MEDICAL	SERVICES	&	CLINIC
WILDICAL	JEINVICES	S	CLIITIC

Health Link BC 8-1-1 or TTY 7-1-1

BC Nurse Line 1-866-215-4700 TTY 1-866-889-4700

Shuswap Lake General Hospital

601 10th Street NE 250-833-3600

Salmon Arm Health Centre

851 16th Street NE 250-833-4100

**Shuswap Home Health & Community Care** 

Unit #2 - 2770 10th Avenue NE

Mon - Fri 8:00am - 4:00pm 250-833-6643

Salmon Arm Walk In Clinics

Mt. Ida Medical Centre 250-833-1990

200 Trans Canada Highway SW

M - Th 9:00am - 7:00pm Fri 9:00am - 5:00pm

Sat 10:00am - 2:00pm

Salmon Arm Medical Clinic 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

**Walmart Clinic** 250-832-3377

2991 10th Avenue Trans Canada Highway SW

Monday - Friday 9am-5pm

**Sicamous Medical Centre** 

217 Finlayson Street 250-836-2817

**Sicamous Health Unit** 

#10 1133 Eagle Pass Way 250-836-4835

**Sorrento & Area Community Health Centre** 

Unit #1 1250 Trans Canada Hwy 250-675-2167

North Shuswap Health Centre - Scotch Creek

#2 3874 Squilax Anglemont Road 250-995-0660

South Shuswap Health Services- Blind Bay

#10 2417 Golf Course Drive 250-675-3661

**Enderby Community Health Centre** 

707 3rd Avenue 250-838-2450

## **INDIGENOUS COMMUNITY SUPPORT**

Adams Lake Indian Band	250-679-8841
Little Shuswap Lake Band	250-679-3203
Neskolith Indian Band	250-679-3295
Splatsin First Nation	250-838-6496
Metis Nation BC	1-800-940-1150
Hope for Wellness Helpline	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 Pickup 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 250-833-4011

Back of Salmar Classic Theatre on Ross Street Wednesdays 10am-6pm (winter hours)

**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

<u>Sicamous</u>

**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 & outreach

**Community Living BC** 

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

Shuswap Association for Community Living

# 103 & 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, Sicamous 250-836-3440

Shuswap Better at Home

1214 Shuswap Avenue, Sicamous 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

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

250-832-8477

433 Hudson Ave. (entrance off of 4th street NE)
Mon-Fri 9am—12pm (join us for afternoon programming)

# LEGAL SUPPORTS



250-545-3666

250-832-2170

Legal Aid Salmon Arm Court House

Tuesdays 8:30am-11:30am

intu (CLAS)

Community Legal Assistance Society (CLAS)

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

Legal Advocate Program (Shuswap Family Centre) M-Th 9am-4pm, Fri 9am-12pm

Native Courtworker & Counselling Association of BC

250-550-0417 ur Link Shuswap 250-832-3272

Neighbour Link Shuswap
Mon, Wed, Fri 12:00pm - 4:00pm

Re-homing used furniture and appliance & referrals to Western Canada Society for Access Justice

EMERGENCY CRISIS SU	JPPORT	
R.C.M.P /Ambulance/ Fire (Emerger	ncy Only) 9-1-1	BC Housing
Local Police:		Subsidized Hou
Salmon Arm 1980-11Avenue NE	250-832-6044	CMHA Housing
Sicamous 1125 Paradise	250-836-2878	Drop-in Housing Learning Studio
Sorrento/Chase 226 Shuswap Avenue	e 250-679-3221	Marshlands Sh
Enderby 602 Granville Street	250-838-6818	341 Fraser Ave 24/7, Intake hou
Local Support:		CMHA Homeles
RCMP Victim Services Program	250-832-4453	Drop-in:
Salmon Arm Women's Shelter	250-832-9616	CMHA Learning
24/7 Support		Salmon Arm W
Interior Crisis Line 1-888	-353-CARE (2273)	For women fleei
988 Suicide Crisis Helpline	9-8-8	SHOWER, LA
<b>Kid's Help Phone</b> 1-800-668-68	68 or Text 686868	The Café at the
KUU-US (Indigenous Crisis Line)	1-800-588-8717	441-3rd Street S
TREATMENT & SUPF	PORT	Shower/Laundry
Mental Health Support Line	310-6789	Human Conne
<b>211 British Columbia</b> Resource finder in your community	2-1-1	Free Shopping 5pm and Wedne
Alcohol & Drug Information and Re	ferral Service	- 1
BC Toll Free	1-855-339-9631	
Alcoholics Anonymous Shuswap	1-866-531-7045	Salmon Arm
Narcotics Anonymous	1-866-778-4772	Churches Thrif
Gambling 24 hour Helpline	1-888-795-6111	461 Beatty Ave
MENTAL HEALTH & SUBSTANCE	USE SERVICES	Mon 11am - 5pm, <sup>7</sup> CMHA Thrift Sh
Salmon Arm		433 Hudson Ave
Adult Mental Health Intake		Open: Mon - Fri
851 16th Street NE	250-833-4102	Donation drop-o
Substance Use Intake		Sicamous
851 16th Street NE	250-833-4102	United Church T
Salmon Arm OAT Clinic		705 E. Trans-Ca
851 16th St. NE	250 022 4477	Wed - Sat 10:00
Tuesday - Fridays 8:30am-3:30pm Closed 12-1pm for lunch	250-833-4177	<b>Enderby</b>
Child & Youth Mental Health		Twice But Nice
550 Lakeshore Drive NE	250-832-1719	702 Cliff Avenue
Drop-in Tues 9am-4pm/Thurs 1-4pm		Tues – Fri 9:00a

# HOUSING



1-800-834-7149

using listings: www.bchousing.org

g Inquiries at CMHA 250-832-8477 os Fridays 2-3:30pm Ext 121

250-517-8169 helter NW

urs 4pm-10:30pm

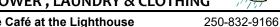
ess Outreach 250-804-5867

ng Studio- Wednesdays 2:30pm-4:00pm

Vomen's Shelter 250-832-9616

eing abuse

## **AUNDRY & CLOTHING**



SW (side door)

ry/coffee/snacks Mon - Fri 9am- 2pm

ection Hub (Safe Society) 250-832-9616

Days: Monday 3:30pmnesday 2pm-3:30pm

#### THRIFT STORES



ft Store 250-832-8234

Tues - Fri 10am - 5pm & Sat 10am - 4:30pm

ext 107 250-832-8477 hoppe

enue NE

10am - 3pm & Sat 10am - 2pm

offs: Mon 10am - 3pm & Sat 10am - 2pm

Thrift Shop 250-836-4390

anada Frontage Road

0am - 3:00pm

250-838-6822

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

#### **TRANSPORT**



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

Westgate Public Market 2090 10th Ave SW

To Vancouver: everyday To Calgary: everyday

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

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

South Shuswap Rides southshuswaprides.ca

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

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

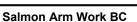
Handy Dart (register first) \$1.75

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**



101 - 310 Hudson Avenue NE 250-804-4770

Job Listings: 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	672-572-1300
Qmunity	
https://gmunity.ca/	(604) 684-5307 ext 100

# **April 2024**

# 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/



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.