

**MEDICAL SERVICES & CLINICS**

<b>Health Link BC</b>	811 TTY-711
<b>BC Nurse Line</b>	1-866-215-4700 TTY 1-866-889-4700
<b>Shuswap Lake General Hospital</b>	
601 10th Street NE	250-833-3600
<b>Salmon Arm Health Centre</b>	
851 16th Street NE	250-832-6643
<b>Shuswap Home Health &amp; Community Care</b>	
Unit #2 - 2770 10th Avenue NE	
Mon - Fri 8:00am - 4:00pm	250-833-6643
<b>Salmon Arm Walk In Clinics</b>	
<b>Mt. Ida Medical Centre</b>	250-833-1990
200 Trans Canada Highway SW	
M - Th 9:00am - 7:00pm Fri 9:00am - 5:00pm	
Sat 10:00am - 2:00pm	
<b>Salmon Arm Medical Clinic</b>	250-832-6092
581 Hudson Avenue NE	
Mon - Fri 9:00am -12:00pm, 1:30pm - 4:00pm, 5:00pm	
7:30pm and Sat 9:00am -1:30pm	
<b>Walmart Clinic</b>	250-832-3377
2991 10th Avenue Trans Canada Highway SW	
Monday - Friday 9am-5pm	
<b>Sicamous Medical Centre</b>	
217 Finlayson Street	250-836-2817
<b>Sicamous Health Unit</b>	
#10 1133 Eagle Pass Way	250-836-4835
<b>Sorrento &amp; Area Community Health Centre</b>	
Unit #1 1250 Trans Canada Hwy	250-675-2167
<b>North Shuswap Health Centre - Scotch Creek</b>	
#2 3874 Squilax Anglemont Road	250-995-0660
<b>South Shuswap Health Services- Blind Bay</b>	
#10 2417 Golf Course Drive	250-675-3661
<b>Enderby Community Health Centre</b>	
707 3rd Avenue	250-838-2450

**INDIGENOUS COMMUNITY SUPPORT**

<b>Adams Lake Indian Band</b>	250-679-8841
<b>Little Shuswap Lake Band</b>	250-679-3203
<b>Neskolith Indian Band</b>	250-679-3295
<b>Splatsin First Nation</b>	250-838-6496
<b>Metis Nation BC</b>	1-800-940-1150
<b>Hope for Wellness Helpline</b>	1-855-242-3310

**FOOD SECURITY****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 Street SE) church parking lot on 2nd Street

**The Market at the Lighthouse** 250-832-9194

441-3rd Street SW

Monday-Friday 9am-12 noon, closed 12-1pm

- Food hampers X1 month
- Visit the Market daily as needed

**Second Harvest Food Bank** 250-833-4011Back of Salmar Classic Theatre on Ross Street  
Wed 4:30pm - 6:00pm & Fri 1:30pm - 3:00pm**Food with Friends Community Potluck**

foodwithfriends2020@gmail.com

121 Shuswap St SW (back of church)

Hot lunch: Mon, Tues, Thurs, & Fri  
12pm -1pm**First United Church Lunch Program**

450 Okanagan Ave E Wednesdays 11:00am -1:00pm

**Sorrento****Sorrento Food Bank** 250-253-3663

2804 Arnheim Road Wed 9:00am-3:00pm

**Sicamous****Eagle Valley Community Support Society**

1214 Shuswap Avenue 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 9:00am -12:00pm June to Thanksgiving

**Kings Table Soup Kitchen**125 George Street Wed 4:00pm - 7:00pm  
ashtoncreekchristianfellowship@gmail.com**7th Day Adventist Church**

Vernon Street Closed for COVID.

Accepting calls for help 250-558-3624

**COMMUNITY SUPPORTS****March of Dimes Brain Injury Society** 250-515-0845

Support, integration, advocacy &amp; outreach

**Community Living BC**

#202 -351 Hudson Avenue NE 250-832-1718

**Shuswap Association for Community Living**

# 103 &amp; 301 - 371 Hudson Avenue NE 250-832-3885

**Shuswap Hospice Society**

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

**Seniors Resource Centre**

320A-2nd Avenue NE 250-832-7000

**Shuswap Immigrant Services**

371 Hudson Avenue NE 250-804-2726

**Community Futures Shuswap**

160 Harbour Front Drive NE 250-803-0156

**Aspiral Youth Partner**

120-6th Street NE 778-489-8151

**Safe Society**

250-832-9616

**Shuswap Children's Association**

240A Shuswap Street NE 250-833-0164

**Shuswap Family Resource & Referral Centre**

681 Marine Park Drive 250-832-2170

**Malakwa Resource Centre**

3994 Malakwa Road 250-836-2757

**Enderby & District Resource Community Centre**

1106 Belvedere Street 250-838-9446

**Eagle Valley Community Support Society- Sicamous**

1214 Shuswap Ave 250-836-3440

**Shuswap Better at Home-Sicamous**

1214 Shuswap Avenue 250-253-2749

**Sorrento Centre**

1159 Passchendaele Road 250-675-2421

**GOVERNMENT SERVICES****Service Canada Center** 1-800-622-6232

191 Shuswap Street NW 8:30am - 4:00pm M-F

**Service BC**

850 A 16 Street NE 250-832-1611

**Ministry of Social Development & Social Innovation**

850 B 16 Street NE 1-866-866-0800

**Community Integration Specialist**

Outreach Services 250-241-2848

**Ministry of Child & Family Development**

550 Lakeshore Drive E 250-832-1719

Prov. Centralized Screening (MCFD) 1-800-663-9122

**MUNICIPAL SERVICES****City of Salmon Arm**

500 2nd Avenue NE 250-803-4000

**City Of Enderby**

619 Cliff Avenue 250-838-7230

**District of Sicamous**

446 Main Street 250-836-2477

**Columbia Shuswap Regional District**

555 Harbourfront Drive NE 250-832-8194

**CMHA LEARNING STUDIO****Open House** 250-832-8477433 Hudson Ave. (entrance off of 4th street NE)  
Mon-Fri 9am-12pm (join us for afternoon programming)**LEGAL SUPPORTS****Legal Aid Salmon Arm Court House**

