



## HELP Locations – Thompson/Nicola/Cariboo

These volunteer-operated sites are normally open at the posted hours except on statutory holidays and long weekends.

| Location   | Contact                            | Hours of Operation                    |
|--|------------------------------------|---------------------------------------|
| <b>Ashcroft</b><br>Ashcroft Hospital<br>700 Elm Street<br>Ashcroft, BC V0K 1A0<br><a href="#">Map &amp; driving directions</a>       | T: 250-453-2244<br>F: 250-453-2244 | Wednesday<br>1:00 pm - 3:00 pm        |
| <b>Kamloops</b><br>Canadian Red Cross<br>943 Victoria Street<br>Kamloops, BC V2C 2C1<br><a href="#">Map &amp; driving directions</a> | T: 250-372-2334<br>F: 250-372-0869 | Monday – Friday<br>9:30 am – 4:00 pm  |
| <b>Merritt</b><br>Nicola Valley Hospital<br>3451 Voght St.<br>Merritt, BC V1K 1C6<br><a href="#">Map &amp; driving directions</a>    | T: 250-378-3269<br>F: 250-378-3287 | Tues/Thurs/Fri<br>10:00 am – 12:00 pm |
| <b>100 Mile House</b><br>Canadian Red Cross<br>215-4th Street  | T: 250-395-9092<br>F: 250-395-9094 | Monday – Friday<br>10:00 am – 2:00 pm |

| Location   | Contact                                    | Hours of Operation                         |
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| <p>100 Mile House, BC V0K 2E0<br/><a href="#">Map &amp; driving directions</a></p> <p><b>Williams Lake</b><br/>Deni House<br/>517 North 6th Avenue.<br/>Williams Lake, BC V2G 2G8<br/><a href="#">Map &amp; driving directions</a></p> | <p>T: 250-398-6803<br/>F: 250-398-6843</p> | <p>Tue/Thur/Fri<br/>10:00 am - 1:00 pm</p> |