

MEDICAL SERVICES & CLINICS 	
<b>Health Link BC</b>	811 or 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	250-833-4100
<b>Shuswap Home Health &amp; Community Care</b>	
Unit #2 - 2770 10th Avenue NE	
Mon - Fri 8:00am - 4:00pm	250-833-6643
<b><u>Salmon Arm Walk In Clinics</u></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 	
<b><u>Salmon Arm</u></b>	
<b>Good Food Box</b>	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	
<b>The Market at the Lighthouse</b>	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	
<b>Second Harvest Food Bank</b>	250-833-4011
Back of Salmar Classic Theatre on Ross Street Wednesdays 10am-6pm (winter hours)	
<b>Food with Friends Community Potluck</b>	foodwithfriends2020@gmail.com
121 Shuswap St SW (back of church)	
Hot lunch: Mon, Tues, Thurs, & Fri 12pm -1pm	
<b>First United Church Lunch Program</b>	
450 Okanagan Ave E Wednesdays 11:00am -1:00pm	
<b><u>Sorrento</u></b>	
<b>Sorrento Food Bank</b>	250-253-3663
2804 Arnheim Road Wed 9:00am-3:00pm	
<b><u>Sicamous</u></b>	
<b>Eagle Valley Community Support Society</b>	
1214 Shuswap Avenue	250-836-3440
<b><u>Enderby</u></b>	
<b>FED Enderby food bank</b>	(3rd Fri of the month)
Call for appointment	250-938-3114
<b>Harvest Hut</b> (parking lot Maud St)	
Mondays 9:00am -12:00pm June to Thanksgiving	
<b>Kings Table Soup Kitchen</b>	
125 George Street Wed 4:00pm - 7:00pm ashtoncreekchristianfellowship@gmail.com	
<b>7th Day Adventist Church</b>	
Vernon Street Closed for COVID.	
Accepting calls for help	250-558-3624

COMMUNITY SUPPORTS 	
<b>March of Dimes Brain Injury Society</b>	250-515-0845
Support, integration, advocacy & outreach	
<b>Community Living BC</b>	
#202 -351 Hudson Avenue NE	250-832-1718
<b>Shuswap Association for Community Living</b>	
# 103 & 301 – 371 Hudson Avenue NE	250-832-3885
<b>Shuswap Hospice Society</b>	
Suite 4-781 Marine Park Drive	250-832-7099
<b>Seniors Resource Centre</b>	
320A—2nd Avenue NE	250-832-7000
<b>Shuswap Immigrant Services</b>	
371 Hudson Avenue NE	250-804-2726
<b>Community Futures Shuswap</b>	
160 Harbour Front Drive NE	250-803-0156
<b>Aspiral Youth Partner</b>	
120-6th Street NE	778-489-8151
<b>Safe Society</b>	250-832-9616
<b>Shuswap Children's Association</b>	
240A Shuswap Street NE	250-833-0164
<b>Shuswap Family Resource &amp; Referral Centre</b>	
681 Marine Park Drive	250-832-2170
<b>Malakwa Resource Centre</b>	
3994 Malakwa Road	250-836-2757
<b>Enderby &amp; District Resource Community Centre</b>	
1106 Belvedere Street	250-838-9446
<b>Eagle Valley Community Support Society– Sicamous</b>	
1214 Shuswap Ave	250-836-3440
<b>Shuswap Better at Home-Sicamous</b>	
1214 Shuswap Avenue	250-253-2749
<b>Sorrento Centre</b>	
1159 Passchendaele Road	250-675-2421

GOVERNMENT SERVICES	
<b>Service Canada Center</b>	1-800-622-6232
191 Shuswap Street NW 8:30am - 4:00pm M-F	
<b>Service BC</b>	
850 A 16 Street NE	250-832-1611
<b>Ministry of Social Development &amp; Social Innovation</b>	
850 B 16 Street NE	1-866-866-0800
<b>Community Integration Specialist</b>	
Outreach Services	250-241-2848
<b>Ministry of Child &amp; Family Development</b>	
550 Lakeshore Drive E	250-832-1719
Prov. Centralized Screening (MCFD)	1-800-663-9122
MUNICIPAL SERVICES	
<b>City of Salmon Arm</b>	
500 2nd Avenue NE	250-803-4000
<b>City Of Enderby</b>	
619 Cliff Avenue	250-838-7230
<b>District of Sicamous</b>	
446 Main Street	250-836-2477
<b>Columbia Shuswap Regional District</b>	
555 Harbourfront Drive NE	250-832-8194
CMHA LEARNING STUDIO	
<b>Open House</b>	250-832-8477
433 Hudson Ave. (entrance off of 4th street NE)	
Mon-Fri 9am—12pm (join us for afternoon programming)	
LEGAL SUPPORTS 	
<b>Legal Aid Salmon Arm Court House</b>	
Tuesdays 8:30am-11:30am	250-545-3666
<b>Community Legal Assistance Society (CLAS)</b>	
Free assistance from a lawyer	1-888-685-6222
<b>Legal Advocate Program (Shuswap Family Centre)</b>	250-832-2170
M-Th 9am-4pm, Fri 9am-12pm	
<b>Native Courtworker &amp; Counselling Association of BC</b>	250-550-0417
<b>Neighbour Link Shuswap</b>	250-832-3272
Mon, Wed, Fri 12:00pm - 4:00pm	
Re-homing used furniture and appliance & referrals to Western Canada Society for Access Justice	

