

Quesnel

Community Resource Guide



A resource guide featuring:

- Employment Services
- Community and Social Services
- Job Skills and Retraining
- Financial Services
- Special Programs and Services
- Mental Health Resource Information

TABLE OF CONTENTS

Community Introduction

A message from MLA Coralee Oakes, 3

A message from Mayor Bob Simpson, 4

EMPLOYMENT SERVICES, 4 – 11

- Work BC –Quesnel Employment Services Centre
- BC Job Network
- BC Ministry of Social Development and Social Innovation
- Cariboo Chilcotin Aboriginal Training Employment Centre Society
- Community Futures, North Cariboo
- North Cariboo Metis Association
- Service BC
- Service Canada
- Small Business BC

COMMUNITY AND SOCIAL SERVICES, 11-19

- Al-Anon
- Alcoholics Anonymous
- Amata Transition House Society
- Axis Family Resources
- BC Ministry of Health Services
- BC Regional Service Committee of Narcotics Anonymous
- Big Brothers Big Sisters of Quesnel
- Canadian Red Cross
- Cariboo Youth and Family Resources
- Carrier Chilcotin Tribal Council
- Crisis Centre for Northern BC
- GR Baker Memorial Hospital
- Legal Services Society - Quesnel
- Ministry of Children and Family Development
- New Focus Society
- North Cariboo Aboriginal Family Program Society
- Quesnel and District Child Development Centre
- Quesnel Child and Youth Support Society
- Quesnel Mental Health and Addiction Services
- Quesnel Public Health Unit – Nursing
- Quesnel Public Health Unit - Preventative
- Quesnel Salvation Army Food Bank
- Quesnel Tillicum Society, Native Friendship Centre
- Quesnel Women’s Resource Centre Society
- Seasons House – Nawkuzut Koo
- United Aboriginal Housing Society

QUESNEL SUBSTANCE USE AND MENTAL HEALTH RESOURCE GUIDE, 20-22

JOB SKILLS AND RETRAINING, 23-24

- College of New Caledonia
- Ministry of Jobs, Tourism and Skills Training
- School District 28, Helen Dixon Centre
- University of Northern British Columbia

FINANCIAL SERVICES, 25-26

SPECIAL PROGRAMS AND SERVICES, 27-28

FIRST NATIONS, 29

GOVERNMENT, 30

2nd Edition – March 2016

All attempts have been made to ensure information contained within the Guide are complete and up to date. However, if your organization is not listed please contact WorkBC, Quesnel Employment Services, 250.992.7691, to be added/corrected or email aprilwebb@quesnelemploymentservices.com

MESSAGE FROM MLA CORALEE OAKES, CARIBOO NORTH



As your MLA here in Cariboo North, I continue to work hard to help create job opportunities in our region. Having worked in the small business community prior to becoming MLA for Cariboo North, I've witnessed some of the challenges that small business can face.

Our government wants to ensure that British Columbians are first in line for jobs here in B.C., including here at home. That's why we continue to expand job opportunities and align skills training with job market demands.

Last year, our government announced \$153,000 in funding for 18 additional health-care assistant spaces at Quesnel's College of New Caledonia campus. Students can train here and choose to stay and work in the Cariboo.

During the recent Site C job fair and business networking session here in Quesnel, our community displayed a high level of interest in the Site C project, with more than 440 job seekers and 35 businesses meeting with the main civil works contractor to learn how they can benefit.

British Columbians gave us their ideas to reduce red tape. In my role as Minister of Small Business and Red Tape Reduction, I am working with our government to take action on those ideas by committing to more than 60 actions to reduce red tape and improve service delivery, and repeal 37 outdated or unnecessary regulations. Over the next year, people will see improvements to several government services – small changes that make doing business and accessing programs and information easier.

I'm proud to represent the resilient, strong and hard-working people of Quesnel. By working together, we can create more opportunities here in Quesnel.

MESSAGE FROM THE MAYOR

On behalf of the City of Quesnel and Council, I welcome you to our beautiful City.

Quesnel is a livable city that people of all ages and ethnicities fall in love with, and tourists remember as a beautiful community at the confluence of two of BC's major rivers. For families, professionals, and seniors, Quesnel offers a wide array of amenities to support a full, active, and entertaining lifestyle. Quesnel has a strong and deep community spirit and its residents radiate their sense of community pride. We are fortunate and proud to have a group of dedicated volunteers supporting multiple causes, including major events like Billy Barker Days and our bi-annual Skyfest.

Quesnel is attractive to new businesses and our current businesses continue to grow and evolve to meet the changing demands of our residents and tourists alike. With a central location, affordable housing, many amenities and organized activities, great parks and green spaces, and an airport minutes from downtown, Quesnel is the perfect community to call home.

Whether you are visiting, investing, or looking to make Quesnel your home, I'm confident you'll find Quesnel to be a warm and vibrant community.

Come and enjoy what Quesnel has to offer!

