

## 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..1-866-531-7045**

**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
- **Child & Youth Mental Health**  
550 Lakeshore Dr. NE .....250-832-1719

#### Sicamous

- **Sicamous Health Unit**  
#10 - 1133 Eagle Pass Way..... 250-836-4835
- **Eagle Valley Community Support Society**  
1214 Shuswap Ave ..... 250-836-3440
- **Malakwa Resource Centre**  
3994 Malakwa Rd.....250-836-2757

#### 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

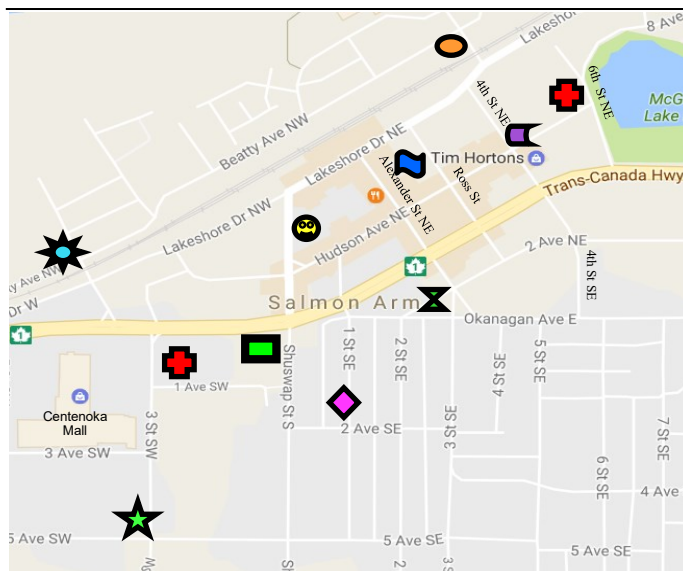
#### **Shuswap Family Resource & Referral Centre**

681 Marine Park Drive Salmon 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

## 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 am - 2pm

\*Everyday grocery table - above hours

### **First United Church Lunch Program**

450 Okanagan Ave E Wednesdays 11am-1pm

### 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 Band .....250-679-3295

Splatsin First Nation.....250-838-6496

Hope for Wellness Helpline (toll-free):....1-855-242-3310

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

[www.facebook.com/CMHAshuswaprevelstoke/](https://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**....250-832-4127/250-832-3534  
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 Support Society**  
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

## 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 Avenue

### 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 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

## HOUSING

**BC Housing** ..... 1-800-834-7149  
Subsidized housing listings: www.bchousing.org  
**CMHA Housing**.....250-832-8477 ext. 121  
**CMHA Homeless Outreach** .....250-804-5867  
Drop-in: Library Tuesdays 10am-12pm & CMHA Wednesdays 2-4pm

## 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-4pm .....250-832-6643

### March of Dimes Brain Injury Society

Support, integration, advocacy & outreach for those  
with brain injuries.....250-515-0845

### Community Living BC

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

### Shuswap Association for Community Living

# 103 & 301 – 371 Hudson Ave. NE .250-832-3885

### Shuswap Hospice Society

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

### Seniors Resource Centre

320A—2nd Ave. NE .....250-832-7000

### Shuswap Immigrant Services

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

### Community Futures Shuswap

160 Harbour Front Dr NE .....250-803-0156

### Aspiral Youth Partner

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