriered Public Washrooms - TDCSS (Eby St), Kermod Friendship Society, Ministry of Social Development and Social Innovation



EMERGENCY

	EMERGENCY	NON-EMERGENCY
Police	911	250.638.7400
Fire	911	250.638.4734
Ambulance	911	250.638.1102
Hospital	250.635.2211	250.635.2211



Hospital – Mills Memorial
4720 Haugland Ave



Park Avenue Medical Clinic
4634 Park Ave



Court House
3408 Kalam St



Health Unit - 3412 Kalam St
Health Unit Services: Ministry of Children and Family Development, Mental Health & Addictions Counselling and Treatment for Adults and Youth, Specific Medical Services, Speech & Hearing, Environmental Health Department



Ksan Emergency Shelter – Women & Children Only
4838 Lazelle Street



Ksan Emergency Shelter – Families & Individuals
• 2812 Hall Street
• Damp Shelter Open Seasonally and/or in Extreme Weather – Location – check with Ksan Staff



Terrace & District Community Services Society - 3219 Eby St
Youth & Family Services, Employment Services, Counselling & Support Services, Community Living Services



Soup Kitchen & Food Bank
Addresses: Soup Kitchen - 3312 Sparks Ave & Food Bank 4643 Park Ave



Employment Centre – WORK BC
4622 Greig Ave



Employment Insurance Office (E.I.) – Service Canada
Call 1-800-206-7218 or visit their website first: www.servicecanada.gc.ca/eng/home.shtml



Discount Shopping
• Salvation Army - 3236 Kalam St
• Hospital Auxiliary Thrift Shop - 4544 Lazelle Ave
• TDCSS CORE Store – 2nd Hand Furniture (by train station)



Laundromats



Showers & Aquatic Centre - 3320 Kalam St
• \$2/shower or during free Public Swim Fridays 8pm-9:30pm (times subject to change)
• Spotless Cleaners Laundromat - \$4/shower (coupons available at TDCSS)



Free Community Programs - Adults & Children
• Kermod Friendship - 3313 Kalam
• Family Place - 4553 Park
• Women's Centre - 4542 Park
• Skeena Diversity - 4617 Lazelle



Public Library
Services: Books, DVD's, Free Children's & Youth Literacy Programs, Free Computer Lessons for Adults, Book Clubs, Book Sales, Book Delivery for Homebound Patrons



Senior Citizen Services
• Happy Gang Centre
• Terraceview Lodge



Legal Aid-Legal Services Society & Indian Residential School Survivors Society
207 - 3228 Kalam St



Emergency Services
RCMP, Fire Department & Ambulance
3205 Eby St



BC Services Centre & Ministry of Social Development & Social Innovation- 3250 Eby St
Services: Driver's and other licenses, Medical Services Plan, Birth Certificates, etc...



MLA Office - Voice Concerns to your Local Politician!
104 - 4710 Lazelle Ave

Call TDCSS @ 250-635-3178 to suggest changes or additions to this map, thanks!