Sincerely,

Mayor Bob Simpson
City of Quesnel



Back row: Councillors: Ed Coleman, Scott Elliott, Ron Paull, John Brisco
Front row: Councillors: Laurey-Anne Roodenburg, Mayor Bob Simpson, Sushil Thapar

EMPLOYMENT SERVICES

WorkBC – QUESNEL EMPLOYMENT SERVICES

Address: 100 – 488 McLean Street, Quesnel, B.C. V2J 2P2
Telephone: 250-992-7691
Fax: 250-992-7692
Email: reception@quesnelemploymentservices.com
Website: www.quesnelemploymentservices.com/
Facebook: www.facebook.com/workbcquesnel

Programs and Services:

The Employment Program of BC is now available and will make it easier for people to find work and provide stability for their families through a wide range of integrated employment services and supports. The first step in accessing these services is to contact a WorkBC Employment Services Centre which offers client-focused, integrated services and supports that are responsive, inclusive, and accessible. Services available include:

- Job search resources
- Personal employment planning
- Skills and training
- Work experience placement / wage subsidies
- Specialized services and assessments
- Resume and cover-letter assistance
- Interview techniques
- Assisted job search
- Educational planning
- Career decision-making
- Job posting board
- Internet job search
- Workshops

BC JOB NETWORK

Website: www.bciobnetwork.com/

Programs and Services:

Online job search database.

Quesnel Job Fair

WorkBC is hosting a Quesnel and area job fair at the Seniors' Centre on April 21, 2016. The Quesnel Job Fair will feature local and regional employers including (but not limited to):

- Cariboo Chilcotin Aboriginal Training Employment Centre
- City of Quesnel
- Community Futures North Cariboo
- Dengary
- Investors Group
- Immigration and Multicultural Services Society
- Northern Health
- School District 28
- Tolko
- UNBC, South Campus
- West Fraser

Watch for updates on the Job Fair on our Facebook page and website.

Where: Quesnel Seniors' Centre
461 Carson Ave

When: **April 21, 2016**

Job Fair Tips

1. Work with a case manager on your plan for participating in the job fair
2. Dress like you would for an interview
3. Research the companies that will be there
4. Don't ask questions that you can find answers to online
5. Remember that this is a networking opportunity.
6. Be prepared to answer questions about yourself
7. Listen to everyone around you
8. Be enthusiastic
9. Book an appointment if you would like to review your resume, work on your interview skills or participate in the job club



visit our website: www.quesneemploymentservices.com
call us for more info: 250.992.7691



Quesnel Employment Services

'Assisting the employment goals of all persons to achieve increased independence and self reliance'

Canada

BRITISH COLUMBIA

Funding provided by the Government of Canada through the Canada-British Columbia Job Fund.

**BC MINISTRY OF SOCIAL DEVELOPMENT AND SOCIAL INNOVATION,
EMPLOYMENT AND INCOME ASSISTANCE**

Telephone: 1-866-866-0800
Fax: 1-855-771-8701
Website: www.gov.bc.ca/sdsi

Programs and Services:

BC Employment and Assistance Program (BCEA) assists British Columbians by helping people move from income assistance to sustainable employment, and by providing income assistance to those who are unable to fully participate in the workforce.

**CARIBOO CHILCOTIN ABORIGINAL TRAINING
EMPLOYMENT CENTRE SOCIETY**

Address: 205 - 197 North 2nd Avenue, Williams Lake, B.C. V2G 1Z5
Phone: 250-392-2510
Fax: 250-392-2570
E-mail: administration@ccatec.com
Website: www.ccatec.com

Programs and Services:

The Cariboo Chilcotin Aboriginal Training Education Centre Society responds to the training needs of First Nations individuals in the Cariboo Chilcotin and acts as a resource centre for information regarding funding, training, and employment.

COMMUNITY FUTURES, NORTH CARIBOO

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

Programs and Services:

Community Futures of the North Cariboo (CFNC) is a non-profit economic development organization dedicated to assisting small business owners and entrepreneurs in the North Cariboo region. CFNC provides small business assistance in the following ways:

- Small business loans
- Business counselling
- Business training
- Community economic development
- Resource library

Businesses supported by Community Futures grow faster and last longer

** Statistics Canada Independent Review*



Flexible business financing
Free advisory services
Affordable business training

Community
Futures 
START
BUY
GROW **BUSINESS**

www.cfquesnel.com
facebook.com/cfquesnel
335A Vaughan Street
250-992-2322

NORTH CARIBOO METIS ASSOCIATION

Address: 668 Doherty Drive, Quesnel, B.C. V2J 1B9
Telephone: 250-992-9722
Fax: 250-992-9721
Email: ncma1@shaw.ca
Website: http://www.quesnelnetwork.com/justice_safety_services.aspx?ID=67

Programs and Services:

The North Cariboo Métis Association provides services, information, advocacy, and cultural activities to the Métis people of the Quesnel area and promotes Métis cultural awareness throughout the North Cariboo. Services include:

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

SERVICE BC

Address: 102 – 350 Barlow Avenue, Quesnel, B.C. V2J 2C2
Contact: Barb Lusk, Government Agent
Telephone: 250-992-4313
Fax: 250-992-4314
E-mail: Barb.Lusk@gov.bc.ca
Website: www.servicebc.gov.bc.ca/locations/quesnel.html

Programs and Services:

Service BC provides frontline government services and information in British Columbia and delivers programs and services to residents, businesses and visitors – in person, online, and over the phone. Services available at the Quesnel location include:

- Child Care Subsidy Program
- Employment Standards Information
- Medical Services Plan
- Legal Services Society Forms and Access
- OneStop Business Registration

For a complete listing of available services, please visit the Service BC website above.