Tuesdays 8:30am-11:30am 250-545-3666

**Community Legal Assistance Society (CLAS)**

Free assistance from a lawyer 1-888-685-6222

**Legal Advocate Program (Shuswap Family Centre)** 250-832-2170

M-Th 9am-4pm, Fri 9am-12pm

**Native Courtworker & Counselling Association of BC** 250-550-0417**Neighbour Link Shuswap** 250-832-3272

Mon, Wed, Fri 12:00pm - 4:00pm

Re-homing used furniture and appliance &amp; referrals to Western

Canada Society for Access Justice

## EMERGENCY CRISIS SUPPORT

**RCMP/Ambulance/Fire (Emergency Only) 911**

### Local Police:

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

### Local Support:

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

### 24/7 Support:

**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

## TREATMENT & SUPPORT

**Mental Health Support Line** 310-6789  
**Alcohol & Drug Information/Referral Service**  
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 Street NE 250-833-4102

#### **Substance Use Intake**

851 16th Street NE 250-833-4102

#### **Salmon Arm OAT Clinic**

851 16th St. NE  
Tuesday - Fridays 8:30am-3:30pm 250-833-4177  
Closed 12-1pm for lunch

#### **Child & Youth Mental Health**

550 Lakeshore Drive NE 250-832-1719

## HOUSING



**BC Housing** 1-800-834-7149  
Subsidized Housing listings: [www.bchousing.org](http://www.bchousing.org)

**CMHA Housing**  
Drop-in Housing Inquiries at CMHA 250-832-8477  
Learning Studios Fridays 2-3:30pm Ext 121

**CMHA Homeless Outreach** 250-804-5867

**Drop-in:** Library (SA) Fridays 1:30pm -3pm  
CMHA Learning Studio- Wednesdays 2:00pm-4:00pm

**Salmon Arm Women's Shelter** 250-832-9616

For women fleeing abuse

## SHOWER, LAUNDRY & CLOTHING



**The Café at the Lighthouse** 250-832-9166

441-3rd Street SW (side door)

Shower/Laundry/coffee/snacks Mon - Fri 9am- 2pm

**Human Connection Hub (Safe Society)** 250-832-9616

285 Shuswap Street NE

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

## THRIFT STORES



### Salmon Arm

**Churches Thrift Store** 250-832-8234

461 Beatty Ave

Mon 11:00am - 5:00pm, Tues - Fri 10:00am - 5:00pm  
Sat 10:00am - 4:30pm

**CMHA Thrift Shoppe** ext 107 250-832-8477

433 Hudson Avenue

Open: Tues - Fri 10:00 - 3:00pm Sat 10:00 - 2:00pm

Donation drop-offs: Mondays/Saturdays 9am - 2pm

### Sicamous

United Church Thrift Shop 250-836-4390

705 E. Trans-Canada Frontage Road

Wed - Sat 10:00am - 3:00pm

### Enderby

**Twice But Nice** 250-838-6822

702 Cliff Avenue

Tues - Fri 9:00am - 3:50pm Sat 10:00am - 2:00pm

## TRANSPORT



**Rider Express** [riderexpress.ca](http://riderexpress.ca) 1-833-583-3636

Westgate Public Market 2090 10th Ave SW

To Vancouver: everyday To Calgary: everyday

**E Bus** [myebus.ca](http://myebus.ca) 1-877-769-3287

To/From Vancouver daily at Centenoka Mall 5th Street SW

**South Shuswap Rides** [southshuswaprides.ca](http://southshuswaprides.ca)

M-F 9:00am - 5:00pm 250-463-4341

**Shuswap Transit System** 250-832-0191

Handy Dart (register first) \$1.75

Fixed Route \$1.25 Senior \$1.50 Adult \$1.25 Student

Regional Service: Zones: (children 4 & under are free)  
1- \$1.75 2- \$2.25 3- \$2.75 4- \$3.25

## EMPLOYMENT



### **Salmon Arm Work BC**

101 - 310 Hudson Avenue NE 250-804-4770

Job Listings: [www.jobbank.gc.ca](http://www.jobbank.gc.ca)

### **Shuswap Immigrant Services Society Employment Counsellor**

101 - 371 Hudson Avenue NE 250-804-2726

### **Sicamous Work BC**

1217 C Shuswap Avenue 250-836-2655

### **Enderby Work BC**

904 Maud Street 250-838-2324

## LIBRARIES



### **Salmon Arm Branch**

285-1151 10th Avenue SW 250-832-6161

### **Enderby Branch**

514 Cliff Avenue 250-838-7230

### **Sicamous Branch**

#2 - 446 Main Street 250-836-4845

### **South Shuswap Branch - Blind Bay**

#1 - 2425 Golf Course Drive 250-675-4818

## LGBTQ2SIA+

### **Essie's Place**

[www.essiesplace.org](http://www.essiesplace.org) 672-572-1300

### **Qmunity**

<https://qmunity.ca/> (604) 684-5307 ext. 100

July 2023

# 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/)



**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.