



TSOW-TUN LE LUM

Helping House
is offering outreach services

We understand this time of isolation can be a lonely, fearful, and difficult time. We are here to help.

Our Cultural Support Team and Counselling staff are here to provide confidential support by phone, email, facetime, zoom, etc. Please reach out to us so we can assist you.

**Toll-Free phone number:
1-888-403-3123**

**Call our OFFICE at
250-390-3123**



Monday - Friday: 9:00am - Noon / 1:00pm - 4:00 pm

**Or reach out on our
Facebook Page:**

Tsow Tun Le Lum RHSW Support