SERVICE CANADA

Telephone: 1-800-O-Canada (622-6263)

Employment Insurance

Telephone: 1-800-206-7218

Website: www.servicecanada.gc.ca

Job Bank: www.jobbank.gc.ca

Programs and Services:

The Government of Canada, Service Canada offers a number of job-search tools, income assistance programs and education and training services:

- Job-search tools – Job Bank, Student Job Bank, Aboriginal Job Centre, Canadian Heritage Information Network, and other government and private websites
- Government job-search – Canadian Forces and Department of National Defence, Canada Revenue Agency, Parks Canada, and Royal Canadian Mounted Police
- Career planning services – Resume Builder, Labour Market Information, Training and Career Website, Career Counsellor Search, and Employment Support for Immigrants
- Income assistance programs – Self-Employment Program, Wage Earner Protection Program, Career Transition Assistance, and Skills Development Program
Employment Insurance Program (EI): Canada Pension (CPP) and Old Age Security (OAS) Program
- Business start-up services – Provides a wide range of services for business entrepreneurs, as well as guides and resources for registering a business

SMALL BUSINESS BC

Address: #82 - 601 West Cordova Vancouver, B.C. V6B 1G1

Telephone: 604-775-5525

Toll free: 1-800-667-2272

Fax: 604-775-5520

Email: askus@smallbusinessbc.ca

Website: www.smallbusinessbc.ca/

Programs and Services:

Small Business BC is a resource centre to provide entrepreneurs with products and services that will assist successful entry into small business ventures. Small Business BC offers one-on-one advisory sessions, business publications, workshops and seminars video conference throughout BC. A variety of free business guides and tools are available on the website, including information on the various government assistance programs.

COMMUNITY AND SOCIAL SERVICES

AL-ANON

Address: 1134 Tibbles Road, Quesnel, B.C.
St. Andrews United, 218 Kinchant Street, Quesnel, B.C.
Website: www.bcyukon-al-anon.org/~bcyukon-al-anon/pdf/DISTRICT26.pdf

Programs and Services:

Al-Anon Family Groups is a community resource providing support to anyone affected by a relative or friend's drinking. The North Cariboo (District 26) offers two weekly meetings:

Sunday – 1134 Tibbles Road, Quesnel, B.C. from 1:00 – 2:00 pm

Wednesday – 218 Kinchant Street, Quesnel, B.C. from 7:00 – 8:00 pm

ALCOHOLICS ANONYMOUS

Telephone: 250-992-5560
Website: www.bcyukonaa.org/pub/meetings/districts/dist_56.php

Programs and Services:

Alcoholics Anonymous (District 56) offers two or more meeting options each day of the week to provide men and women with the opportunity to share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. For a full listing of available meetings, please visit the website listed above.

AMATA TRANSITION HOUSE SOCIETY

Address: 693 McLean Street, Quesnel, B.C. V2J 2P7
Telephone: 250-992-7321
Website: <http://www.amata.ca/>

Programs and Services:

The Amata Transition House Society is a non-profit organization that provides a confidential, non-judgemental and safe place for women and their children. Trained staff are available 24 hours a day to provide information and referral services, support, advocacy, and emergency housing needs.

AXIS FAMILY RESOURCES

Address: 469F Anderson Drive, Quesnel, B.C. V2J 5J4
Telephone: 250-992-2759
Fax: 250-992-2769
Toll-free: 1-877-392-1003
Email: quesnel.admin@axis.bc.ca
Website: <http://axis.bc.ca/contact-us/branch-offices/quesnel/>

Programs and Services:

Axis Family Resources offers a range of services for children, youth, adults, and families with challenging issues, including:

- Addiction services
 - CLBC Crisis Support Program
 - Community Living Services
 - Family Based Interventions Program
 - Specialized Residential Services
 - Stopping the Violence Programs
-

BC MINISTRY OF HEALTH SERVICES

Address: 1515 Blanshard Street, Victoria, B.C. V8W 3C8
Telephone: 250-952-1742
Toll free: 1-800-465-4911
Website: www.gov.bc.ca/health/

Business hours 8:30 a.m. – 4:30 p.m. Monday to Friday

Programs and Services:

The Ministry of Health Services has overall responsibility for ensuring that quality, appropriate, and timely health services are available to all British Columbians. The Ministry directly manages a number of provincial programs and services. These programs include: the Medical Services Plan, which covers most physician services; PharmaCare, which provides prescription drug insurance for British Columbians; the B.C. Vital Statistics Agency, which registers and reports on vital events such as a birth, death or marriage; and the Emergency and Health Services Commission, which provides ambulance services across the province and operates HealthLink BC, a confidential health information, advice and health navigation system available by telephone or on the web (see www.healthlinkbc.ca) HealthLink BC also publishes the BC Health Guide which is available through local pharmacies and operates bcbedline, the provincial acute bed management system.

