

**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	
Mon - Fri 9:00am - 5:00pm	
<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

**FOOD SECURITY**

<b>Salmon Arm</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	
<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 Wed 4:30pm - 6:00pm & Fri 1:30pm - 3:00pm	
<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	250-836-3440
<b>Shuswap Better at Home-Sicamous</b>	
1214 Shuswap Avenue	250-253-2749
<b>INDIGENOUS COMMUNITY SUPPORT</b>	
<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

**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>Service Navigation Drop-in</b>	250-832-8477
433 Hudson Av. (entrance off of 4th street NE)	
Mondays 10am-12pm and Fridays 1pm-3pm	

**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

**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



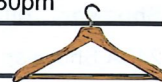
**BC Housing** 1-800-834-7149  
Subsidized Housing listings: [www.bchousing.org](http://www.bchousing.org)  
**CMHA Housing** 250-832-8477  
Ext 121  
**CMHA Homeless Outreach** 250-804-5867  
**Drop-in:** Library (SA) Tuesdays 1:30pm -3:30pm  
CMHA Learning Studio- Wednesdays 2:00pm-4:00pm  
**Salmon 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  
Monday—Friday 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  
Pick Up Piccadilly Mall 1151 10th Avenue Northside of mall  
To Vancouver: M/W/F To Calgary: Tu/Th/Sa  
**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

April 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)

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[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.