

CALL FOR HELP

RCMP (Emergency only) 911

- Salmon Arm 1980-11 Ave.NE....250-832-6044
- Sicamous 1125 Paradise.....250-836-2878
- Sorrento/Chase
226 Shuswap Ave.....250-679-3221
- Enderby 602 Granville St.....250-838-6818

Salmon Arm

- RCMP Victim Services Program 250-832-4453
- Salmon Arm Women's Shelter...250-832-9616

Crisis Line1-888-353-CARE (2273)

Suicide Prevention Centre of BC.....1-800-SUICIDE

Kid's Help Phone:.....1-800-668-6868

KUU-US (Indigenous) Crisis Line...1-800-588-8717

HELP FOR: Mental Health, Alcohol, Drug, and Gambling Use

Mental Health Support Line.....310-6789

Alcohol & Drug Information/Referral Services

BC Toll Free 1-800-663-1441

Alcoholics Anonymous Shuswap..1-866-531-7045

Narcotics Anonymous.....1-866-778-4772

Gambling 24 Hour Helpline.....1-888-795-6111

Mental Health & Substance Use Services

Salmon Arm

- **Adult Mental Health Intake**
851 16th St. NE 250-833-4102
- **Substance Use Intake**
431 Hudson Ave 250-833-4103
Drop-in intake Mon, Wed & Fri 1pm
- **Child & Youth Mental Health**
550 Lakeshore Dr. NE250-832-1719
Drop-in Intake Tues 1-3:30pm & Wed 9-11:30am

Sicamous

- **Sicamous Health Unit**
#10 - 1133 Eagle Pass Way..... 250-836-4835
- **Eagle Valley Resource Center**
1214 Shuswap Ave 250-836-3440

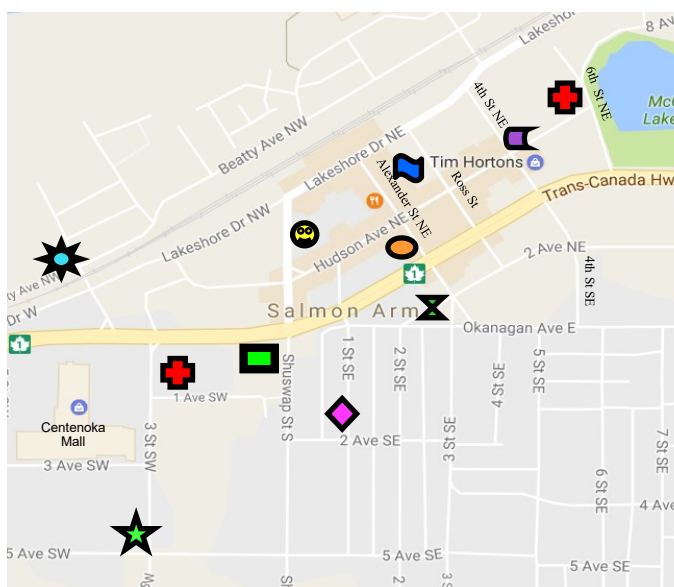
Enderby

- Enderby Community Health Centre
707 - 3rd Avenue 250-838-2450

Services for Families

- **Shuswap Family Resource & Referral Centre**
681 Marine Park Drive Salmon Arm250-832-2170
- **Shuswap Children's Association**
240A Shuswap St.NE Salmon Arm ..250-833-0164

MAP OF SALMON ARM



WARM BED

SAFE Society & Salmon Arm Women's Shelter

For women fleeing abuse 250-832-9616

★ **Salvation Army Emergency Shelter**

441—3rd St. SW250-832-9166 shelter hours
.....250-832-9194 daytime hours

Open nightly November to March - 6:30pm – 8:30am
16 beds based on a first come basis.
(included; dinner, breakfast, shower & laundry)

WARM MEAL AND COFFEE

Salmon Arm

- **Churches Thrift Store**
461 Beatty Ave Mon-Sat 10:00am-4:00pm for bread
- **Sonlight Soup Kitchen**
121 Shuswap St SW Mon & Fri 11am - 12:30pm
- **Salvation Army Church.....Wed lunch 11:30am**
191 2nd Ave NE Wed Meal-11:45am 1:00pm
- **Salvation Army Food Bank 250-832-9194**
441—3rd St. SW
Coffee 8am & Everyday Food Table until 9am Mon-Fri

Enderby

- **7th Day Adventist Church Soup Kitchen**
Vernon St. Wed 5:30-6:30pm.....250-838-2028

2019

SHUSWAP SURVIVAL GUIDE

Compiled by:
CMHA Shuswap - Revelstoke Branch

Please contact us if you find any errors
or omissions in this brochure.

CMHA Shuswap-Revelstoke
433 Hudson Ave N.E. Box 3275
Salmon Arm, BC V1E 4S1
Tel: 250-832-8477
Fax: 250-832-8410

www.shuswap-revelstoke.cmha.bc.ca

www.facebook.com/CMHAsuswaprevelstoke/



Canadian Mental Health Association
Shuswap-Revelstoke
Mental health for all

Please note that inclusion of an organization does not indicate its endorsement by CMHA, nor does its exclusion imply lack of approval.

GROCERIES

Salmon Arm

◆ **Good Food Box**.....250-832-4127 or 250-832-3534
Pre-order 2nd Thurs./Mon from Shuswap Family Resource Centre or Seniors Resource Centre and Pick-up 3rd Thurs./mon at Saint Joseph's Catholic Church (60 –1st St. SE) church parking lot on 2nd St.