BC REGIONAL SERVICE COMMITTEE OF NARCOTICS ANONYMOUS

Toll-free: 1-888-543-2499

Website: http://www.bcrna.ca/main/area_meetings.php?id=57

Programs and Services:

Narcotics Anonymous is a non-profit fellowship of men and women for whom drugs have become a problem. We provide a recovery process and peer support network. Meetings are offered on Sunday and Wednesday evenings at 7:00 pm at 465 Kinchant Street, Quesnel. For a full listing of available meetings, please visit the website above.

BIG BROTHERS BIG SISTERS OF QUESNEL

Address: 368 Vaughan Street, Quesnel, B.C. V2J 3J9

Telephone: 250-992-7257

Fax: 250-992-0937

Website: <http://www.bigbrothersbigsisistersofquesnel.ca/en/Home/default.aspx>

Programs and Services:

Big Brothers and Big Sisters of Quesnel are dedicated to helping children develop their full potential through friendship and mentoring programs.

CANADIAN RED CROSS

Address: GR Baker Hospital, 543 Front Street, Quesnel, B.C. V2J 2K7

Telephone: 250-991-7565

Fax: 250-992-1031

Website: www.redcross.ca/what-we-do/health-services-in-canada/health-equipment-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.

CARIBOO YOUTH AND FAMILY RESOURCES

Address: #2 – 345 Laurent Avenue, Quesnel, B.C. V2J 7G9
Telephone: 250-991-2907
Fax: 250-992-5756
Email: cyfr@quesnelbc.com

Programs and Services:

- Family mediation and parent teen conflict
 - Private supervised visits
 - Autism / Aspergers Interventionist
 - In A.W.E. of Parenting, parenting programme
 - Family conflict resolution
 - Parent plans, for those couples going through separation or divorce and are needing a plan regarding their children
-

CARRIER CHILCOTIN TRIBAL COUNCIL

Address: #102 – 231 Anderson Drive, Quesnel, B.C. V2J 3K4
Telephone: 250-992-2075
250-255-5471 (cell for Jennifer Vickers, Family Support Worker)
Fax: 250-992-2074
Website: <http://www.carrierchilcotin.org/>

Programs and Services:

The Carrier Chilcotin Tribal Council is a partnership of four communities working together to advance collective well-being. The Council works to promote and facilitate the social and economic well-being of the Carrier Chilcotin Aboriginal Peoples to encourage the heritage, culture, religion and education. The Family Support Worker supports and advocates for urban families in Quesnel.

CRISIS CENTRE FOR NORTHERN BC

Credit Counselling Society BC: 1-888-527-8999
Teen Crisis: 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: 250-310-6789

Programs and Services:

Operates 24 hours a day, 7 days a week.

GR BAKER MEMORIAL HOSPITAL

Address: 543 Front Street, Quesnel, B.C. V2J 2K7
Telephone: 250-985-5600
Website: www.northernhealth.ca/Home.aspx

LEGAL SERVICES SOCIETY – QUESNEL

Address: 342 Kinchant Street, Quesnel, B.C. V2J 2R4
Telephone: 250-992-8387
Fax: 250-992-7661
Website: <http://www.lss.bc.ca/>

Programs and Services:

The Legal Services Society has a range of free services and provides access to self-help legal information and publications. Legal advice and/or representation by a lawyer may also be available.

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT

Address: 163 Kinchant Street, Quesnel, B.C. V2J 2R1
Telephone: 250-992-4267
Fax: 250-992-4351
Website: www.gov.bc.ca/mcf

Programs and Services:

This Ministry provides a number of services and programs to support B.C. families, including adoption services, early childhood development program, family development program, foster care / extended family care, child and youth mental health, child and youth with special needs, youth services, youth justice, and child safety and guardianship services.

NEW FOCUS SOCIETY

Address: 469A Anderson Drive, Quesnel, B.C. V2J 5J4
Telephone: 250-992-3119
Fax: 250-992-8677
Email: nfsadmin@quesnelbc.com

Programs and Services:

The New Focus Society envisions a community where families and individuals of all ages and ethnic origins feel valued and included, and where those in need are able to access friendly, supportive and free community services aimed at improving the quality of life. The New Focus Society is an umbrella society that encompasses a variety of programs and services:

- Child Care Resource and Referral Program
 - English as a Second Language Settlement Assistance Program
 - Welcoming Communities Action Plan
 - Access Business Training
-

NORTH CARIBOO ABORIGINAL FAMILY PROGRAM SOCIETY

Address: 324 Hoy Street, Quesnel, B.C. V2J 1X3
Telephone: 250-992-9160
Fax: 250-992-9157
Email: ncafps@longname.ca

Programs and Services:

North Cariboo Aboriginal Family Program Society is a non-profit society that works to promote the advancement and well-being of Aboriginal and non-Aboriginal children, youth and families in Quesnel and the surrounding areas. They advocate for and provide programs, services and resources which contribute to community development and capacity building. Services include:

- Family Support Workers: Employs a Family Support Worker who works with urban Aboriginal children, youth and families
- Aboriginal Family Centre: Early Childhood Education, Aboriginal Infant Development Program, Aboriginal Supported Development Program, parenting programs, preschool, early screening for children and cultural programs
- Community kitchen
- Elders Luncheon
- Family Group Conference
- Kids and Youth in the Kitchen
- Literacy Programs
- Youth Activities

QUESNEL AND DISTRICT CHILD DEVELOPMENT CENTRE

Address: 488 McLean Street, Quesnel, B.C. V2J 2P2
Telephone: 250-992-2481
Fax: 250-992-3439
Website: <http://www.quesnelcdc.com/>

Programs and Services:

The Quesnel and District Child Development Centre offers many professional programs and services delivered to children and their families who require extra support in a family centered mode.

