

MEDICAL SERVICES & CLINICS

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	
Shuswap Saturday Clinic (various offices) shuswapsaturdayclinic.ca	1-888-686-3006
Mt. Ida Medical Centre	250-833-1990
200 Trans Canada Highway SW	
Mon - Th 9:00am - 5:00pm / Fri 9:00am - 4:00pm	
Salmon Arm Medical Clinic	250-832-6092
581 Hudson Avenue NE	
Monday - Friday 9am in person to book a day appointment or 4pm in person to book an evening appointment	
Walmart Clinic	778-4890942
2991 10th Avenue Trans Canada Highway SW	
Monday - Friday 9:30am-3pm	
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. 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
Wednesdays 10am-6pm (winter hours)**Food with Friends Community Potluck**
foodwithfriends2020@gmail.com

121 Shuswap St SW (back of church) Hot lunch: Monday, Tuesday, Thursday, & Friday 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 Kitchen125 George Street Wed 4:00pm - 7:00pm
ashtoncreekchristianfellowship@gmail.com**7th Day Adventist Church**

Accepting calls for help 250-558-3624

North ShuswapNorth Shuswap Food Security Program
Pre-register for food hampers
northshuswapfood@gmail.com 250-212-9952**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

Okanagan College - Salmon Arm Campus

2552 10th Ave NE 250-832-2126

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 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**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

Parents Legal Centre

623 Victoria Street, Kamloops 250-434-0663

Neighbour Link Shuswap 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 1980-11Avenue 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

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

Racist Incident Helpline
Monday - Friday 9:00AM - 5:00PM 1-833-457-5463

TREATMENT & SUPPORT

Mental Health Support Line 310-6789

Resource finder in your community 2-1-1

Alcohol & Drug Information and Referral Service

BC Toll Free 1-855-339-9631

Alcoholics Anonymous Shuswap 1-866-531-7045

Narcotics Anonymous 1-866-778-4772

Gambling 24 hour Helpline 1-888-795-6111

Virtual Addiction Medicine Clinic interiorhealth.ca/VAM

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 Tues - Fri 8:30am - 3:30pm. Closed 12-1pm for lunch. 250-833-4177

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

CMHA Housing 250-832-8477
Ext 121

Marshlands Shelter

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

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 1-833-583-3636

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



Salmon Arm Work BC

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

September 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/



**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.