★ **Salvation Army Food Bank** 250-832-9194
441—3rd St. SW

Open: Mon/Fri 9am-12 noon, Wed 9am-11am and Tues/Thurs 9am-2pm. Food hampers X7 per year + 1 holiday and homeless travel packs available

● **Second Harvest Food Bank** 250-833-4011

Back of Salmar Classic Theatre on Ross St.
Wed 4:30-6:00pm and Fri 12-2pm

Sorrento

● **Salmon Arm Salvation Army**250-832-9194

Sicamous

● **Eagle Valley Community Resource Center**
1214 Shuswap Ave 250-836-3440

Enderby

● **FED Enderby food bank** (3rd Fri of the month)
Call for appointment250-938-3114

● **Harvest Hut** (parking lot Maud St)
Mondays 9am-12 noon June to Thanksgiving

● **Vernon Salvation Army** 250-549-4111

EMPLOYMENT / SERVICES

Ministry of Social Development & Social Innovation 850 B 16th St. NE

Toll Free 1-866-866-0800

Salmon Arm

● **City of Salmon Arm** 250-803-4000
500 2nd Ave NE

● **Service Canada Center**.....1-800-622-6232
191 Shuswap Street NW 8:30am-4pm M-F

● **Service BC** 250-832-1611
850 A 16th St. NE

● **Work BC**250-804-4770
101– 310 Hudson Avenue N.E.
Job listings: www.jobbank.gc.ca

● **Shuswap Settlement Services**.....250-804-2726
371 Hudson Avenue NE

Sicamous

● **Eagle Valley Community Resource Center**
#10—1133 Eagle Pass Way 250-836-3440

● **Work BC**
1217 C Shuswap St.....250-836-2655

THRIFT STORES

Salmon Arm

★ **Churches Thrift Store** 461BeattyAve250-832-8234
Mon- 11am-5 pm, Tues-Fri 10am– 5pm, Sat 10-4:30pm

☞ **CMHA Thrift Shoppe** 433 Hudson Ave.
Mon-Sat 10-4:30am250-832-8477

● **Kindale Thrift Store** 885 Lakeshore Dr. SW
Mon-Sat 9:30-4:30.....250-832-1308

Sicamous

● **United Church Thrift Shop** 250-836-4390
705 E. Trans-Canada Frontage Rd
Wed-Sat 10am-3pm

Enderby

● **Twice But Nice** 702 Cliff Ave.....250-838-6822
Tues– Fri 9am-3:50pm and Saturdays 10am-2pm

BUS INFORMATION

Ride Express

www.rideexpress.ca 1-833-58303636
Pick-up from Revelstoke, Sicamous and Salmon Arm
To Vancouver on Fridays and Calgary on Saturdays

Shuswap Transit System 250-832-0191

875B Lakeshore Drive Salmon Arm
Main Bus Stop: Lakeshore & Alexander (Askew's)
Handy Dart (register first) \$1.75
Fixed Route \$1.50 adult \$1.25 senior \$1.25 student
Regional Service: Zones:
1- \$1.75 2- \$2.25 3- \$2.75 4- \$3.25
No Charge for Children 4 years & under

LEGAL INFORMATION

Legal Aid 1-866-577-2525

Community Legal Assistance Society (CLAS)
Free assistance from a lawyer 1-888-685-6222

Legal Advocate Program250-832-2170
M-Th 9am-4pm, Fri 9am-12pm at the Shuswap Family Centre

Neighbour Link Shuswap 250-832-3272
Open: Mon, Wed and Fri: 12pm-4pm

● Re-homing used furniture and appliance & Referrals
to Western Canada Society to access Justice

HOUSING

BC Housing 1-800-834-7149

Subsidized housing listings: www.bchousing.org
CMHA Housing and Shuswap Independent Living (SILA)250-832-8477 ext. 121

SHOWER

Salmon Arm Salvation Army 250-832-9194
(punch cards for community center showers)

MEDICAL ATTENTION

Salmon Arm

● Shuswap Lake General Hospital
601 10th Street NE 250-833-3600

Sicamous

● Sicamous Medical
217 Finlayson St. 250-836-2817

Sorrento

● Sorrento & Area Community Health Centre
Nurse Practitioner Judy Deringer 250-803-5251
Unit #1 - 1250 T.C.H. Sorrento, BC

Enderby

● Enderby Community Health Centre
707 - 3rd Avenue 250-838-2450

Walk In Clinics

Salmon Arm

☞ **Mt. Ida Medical Centre**..... 250-833-1990
200 T.C.Highway S.W.

M-Th-9am-7pm, Fri 9am-5pm & Sat 10am-2pm
Salmon Arm Medical Clinic. 250-832-6092

☞ 581 Hudson Avenue N.E.
Mon-Fri: 9am-12pm, 1:30pm-4pm, 5pm-7:30pm and Sat: 9am-1:30pm

● **Walmart Clinic**250-832-3377
2991 10th Ave T.C.Highway S.W.
Mon - Fri 9am—5pm

Other Health Services

Health Link BC811...TTY....711

BC Nurse Line

Phone: 1-866-215-4700 TTY 1-866-889-4700

Salmon Arm

● **Salmon Arm Health Centre**
851 16th Street NE 250-833-4100

● **Shuswap Community Care Health Services**
2770-TCHwy. M-F 8am-4pm ...250-832-6643

● **N. Okanagan-Shuswap Brain Injury Society**
360 Ross St NE 250-833-1140
Community support & integration, advocacy,
and outreach for those with brain injuries.

● **Community Living BC**
#202 -351 Hudson Ave. NE.....250-832-1718

● **Shuswap Hospice Society**
Suite 4-781 Marine Park Drive...250-832-7099

● **Ministry of Child & Family Development**
550 Lakeshore Dr. E 250-832-1719
Provincial Centralized Screening:
(MCFD).....1-800-663-9122