QUESNEL CHILD AND YOUTH SUPPORT SOCIETY

Address: Suite 13 – 665 Front Street, Quesnel, B.C. V2J 5J5
Telephone: 250-992-5114

Programs and Services:

The Quesnel Child and Youth Support Society provide individual child and family counselling.

QUESNEL MENTAL HEALTH AND ADDICTION SERVICES

Address: 395 Elliott Street, Quesnel, B.C. V2J 1Y4
Telephone: 250-992-5189

QUESNEL PUBLIC HEALTH UNIT - NURSING

Address: 511 Reid Street, Quesnel, B.C. V2J 2MB
Telephone: 250-991-7571

QUESNEL PUBLIC HEALTH UNIT - PREVENTATIVE

Address: 523 Front Street, Quesnel, B.C. V2J 2K7
Telephone: 250-983-6810

QUESNEL SALVATION ARMY FOOD BANK

Address: 374 McLean Street, Quesnel, B.C. V2J 2N9
Telephone: 250-992-8784

Programs and Services:

Food hampers are available for people in need. Please phone to make an appointment.

QUESNEL TILLICUM SOCIETY, NATIVE FRIENDSHIP CENTRE

Address: 319 North Fraser Drive, Quesnel, B.C. V2J 1Y9
Telephone: 250-992-8347
Fax: 250-992-5708
Website: <http://www.quesnel-friendship.org>

Programs and Services:

The Quesnel, BC Tillicum Society / Native Friendship Centre offers aboriginal diabetes awareness and prevention, FAS info, drug and alcohol programs, employment information and counselling, youth outreach, family support, and the Tillicum Learning Centre.

QUESNEL WOMEN'S RESOURCE CENTRE SOCIETY

Address: 690 McLean Street, Quesnel, B.C. V2J 2P6
Telephone: 250-992-8472
Fax: 250-992-6160
Email: gwrc@shawcable.com
Website: <http://www.qwrc.ca/>

Programs and Services:

The Quesnel Women's Resource Centre is a non-profit organization and is run by and for women. The Centre strives to be an inclusive and supportive space in which all women can discuss the issues that affect their lives and find the resources and support they need to make informed choices.

SEASONS HOUSE – NAWKUZUT KOO

Address: 146 Carson Avenue, Quesnel, B.C. V2J 2A8
Telephone: 250-991-0222
Email: executivedirector@seasonshouse.ca
Website: <http://seasonshouse.org/>

Programs and Services:

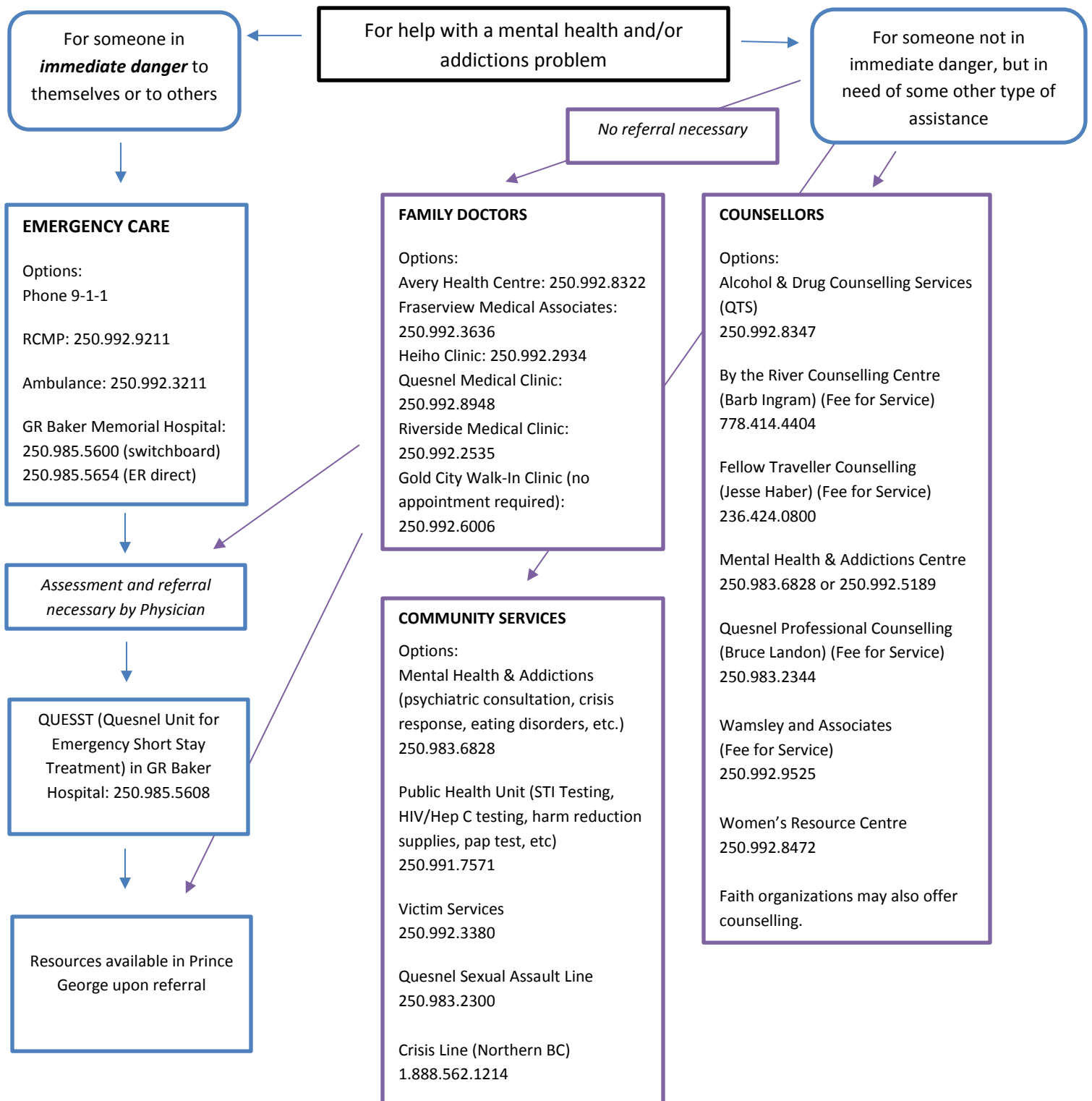
Seasons House provides emergency short-term housing, transitional housing, and support and advocacy for people that are homeless or at risk of homelessness. Seasons House is open 24 hours a day, 7 days a week, 365 days a year.

