



## 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> Ashcroft Hospital 700 Elm Street Ashcroft, BC V0K 1A0 <a href="#">Map &amp; driving directions</a>	T: 250-453-2244 F: 250-453-2531	Wednesday 1:00 pm - 3:00 pm
<b>Kamloops</b> Canadian Red Cross 943 Victoria Street Kamloops, BC V2C 2C1 <a href="#">Map &amp; driving directions</a>	T: 250-372-2334 F: 250-372-0869	Monday – Friday 9:30 am – 4:00 pm
<b>Merritt</b> Nicola Valley Hospital 3451 Voght St. Merritt, BC V1K 1C6 <a href="#">Map &amp; driving directions</a>	T: 250-378-3269 F: 250-378-3287	Tues/Thurs/Fri 10:00 am – 12:00 pm
<b>100 Mile House</b> Canadian Red Cross 215-4th Street	T: 250-395-9092 F: 250-395-9094	Mon/Wed/Fri 10:00 am – 2:00 pm

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