

The Little Book of Resources



...and community services
in the South Okanagan/Similkameen Area.

Updated June 2024

“I have the audacity to believe that peoples everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, equality, and freedom for their spirits.”

-Martin Luther King

This booklet is dedicated to all who are working to create positive change in their own lives, their communities & the world! May you continue to inspire & be inspired!

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We acknowledge that our work occurs on the ancestral homelands of the Nsyilxcan speaking peoples of the Sylix Nation; and we are committed to cultivating respectful and reciprocal relationships with all Indigenous peoples.

PREFACE

This resource book for the South Okanagan Similkameen area has been compiled by the Penticton and Area Access Centre, otherwise known as “The Access Centre”.

The Access Centre uses action, awareness, advocacy, and equitable practice to help people navigate social systems. We have 5 programs: Poverty Law, Family Law, Disability Advocacy, Resource and Referral, and a free year round Income Tax Centre. Our main office is in Penticton and we have satellite offices in Oliver and Summerland.

Our goal is to help create a just community that values all people equally, offers them support, and encourages them to live to their full potential. It is our hope that the resources gathered here will assist all in need of such information to do just that.

For more information about ACCESS please visit our website at www.accesscentre.org or give us a call. 250-493-6822.

Disclaimer:

This information is accurate at that moment of publishing but is subject to change without notice.

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EMERGENCY SERVICES and

CRISIS LINES

Alcohol & Drug Information & Referral Service.....	1-800-663-1441
Crisis Line (also suicide)	1-800-784-2433
Crisis and Suicide Line	1-833-456-4566
Canadian Red Cross	1-888-800-6493
Victim Link	1-800-563-0808
BC Bereavement Helpline	1-877-779-2223
BC Responsible & Problem Gambling	1-888-795-6111
Black Youth Helpline.....	1-833-294-8650
Fosterline	1-800-663-9999
Healthlink (24hr BC Nurse line).....	811
Helpline for Children	250-310-1234
HIV& STI Helpline	www.stiresource.com
Interior Crisis Line.....	1-888-353-2273
KUU-US Crisis Line Society.....	1-800-588-8717
Mental Health Support Line	310-6789
Native Youth Crisis Hotline	1-877-209-1266
Options Sex Sense Support Line	1-800-739-7367
Poison Information.....	1-800-567-8911
Quit Now! Smokers Helpline	1-877-513-5333
Residential School Crisis Line	1-866-925-4419
Seniors Abuse and Information Line (SAIL)	1-866-437-1940
Trans Lifeline (Transgender crisis line).....	1-877-330-6366
Youth Against Violence Line	1-800-680-4264

I NEED FOOD

Penticton Salvation Army Food Bank.....250-492-4788

(Serving Penticton and OK Falls residents only)

2399 South Main Street Open Mon-Fri 10am-4:00pm

Daily "Grab and Go" Bag

must have home address for hampers

(By Appointment only)

Soupateria *(Free daily lunch 11:30am - 12:30pm)*

150 Orchard (Corner of Martin)250-492-2415

St. Vincent De Paul (Food Hampers).....250-492-2082

(Serving Penticton residents only)

must have home address for delivery

*Penticton Indian Band or Kaleden residents must pick up

Oasis United Church Food Cupboard.....250-770-0182

(Serving Summerland, Keremeas, Penticton, Oliver, Osoyoos and area)

2964 Skaha Lake Road Drop in Mon and Fri 10am—Noon

Bethel Food Pantry.....250-493-3911

(Serving Penticton, OK Falls, Summerland or Kaleden only)

945 Main Street 3rd Sat of every month (9:30am—12pm)

must have home address

Purple Pantry (Community Fridge & Pantry).....343 Ellis Street

Summerland Food Bank & Resource Centre....778-516-0015

(Serving Summerland residents only)

14820 Victoria Road, North

Mon-Fri 9am-4pm (Closed 12pm-1pm)

(By Appointment only)

I NEED FOOD

Osoyoos Food Bank250-495-6581

(Serving Osoyoos residents only)

6210 97th St 2nd Thurs of month (5:30pm—7pm)

(By Appointment only)

Oliver Food Bank250-535-0566

(Serving Oliver and OK Falls residents only)

6047 Station St. Open every Wed 9am—11am

(exception being Cheque issue day)

PET FOOD SPECIFIC

In A Pickle Pet Food Bank & Lending Library

.....236-900-MEOW (6369)

1901 Camrose St. in Spare Room Co. (via Okanagan Ave)

(By appointment only)

Email: petfriendlypenticton@gmail.com

Pick up is preferred as delivery options very limited

BC SPCA.....250-493-0136

(Serving Summerland, Keremeos, Penticton, Oliver, Osoyoos and area)

2200 Dartmouth Drive Open Tues – Sat, 12 – 3 pm

Lend-A-Paw <https://www.lendapaw.org/gethelp>

(Serving Summerland, Keremeos, Penticton, Oliver, Osoyoos and area)

“There are genuinely sufficient resources in the world to ensure that no one, nowhere, at no time, should go hungry.” ~ Ed Asner