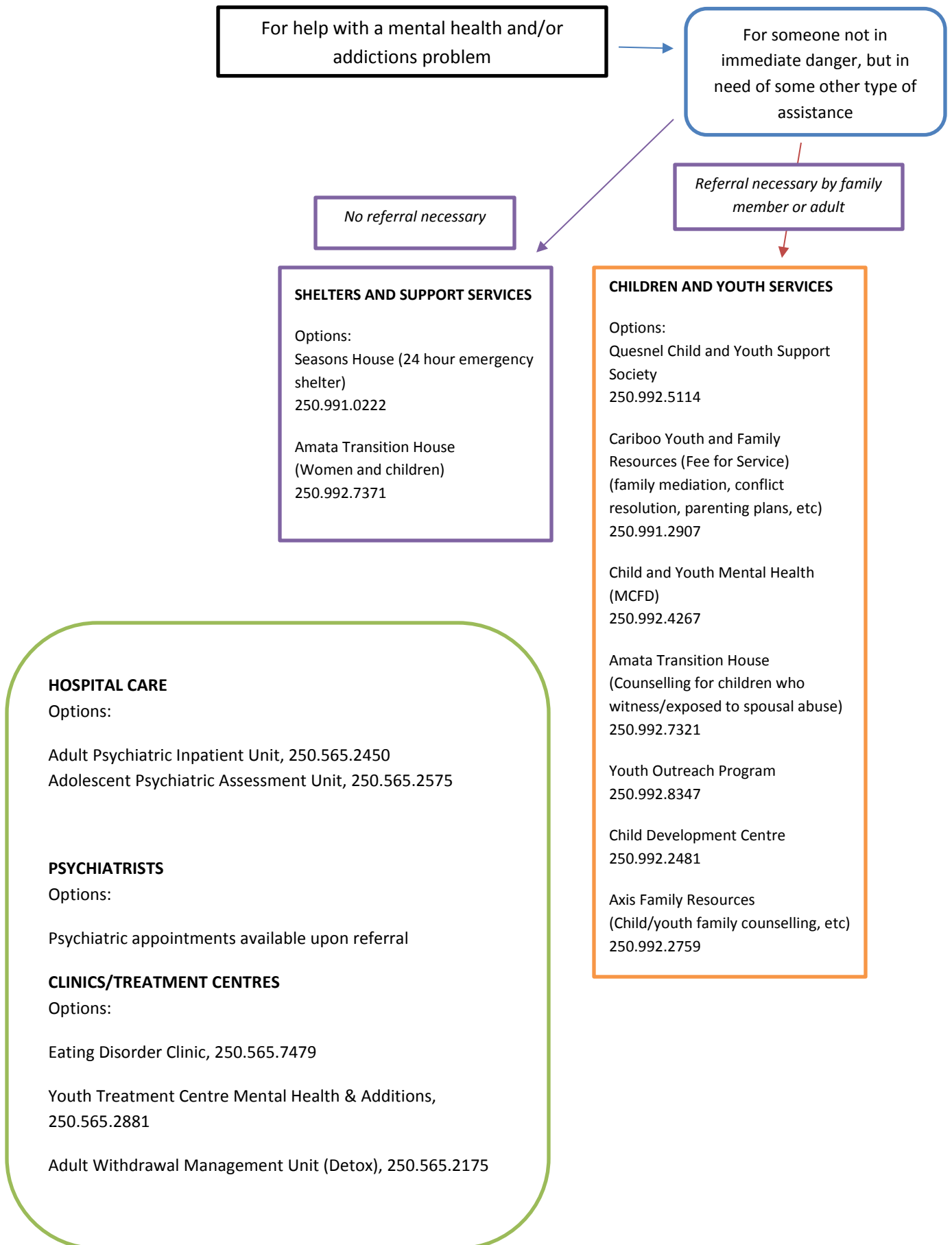
UNITED ABORIGINAL HOUSING SOCIETY

Address: 100-744 Front Street, Quesnel, B.C. V2J 2L1
Telephone: 250-992-3306
Fax: 250-992-3316

