

## 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 Line .....1-888-353-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..1-855-339-9631**

Website for online support: bcyukonaa.org

**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. NE .....250-832-1719  
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

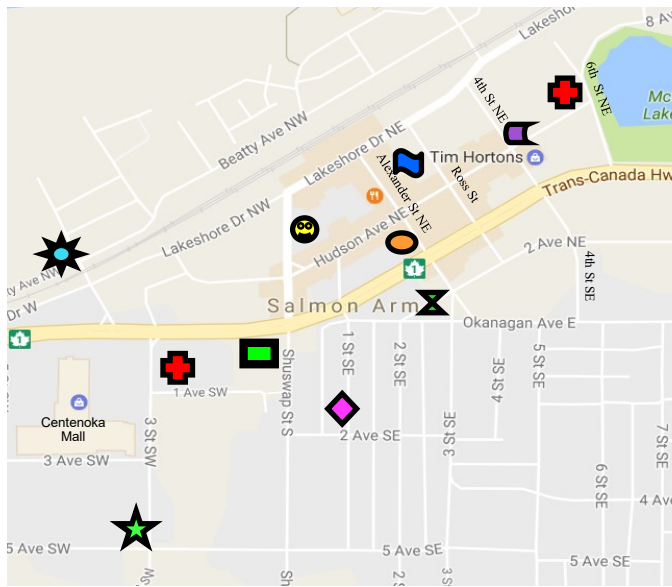
#### Enderby

- Enderby Community Health Centre

### Services for Families

- **707 - 3rd Avenue ..... 250-838-2450**  
**Shuswap Family Resource & Referral Centre**
- **81 Marine Park Drive Salmon Arm .....250-832-2170**  
**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. SW .....250-832-9166 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

June 2020

# 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](http://www.shuswap-revelstoke.cmha.bc.ca)

[www.facebook.com/CMHAsuswaprevelstoke/](https://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 4:30pm - 6pm & Fri 1:30pm – 3pm

### Sorrento

• **Sorrento Food Bank** .....250-253-3663  
2804 Arnheim Road....Wednesdays 9am-3pm

### Sicamous

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

### Enderby

• **FED Enderby food bank** (3rd Fri of the month)  
Call for appointment .....250-938-3114

• **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** 461 Beatty Ave 250-832-8234  
Mon- 11am-5 pm, Tues-Fri 10am– 5pm, Sat 10-4:30pm

📍 **CMHA Thrift Shoppe** 433 Hudson Ave.  
Mon-Sat 10-4:30am .....250-832-8477

• **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 Program** .....250-832-2170

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 BC** .....811...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 Home Health & Community Care**  
Unit# 2 –2770 10th Ave. NE  
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