

**MEDICAL SERVICES & CLINICS**

<b>Health Link BC</b>	8-1-1 or TTY 7-1-1
<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>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**

<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	
<ul style="list-style-type: none"> <li>• Food hampers X1 month</li> <li>• Visit the Market daily as needed</li> </ul>	
<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>Sorrento</b>	
<b>Sorrento Food Bank</b>	250-253-3663
2804 Arnheim Road Wed 9:00am-3:00pm	
<b>Sicamous</b>	
<b>Eagle Valley Community Support Society</b>	
1214 Shuswap Avenue	250-836-3440
<b>Enderby</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, Sicamous	250-836-3440
<b>Shuswap Better at Home</b>	
1214 Shuswap Avenue, Sicamous	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>	250-545-3666
Tuesdays 8:30am-11:30am	
<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

**R.C.M.P /Ambulance/ Fire (Emergency Only) 9-1-1**

### 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

**Interior Crisis Line** 1-888-353-CARE (2273)

**988 Suicide Crisis Helpline** 9-8-8

**Kid's Help Phone** 1-800-668-6868 or Text 686868

**KUU-US (Indigenous Crisis Line)** 1-800-588-8717

## TREATMENT & SUPPORT

**Mental Health Support Line** 310-6789

**211 British Columbia** 2-1-1  
Resource finder in your community

### **Alcohol & Drug Information and 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  
Drop-in Tues 9am-4pm/Thurs 1-4pm

## 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

### **Marshlands Shelter**

341 Fraser Ave NW 250-517-8169  
24/7, Intake hours 4pm-10:30pm

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

### **Drop-in:**

CMHA Learning Studio- Wednesdays 2:30pm-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

Free Shopping Days: Monday 3:30pm-5pm and Wednesday 2pm-3:30pm

## THRIFT STORES



### Salmon Arm

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

461 Beatty Ave

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

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

433 Hudson Avenue NE

Open: Mon - Fri 10am - 3pm & Sat 10am - 2pm

Donation drop-offs: Mon 10am - 3pm & Sat 10am - 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

February 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](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.