QUESNEL SUBSTANCE USE AND MENTAL HEALTH RESOURCE GUIDE

For people who need help finding help





ILLICIT DRUG USE IN QUESNEL

Who uses illicit drugs in Quesnel?

- Over 200 people who actively use illicit drugs in Quesnel took part in the *Opening Doors to Harm Reduction* research study
- Almost half of the participants were women
- Majority of participants were long-term residents of Quesnel
- 25% had family incomes of over \$30,000/year
- Almost 40% of participants were working full or part time

DRUG USE PATTERNS IN QUESNEL

- Drugs used most often were: marijuana, cocaine, ecstasy, crack and illegally obtained opiates
- 60% of participants used drugs regularly, while almost 40% used drugs casually (twice a month or less)

RISK BEHAVIOURS AND DRUG USE

- 52% of participants shared drug use paraphernalia (needles, pipes, etc.) and 29% injected drugs in the last year
- 15% of participants were either Hepatitis C or HIV positive
- 32% have accessed treatment for their drug use in the last year
- Majority have a family doctor, but most do not discuss their drug use with them

About this project:

The Opening Doors to Harm Reduction (ODHR) research project is working to learn more about hidden illicit drug use, service access and effective HIV prevention strategies in Northern and Rural BC. We want to increase our understanding about the experiences of people who engage in illicit drug use in Quesnel and surrounding areas and their use of health and social services. Our goal is to increase awareness of harm reduction strategies and improve how health and social services are provided to people using illicit drugs. Data for this project was collected from participants in Quesnel from 2010 to 2013.

Funding for the ODHR project provided by the Canadian Institute of Health Research, UNBC and Northern Health. Additional support for this brochure from the Community Action Initiative through North Cariboo Aboriginal Family Program Support Society.

For more information about the ODHR project, please contact: Heather Peters, Associate Professor and Principal Investigator School of Social Work, UNBC South Central Region, Quesnel BC

heather.peters@unbc.ca

UNBC Quesnel Campus: 250.991.7540

Visit our website: <http://blogs.unbc.ca/openingdoors>

JOB SKILLS AND RETRAINING

COLLEGE OF NEW CALEDONIA

Address: 100 Campus Way, Quesnel, B.C. V2J 7K1
Telephone: 250-991-7500
Fax: 250-991-7523
Toll-free: 1-866-680-7523
E-mail: quesnel@cnc.bc.ca
Website: http://www.cnc.bc.ca/Campuses/Quesnel_Campus.htm

Programs and Services:

The College of New Caledonia offers over 70 programs, a wide variety of university credit courses, and continuing education options. Programs and courses include:

- Academic advising services
- Academic upgrading
- University courses
- Certificate and Diploma programs
- Work Skills training
- Trades training
- Health sciences
- Social services
- Business
- Education

MINISTRY OF JOBS, TOURISM AND SKILLS TRAINING AND MINISTER RESPONSIBLE FOR LABOUR

Website: www.jtst.gov.bc.ca/

Programs and Services:

The above Ministry works to support and foster economic growth, job creation and skills training in the province. The Ministry offers a wide range services and programs to help create the economic prosperity needed for the success of families and communities. Examples include:

- Skills and Training Plan to ensure British Columbians can take advantage of the job opportunities of today and in the years ahead
- Promote safe and healthy workplaces and balance the interests of employers and workers to foster labour stability
- Online tools and resources to support the economic development of communities, regions, businesses, and industries
- On the ground support to assist businesses, community organizations and local governments access services, resources, and program funding information
- Community Adjustment Services to rural and remote resource-based municipalities that are facing significant economic impacts as a result of anticipated or actual downsizing or closure of major industries in their communities

SCHOOL DISTRICT 28, HELEN DIXON CENTRE –

CONTINUING and ADULT EDUCATION

Address: 241 Kinchant Street, Quesnel, B.C. V2J 2R3
Telephone: 250-983-6900 (Helen Dixon Centre)
Telephone: 250.992.8802 (School District 28 Board Office)
Website: www.sd28.bc.ca

Programs and Services:

- Adult Graduation Diploma/Dogwood and planning for employment and post secondary
 - Final requirements for Youth Graduation Diploma/Dogwood and planning for employment and post secondary
 - Completing additional pre-requisite courses or skills upgrading for Post Secondary
 - Planning to connect to Post Secondary Programming, including our local programming at the College of New Caledonia and the University of Northern British Columbia Quesnel Campus
 - Retail and industry training certifications for employment
 - Chamber of Commerce Bronze Employment Certificate for employment
 - Chamber of Commerce Silver Employment Certificate for employment or advancing in employment
-

UNIVERSITY OF NORTHERN BRITISH COLUMBIA

Address: S100 – 100 Campus Way, Quesnel, B.C. 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.