EMERGENCY CRISIS SUPPORT	
<b>R.C.M.P /Ambulance/ Fire (Emergency Only) 911</b>	
<b><u>Local Police:</u></b>	
Salmon Arm 1980-11Avenue 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
<b><u>Local Support:</u></b>	
RCMP Victim Services Program	250-832-4453
Salmon Arm Women's Shelter	250-832-9616
<b><u>24/7 Support</u></b>	
<b>Interior Crisis Line</b>	1-888-353-CARE (2273)
<b>988 Suicide Crisis Helpline</b>	988
<b>Kid's Help Phone</b>	1-800-668-6868 or Text 686868
<b>KUU-US (Indigenous Crisis Line)</b>	1-800-588-8717
TREATMENT & SUPPORT	
<b>Mental Health Support Line</b>	310-6789
<b>211 British Columbia</b>	211
Resource finder in your community	
<b>Alcohol &amp; Drug Information and Referral Service</b>	
BC Toll Free	1-800-663-1441
<b>Alcoholics Anonymous Shuswap</b>	1-866-531-7045
<b>Narcotics Anonymous</b>	1-866-778-4772
<b>Gambling 24 hour Helpline</b>	1-888-795-6111
MENTAL HEALTH & SUBSTANCE USE SERVICES	
<b><u>Salmon Arm</u></b>	
<b>Adult Mental Health Intake</b>	
851 16th Street NE	250-833-4102
<b>Substance Use Intake</b>	
851 16th Street NE	250-833-4102
<b>Salmon Arm OAT Clinic</b>	
851 16th St. NE	
Tuesday - Fridays 8:30am-3:30pm	250-833-4177
Closed 12-1pm for lunch	
<b>Child &amp; Youth Mental Health</b>	
550 Lakeshore Drive NE	250-832-1719
Drop-in Tues 9am-4pm/Thurs 1-4pm	

HOUSING 	
<b>BC Housing</b>	1-800-834-7149
Subsidized Housing listings: <a href="http://www.bchousing.org">www.bchousing.org</a>	
<b>CMHA Housing</b>	
Drop-in Housing Inquiries at CMHA	250-832-8477
Learning Studios Fridays 2-3:30pm	Ext 121
<b>CMHA Homeless Outreach</b>	250-804-5867
<b>Drop-in:</b> Library (SA) Fridays 1:30pm -3pm	
CMHA Learning Studio- Wednesdays 2:00pm-4:00pm	
<b>Salmon Arm Women's Shelter</b>	250-832-9616
For women fleeing abuse	
SHOWER , LAUNDRY & CLOTHING 	
<b>The Café at the Lighthouse</b>	250-832-9166
441-3rd Street SW (side door)	
Shower/Laundry/coffee/snacks Mon - Fri 9am- 2pm	
<b>Human Connection Hub (Safe Society)</b>	
	250-832-9616
Free Shopping Days: Monday 3:30pm-5pm and Wednesday 2pm-3:30pm	
THRIFT STORES 	
<b><u>Salmon Arm</u></b>	
<b>Churches Thrift Store</b>	250-832-8234
461BeattyAve	
Mon11:00am - 5:00pm,Tues - Fri 10:00am - 5:00pm	
Sat 10:00am - 4:30pm	
<b>CMHA Thrift Shoppe</b>	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	
<b><u>Sicamous</u></b>	
United Church Thrift Shop	250-836-4390
705 E. Trans-Canada Frontage Road	
Wed - Sat 10:00am - 3:00pm	
<b><u>Enderby</u></b>	
<b>Twice But Nice</b>	250-838-6822
702 Cliff Avenue	
Tues – Fri 9:00am - 3:50pm Sat 10:00am - 2:00pm	

TRANSPORT 	
<b>Rider Express</b>	<a href="http://riderexpress.ca">riderexpress.ca</a> 1-833-583-3636
Westgate Public Market 2090 10th Ave SW	
To Vancouver: everyday To Calgary: everyday	
<b>E Bus</b>	<a href="http://myebus.ca">myebus.ca</a> 1-877-769-3287
To/From Vancouver daily at Centenoka Mall 5th Street SW	
<b>South Shuswap Rides</b>	<a href="http://southshuswaprides.ca">southshuswaprides.ca</a>
M-F 9:00am - 5:00pm	250-463-4341
<b>Shuswap Transit System</b>	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 	
<b>Salmon Arm Work BC</b>	
101 - 310 Hudson Avenue NE	250-804-4770
Job Listings: <a href="http://www.jobbank.gc.ca">www.jobbank.gc.ca</a>	
<b>Shuswap Immigrant Services Society Employment Counsellor</b>	
101 - 371 Hudson Avenue NE	250-804-2726
<b>Sicamous Work BC</b>	
1217 C Shuswap Avenue	250-836-2655
<b>Enderby Work BC</b>	
904 Maud Street	250-838-2324
LIBRARIES 	
<b>Salmon Arm Branch</b>	
285-1151 10th Avenue SW	250-832-6161
<b>Enderby Branch</b>	
514 Cliff Avenue	250-838-7230
<b>Sicamous Branch</b>	
#2 - 446 Main Street	250-836-4845
<b>South Shuswap Branch - Blind Bay</b>	
#1 - 2425 Golf Course Drive	250-675-4818
LGBTQ2SIA+	
<b>Essie's Place</b>	
<a href="http://www.essiesplace.org">www.essiesplace.org</a>	672-572-1300
<b>Qmunity</b>	
<a href="https://qmunity.ca/">https://qmunity.ca/</a>	(604) 684-5307 ext. 100

December 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)

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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.