

## First Link® Dementia Helpline

- **English:** 1-800-936-6033
- **Cantonese or Mandarin:** 1-833-674-5007
- **Punjabi:** 1-833-674-5003



## Resource centres

Located throughout the province, resource centres offer a variety of print resources, education, support groups and access to trained support staff by appointment.

For more information, visit [alzbc.org/refer](http://alzbc.org/refer).

### LOWER MAINLAND AND FRASER VALLEY

#### Fraser Region

201 – 15127 100th Avenue, Surrey

English: 604-449-5000

Punjabi: 604-742-4956

#### North Fraser

604-298-0780

#### Chilliwack – Hope

45530 Spadina Avenue, Chilliwack

604-702-4603

#### North Shore and Sunshine Coast

212 – 1200 Lynn Valley Road,

North Vancouver

604-984-8348; 1-866-984-8348

#### Vancouver and Richmond

303 – 828 West 8th Avenue, Vancouver

290 – 7000 Minoru Boulevard, Richmond

English: 604-675-5150

Cantonese or Mandarin: 604-279-7120

### VANCOUVER ISLAND

#### Greater Victoria

202 – 4420 Chatterton Way, Victoria

250-382-2052

### INTERIOR AND NORTH

#### North & Central Okanagan

307 – 1664 Richter Street, Kelowna

250-860-0305; 1-800-634-3399

#### South Okanagan & Similkameen

104 – 35 Backstreet Boulevard, Penticton

250-493-8182; 1-888-318-1122

#### Central Interior

405 – 235 1st Avenue, Kamloops

250-377-8200; 1-800-886-6946

#### West Kootenay

778-774-2133; 1-855-301-6742

#### East Kootenay

778-761-2011; 1-833-426-0534

#### Northern Interior, Northeast & Northwest

302 – 1811 Victoria Street, Prince George

250-564-7533; 1-866-564-7533

### PROVINCIAL OFFICE

300 – 828 West 8th Avenue, Vancouver

[firstlink@alzheimerbc.org](mailto:firstlink@alzheimerbc.org)

[www.alzheimerbc.org](http://www.alzheimerbc.org)

# First Link®

YOUR LINK TO DEMENTIA SUPPORT

Referring people living with dementia and their caregivers to Alzheimer Society of B.C. programs and services



Alzheimer Society  
BRITISH COLUMBIA