FINANCIAL SERVICES

BANK OF MONTREAL

Address: 397 Reid Street, Quesnel, B.C. V2J 2M5
Telephone: 250-992-5577
Website: www.bmo.com

CANADIAN IMPERIAL BANK OF COMMERCE

Address: 318 Reid Street, Quesnel, B.C. V2J 2M4
Telephone: 250-992-2104
Fax: 250-992-3038
Toll-free: 1-800-465-2422
Website: www.cibc.com

CREDIT COUNSELLING SOCIETY

Address: 440 – 88 Sixth Street, New Westminster, B.C. V3L 5B3
Toll-free: 1-888-527-8999
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 non-judgemental 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, B.C. V2J 2M1
Telephone: 250-992-9216
Fax: 250-992-3626
Toll-free: 1-866-554-3456
Website: www.integriscu.ca

ROYAL BANK OF CANADA

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

SCOTIA BANK

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

TD CANADA TRUST

Address: 321 Reid Street, Quesnel, B.C. 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 of your income sources and all of your expenses is 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.

Online resources:

Visit Gail Vaz-Oxlade for interactive worksheets, articles and tips, www.gailvazoxlade.com

Canadian Financial Literacy Database & Self Assessment Quiz:

<http://www.fcac-acfc.gc.ca/Eng/resources/Pages/FLRDSAT-OAEBDRF.aspx>

Decoda Literacy Solutions – Financial Literacy Materials

<http://decoda.ca/resources/library/library-materials-by-topic/financial-literacy-materials/>

SPECIAL PROGRAMS AND SERVICES

NORTHERN DEVELOPMENT INITIATIVE TRUST

Address: 301-1268 Fifth Avenue, Prince George, BC V2L 3L2
Telephone: 250-561-2525
Fax: 250-561-2563
Email: info@northerndevelopment.bc.ca
Website: www.northerndevelopment.bc.ca/

Programs and Services:

Northern Development Initiative Trust provide a number of business and community funding programs as well as online services, supports and resources.

QUESNEL AND DISTRICT ARTS AND RECREATION CENTRE

Address: 500 North Star Road, Quesnel, B.C. V2J 5P6
Telephone: 250-992-8200
Fax: 250-992-6866
Website: <http://www.quesnel.ca/Parks-Recreation-Splash.html>

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, B.C. V2J 2T1
Telephone: 250-992-7262
Email: gchamber@quesnelbc.com
Website: <http://quesnelchamber.com>
Facebook: www.facebook.com/Quesnel-District-Chamber-of-Commerce-10150128152340257

Programs and Services:

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

QUESNEL DOWNTOWN ASSOCIATION

Address: 339A Reid Street, Quesnel, B.C. V2J 2M5
Telephone: 250-991-0527
Email: qda@goldcity.netc
Website: <http://www.downtownquesnel.com/>
Facebook: www.facebook.com/downtownquesnel

Programs and Services:

The Downtown Association (QDA) is a non-profit organization that promotes the Quesnel Downtown area as a business improvement area (BIA). A BIA is a self-help mechanism designed to assist local business people and property owners in upgrading and promoting their business and shopping district to further trade and commerce in their area.

QUESNEL LIBRARY BRANCH, CARIBOO REGIONAL DISTRICT LIBRARY

Address: 101 - #410 Kinchant Street, Quesnel, B.C. V2J 7J5
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.

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
Website: www.wqba.ca/
Facebook: www.facebook.com/Quesnel-West-Village-160712390687829

FIRST NATIONS

ESDILAGH FIRST NATION (ALEXANDRIA FIRST NATION)

Address: #4 – 9001 West Fraser Road, Quesnel, B.C. V2J 1Y6
Telephone: 250-747-2255
Fax: 250-747-3920
Email: officeassistant@esdilaghband.com

LHOOSK'UZ DENE NATION

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

LHTAKO DENE NATION

Address: 1515 Arbutus Road, Quesnel, B.C. V2J 3J9
Telephone: 250-747-2900
Fax: 250-747-1341

NAZKO FIRST NATION AND TREATY OFFICE

Address: BOX 4129, 405 Barlow Ave, Quesnel, B.C. V2J 3J2
Telephone: 250-992-9085
Fax: 250-992-7982
Toll-free: 1-888-992-9085

GOVERNMENT

MLA HONOURABLE CORALEE OAKES 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, B.C. V2J 7J5
Telephone: 250-992-7400
Fax: 250-992-7414
Email: mailbox@cariboord.bc.ca
Website: www.cariboord.bc.ca/
Hours of operation: Monday to Friday: 8:00 am – noon and 1:00 – 4:00 pm

CITY OF QUESNEL

Address: 410 Kinchant Street, Quesnel, B.C. 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: Monday to Friday: 8:30 am – 4:30 pm (except Statutory Holidays)

Programs and Services:

Services offered by the City of Quesnel which may assist during this transition period include:

- ourQuesnel (Integrated Sustainability Plan or Community Plan)
- Business Licencing
- Communications Department
- Planning and Development Services

