

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

Call for intake appointment

- **Child & Youth Mental Health**
550 Lakeshore Dr. NE250-832-1719

Call for intake appointment

Sicamous

- **Sicamous Health Unit**
#10 - 1133 Eagle Pass Way..... 250-836-4835

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

Enderby

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

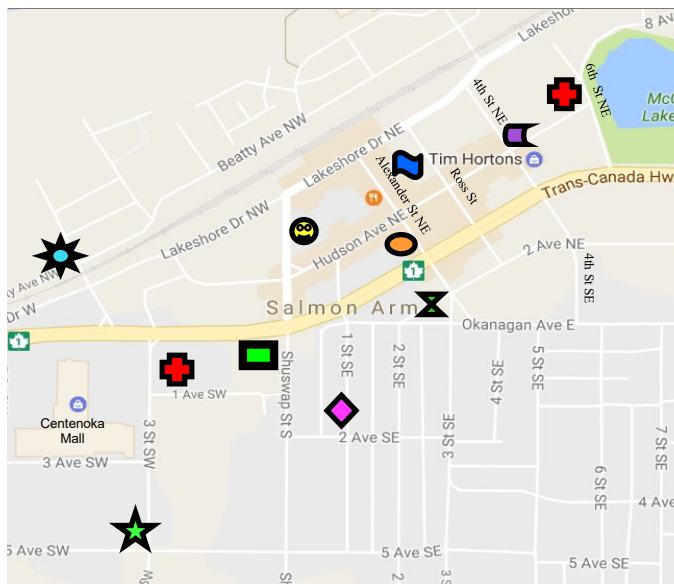
- **Enderby & District Resource Community Centre**
1106 Belvedere St.....250-838-9446

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 – 8:15am
10 beds based on a first come basis.
(included; dinner, breakfast, shower & laundry)

WARM MEAL AND COFFEE

Salmon Arm

- **Crossroads Free Methodist Church**....250-832-8068
121 Shuswap St SW (back of church)

- ★ **Hot lunch: Tues & Fri 12-1pm**
- ★ **Salvation Army Food Bank 250-832-9194**
441—3rd St. SW

Coffee: M/W/F 9am –12pm & Tues/Thurs 9am - 2pm
*Everyday grocery table - above hours

Enderby

7th Day Adventist Church..... 250-558-3624
Vernon St. Closed for COVID. Accepting calls for help

Indigenous Community Support

Adams Lake Indian Band.....250-679-8841
Little Shuswap Lake Band.....250-679-3203
Neskonlith Indian Band250-679-3295
Splatsin First Nation.....250-838-6496
Hope for Wellness Helpline (toll-free):.....1-855-242-3310

January 2022

SHUSWAP SURVIVAL GUIDE

If you would like help navigating services contact

CMHA Service Navigator

Denise Butler 250-832-8477 X102
Or email: denise.butler@cmha.bc.ca

Complied by:

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/CMHAshuswaprevelstoke/

Due to COVID-19 some services may have adapted.



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.

Contact CMHA to update any changes of service.

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/month 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/Wed/Fri 9am-12 noon, and Tues/Thurs 9am-2pm. Food hampers X7 per year + 1 holiday
*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 appointment250-938-3114

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

EMPLOYMENT / SERVICES

Ministry of Social Development & Social

Innovation 850 B 16th St. NE..... 1-866-866-0800
Community Integration Specialist

Outreach.....250-307-5708

Ministry of Child & Family Development

550 Lakeshore Dr. E 250-832-1719
Provincial Centralized Screening:

(MCFD).....1-800-663-912

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

Sicamous

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

Enderby

• **Work BC**.....250-838-2324
904 Maud St

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**250-832-8477 ext 107
433 Hudson Ave. Open: Tues-Fri 10-3pm Sat 10-2pm
Donation drop-offs: Mondays 9am-3pm

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

Rider Express riderexpress.ca..... 1-833-583-3636

Pick-up Picadilly Mall 1151 10th Ave. Northside of mall
To Vancouver: M/W/F To Calgary: Tues/Thurs/Sat

E Bus myebus.ca..... 1-877-769-3287

To/From Vancouver daily @ Centenoka Mall 5th St. SW

Shuswap Transit System 250-832-0191

875B Lakeshore Drive Salmon Arm

Handy Dart (register first) \$1.75

Fixed Route \$1.50 adult \$1.25 senior \$1.25 student

Regional Service: Zones: (children 4 & under are free)

1- \$1.75 2- \$2.25 3- \$2.75 4- \$3.25

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

HOUSING

BC Housing 1-800-834-7149

Subsidized housing listings: www.bchousing.org

CMHA Housing.....250-832-8477 ext. 121

CMHA Homeless Outreach250-804-5867

SHOWER and LAUNDRY and Clothing

Lighthouse Community Ministries

441– 3rd St. SW (side door)..... 250-804-5867

Shower/Laundry Thursdays 2pm-4pm

Human Connection Hub(Safe Society)

258 Shuswap St NE.....250-832-9616

Free Shopping Days: Mon/Wed 1:30pm-4:30pm

MEDICAL ATTENTION

Health Link BC.....811...TTY...711

BC Nurse Line

P- 1-866-215-4700 TTY 1-866-889-4700

Salmon Arm

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

Sicamous

• Sicamous Medical Centre
217 Finlayson St. 250-836-2817

Sorrento

• Sorrento & Area Community Health Centre
Unit #1 - 1250 T.C.H..... 250-803-5251

Enderby

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

Walk In Clinics

Salmon Arm

◆ **Mt. Ida Medical Centre**..... 250-833-1990

◆ 200 Trans.Canada 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

Salmon Arm Community Services

Salmon Arm Health Centre

851 16th Street NE 250-833-4100

Shuswap Home Health & Community Care

Unit# 2 –2770 10th Ave. NE

Mon-Fri. 8am-4pm250-832-6643

March of Dimes Brain Injury Society

Community based support & integration, advocacy
& outreach for those with brain injuries.

.....250-515-0845

Community Living BC

#202 -351 Hudson Ave. NE.....250-832-1718

Shuswap Hospice Society

Suite 4-781 Marine Park Drive.....250-832-7099

Seniors Resource Centre

320A—2nd Ave. NE250-832-7000

Shuswap Immigrant Services

371 Hudson Avenue NE.....250-804-2726

Community Futures Shuswap

160 Harbour Front Dr NE250-803-0156

Aspiral Youth Partners

120-6th St. NE.....778-489-8151