

## Health Services

### Cariboo Midwives

Unit A 531 Pinchbeck St.  
Williams Lake, B.C.  
778-267-9397  
<https://cariboomidwives.ca/>

### Obstetrics/Gynecology

Available by physician referral

### Phoenix Clinic

540 Borland St  
Unit 200 - 197 2nd Ave  
North Williams Lake, B.C.  
778-799-2141

### Public Health Unit

540 Borland St  
Williams Lake, B.C.  
250-302-5000

### Williams Lake Physiotherapy Clinic

19N 1 Ave N Suite 301,  
Williams Lake, B.C.  
250-398-6771  
Women's health, pelvic health  
Private clinic

## Aboriginal Health and Wellness

### Aboriginal Patient Navigator

Cariboo Memorial Hospital  
Office: 250-302-3266  
Cell: 250-267-1677  
Supports for First Nations families by connecting them to appropriate health care services in hospital

### Cariboo Friendship Society

99 3rd Street S, Williams Lake, B.C.  
250-398-6831  
[www.cariboofriendshipsociety.ca](http://www.cariboofriendshipsociety.ca)

### Denisiqi Service Society

240 N Mackenzie Ave,  
Williams Lake, B.C.  
250-392-6500  
[www.denisiqi.org](http://www.denisiqi.org)

### First Nations Wellness Centre

281 1st Ave N, Williams Lake, BC  
778-417-0405  
Counseling, immunizations, wellness navigators, holistic wellness

### Little Moccasins Learning Centre

228 N 5th Ave, Williams Lake, B.C.  
250-398-6841

### Native Court Worker & Counselling Association of BC

147 S 4th Ave, Williams Lake, B.C..  
250-398-6818

### Nenqayni Wellness Centre

250-989-0301  
[www.nenqayni.com](http://www.nenqayni.com)

### Three Corners Health Services Society

150 N 1st Ave, Williams Lake, B.C.  
250-398-9814  
[www.threecornershealth.org](http://www.threecornershealth.org)  
Serving First Nations bands of Williams Lake, Soda Creek, Deep Creek, Sugar Cane, Canoe Creek

## Additional Services

### Chiwid Transition House

99 S 3rd Ave, Williams Lake, B.C.  
250-398-5658  
Safe house for women and children

### Foundry Cariboo Chilcotin

51 4th Ave South, Williams Lake, B.C.  
250-398-2185  
[www.foundrybc.ca/cariboochilcotin](http://www.foundrybc.ca/cariboochilcotin)  
[www.ccchild.org](http://www.ccchild.org)  
For ages 12-24: access to mental health and substance use support, primary care, peer support and social services

### Good Food Box

250-392-4118  
More info at CMHA, POP, Women's contact society Monthly nutritious food available at an affordable price

### RCMP Victim Services

250-392-8709

### Salvation Army Food Bank

272 Borland St, Williams Lake, B.C.  
250-392-2429

### Shelter Services

99 S 3rd Ave, Williams Lake, B.C.  
Office: 250-398-6821  
After Hours: 250-398-6831

### Strong Start

250-398-3800  
<http://www.sd27.bc.ca/programs-and-services/strongstart>  
Learning programs for parents and children 0-5 years of age

### Williams Lake Victim Services

250-398-8220 ext 2005

### Women's Contact Society

51 S 4th Ave, Williams Lake, B.C.  
250-392-4118  
<https://womencontact.org>  
Workshops, support, clothing, child care, legal advocacy, counseling, food shelf



Interior Health

# Antepartum and Postpartum

Cariboo Resources

## Prenatal And Breastfeeding Support

### Cariboo Chilcotin Child Development Centre (CDC)

690 2nd Ave North,  
Williams Lake, B.C.  
250-392-4481  
www.cccdca.org  
Prenatal Classes

### Cariboo Family Enrichment Centre

250-948-1600  
www.cariboofamily.org  
Caring for those who have used or currently using substances

### Healthy Care Pregnancy Program

Williams Lake and 100 Mile house  
250-948-1600  
Email: smahoney@cariboofamily.org  
Support for pregnant and newly parenting individuals who use or have used substances

### La Leche League

Veronika 250-296-4649  
Vanessa 250-397-2698  
<https://www.lllc.ca/lllc-100-mile-house-virtual>

### Pregnancy Outreach Program

202 N 4th Ave,  
Williams Lake, B.C.  
250-398-6831  
www.cariboofriendshipsociety.ca  
Breastfeeding support, classes, supports

### Williams Lake Public Health Unit

3rd Floor – 540 Borland St.,  
Williams Lake, B.C.  
250-302-5000

## Postpartum Supports And Services

### Precious Cargo Consulting

250-305-6213  
<http://cariboochilcotin.fetchbc.ca/service.html?i=676>  
Car seat safety, support person for pre- and post-natal patients, infant massage

### Pregnancy Outreach Program

202 N 4th Ave, Williams Lake, BC  
250-398-6831  
www.cariboofriendshipsociety.ca  
Car seat safety, classes, supports

### Williams Lake Public Health Unit

3rd Floor – 540 Borland St.,  
Williams Lake  
250-302-5000  
Lift the lip dental service, vaccinations, breastfeeding support

## Community Agencies And Programs

### Axis Family Resources Ltd.

321 N 2nd ave, Williams Lake  
250-392-1000  
www.axis.bc.ca  
Programs for parenting, addictions, family support

### Boys and Girls Club

17 S 4th Ave, Williams Lake  
250-392-5730  
Offers programs for children and youth such as, after school programs, mountain biking, harm reduction, outreach

### Ministry of Child and Family Development (MCFD)

280 3rd Ave N, Williams Lake, B.C.  
250-398-4220

## Mental Health Services

### Aboriginal Mental Health Liaison

99 S 3rd Ave, Williams Lake, B.C.  
250-267-3119

### Canadian Mental Health Association

51 S 4th Ave, Williams Lake, B.C.  
250-398-8220

### Child & Youth Mental Health

280 3rd Ave N, Williams Lake, B.C.  
250-398-4220

### Children Who Witness Abuse Program

Williams Lake, B.C.  
250-398-7005

### Mental Health and Addiction Services

587 Borland St, Williams Lake, B.C.  
250-392-1483

### Mental Health Hot-line

310-6789 (no area code needed)  
toll-free anywhere in B.C. to access emotional support, information and resources specific to mental health and substance use issues. Available 24 hours a day.

### Gateway Crisis Stabilization Unit

517 N 6th Ave, Williams Lake, B.C.  
250-392-4411

## Addictions

### Alcoholics Anonymous (AA)

Williams Lake, B.C.  
250-392-2264

### Mental Health and Addiction Services

587 Borland St,  
Williams Lake, B.C.  
250-392-1483

### Salvation Army Addictions Day Program

267 Borland Ave,  
Williams Lake, B.C.  
250-392-2423

## Health Services

### Atwood Clinic

101-143 S 4th Ave  
Williams Lake, B.C.  
250-398-5162

### Cameron Clinic

302 Cameron St  
Williams Lake, B.C.  
250-305-1102

### Cariboo Medical Clinic

402 Borland St  
Williams Lake, B.C.  
250-392-7221

### Comer Clinic

440 Comer St  
Williams Lake, B.C.  
250-398-8499

### Yorston Clinic

201-143S 4th Ave  
Williams Lake, B.C.  
250-398-8242