



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
<p>Ashcroft Ashcroft Hospital 700 Elm Street Ashcroft, BC V0K 1A0 Map & driving directions</p>	<p>T: 250-453-2244 F: 250-453-2531</p>	<p>On Call</p>
<p>Kamloops Canadian Red Cross Unit C, 1365 Dalhousie Drive Kamloops, BC, V2C 5P6 Map & driving directions</p>	<p>T: 250-372-2334 F: 250-372-0869</p>	<p>Mon – Fri 9:30 am – 4:00 pm</p>
<p>Merritt Nicola Valley Hospital 3451 Voght St. Merritt, BC V1K 1C6 Map & driving directions</p>	<p>T: 250-378-3269 F: 250-378-3287</p>	<p>Tues, Thurs 10:00 am – 12:00 pm</p>
<p>100 Mile House Canadian Red Cross 215-4th Street</p>	<p>T: 250-395-9092 F: 250-395-9094</p>	<p>Tue, Wed, Fri 10:00 am – 2:00 pm</p>

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