I NEED A PUBLIC WASHROOM

- Okanagan Lake Park** Open Year Round 8am—5pm
(Lakeshore Drive just east of Lakeside Resort)
- Penticton City Hall** Open Year Round 8:30am—4:30pm
(171 Main Street)
- Ice Rink** Open Year Round 8am—5pm
(Martin St and Eastbrook Ave across from City Hall)
- Lakawanna Park** Open Year Round 8am—5pm
(Lakeshore and Power Street—East side of park)
- Skaha Lake Park** Open Year Round 8am—5pm
(Skaha Lake Rd and Parkview St—one near the playground, one near the Lacrosse box)

<u>THRIFT STORES</u>	
Care Closet	574 Main St.
Habitat for Humanity ReStore	2498 Skaha Lake Rd.
Salvation Army Thrift Store	2399 South Main St.
Salvation Army Thrift Store	318 Ellis St.
Value Village	101 Rosetown Ave.
Oliver Hospital Thrift Store (Oliver)	928 Kootenay St.
Osoyoos United Church	7814 Spartan Dr.
Summerland Auxiliary Thrift Store	13216 Victoria Rd N.
Critteraid Charity Thrift Store	13208 Victoria Road N.

I NEED HELP WITH HOUSING

Aboriginal Housing Management Association

www.ahma-bc.org.....1-888-921-2462

Ask Wellness *Housing provider. Apply through BC Housing*

www.askwellness.ca.....250-487-9339

Burdock House *(Supportive Housing)*

594 Winnipeg St.....236-422-1601

Fairhaven *(Supportive Housing)*

2670 Skaha Lake Rd.....250-488-2031

Sn̓paʔxtantn *(Recovery-Focused Supportive Housing)*

3240 Skaha Lake Rd.....

BC Housing and Rental Subsidy.....1-800-834-7149

www.bchousing.org

BC Rent Bank *(via Elizabeth Fry Society)*.....236-597-2976

Compass Court *(Shelter/Supportive Housing)*

1706 Main Street236-422-2449

Penticton & District Society for Community Living *(PDSCL)*

(They support families, single adults, seniors and those with physical or intellectual disabilities with safe and affordable housing.)

.....250-490-0200

For several of PDSCL-operated housing, tenants must complete the Housing Registry Form to determine eligibility, assess housing needs and to determine which housing developments suit the tenant's needs. Subsidized Rental Units as well as Shelter for the unhoused available.

HOUSING

- Residential Tenancy Board**.....1-800-665-8779
- SAFER** (*Shelter Aid for Elderly Renters*).....1-800-834-7149
- SOSBIS** (*South Okanagan Similkameen Brain Injury Society*)
Homelessness Partnering Program
996 Main St250-490-0613
- South Okanagan Women in Need Society** (*SOWINS*)
(*Emergency, short term housing, and second stage housing for women,
women and their children overcoming or at risk of abuse.*)
.....250-493-4366
24 Hour Crisis Line & Emergency Shelter
.....1-800-814-2033
- Tenant Resource & Advisory Centre**.....1-800-665-1185
(*Promotes the legal protection of residential tenants by providing
information, education, support and research.*)

“Home is where children find safety and security, where we find our identities, where citizenship starts. It usually starts with believing you're part of a community, and that is essential to having a stable home.”

- Matthew Desmond

I DON'T FEEL SAFE

- Kelowna Women's Shelter**.....250-763-1040
www.kelownawomenshelter.ca
- Now Canada AG Safe Centre (Kelowna)**.....250-763-2262
- Okanagan Nation Transition Emergency House (ONTEH)**
www.onteh.org.....1-877-493-4909
- Princeton Safe Homes Program**250-295-8211
- Transition House**.....1-800-814-2033
- South Okanagan Safe Home (Oliver/Osoyoos)**
www.desertsuncounselling.ca.....1-877-723-3911
Text only: 250-498-2538
- South Okanagan Women in Need Society (SOWINS)**
1027 Westminster Ave West
www.sowins.com.....1-800-814-2033
- Women's Shelters Canada**.....www.sheltersafe.ca

RCMP Detachments

- Keremeos.....250-499-5511
Oliver.....250-498-3422
Osoyoos250-495-7236
Penticton.....250-492-4300
Princeton.....250-295-6911
Summerland.....250-494-7416

RCMP Victim Services

- Oliver.....250-495-4704
Osoyoos250-495-4704
Penticton.....250-770-4713
Princeton.....250-295-7901

FAMILIES WITH LOW INCOME

BC Housing and Rental Subsidy

www.bchousing.org.....1-800-834-7149

BGC Okanagan (formerly Boys and Girls Club).....www.bgco.ca

Oliver.....250-498-8844

Osoyoos.....250-485-2752

Penticton.....250-493-0512

Summerland.....250-404-0440

Big Brothers Big Sisters of the Okanagan

www.bigs.bc.ca.....1-800-404-4483

Canadian Tire Jumpstart (Sport Funding for Kids)

www.canadiantire.ca/jumpstart.....1-844-YES-PLAY

Child Care Subsidy

www.mcf.gov.bc.ca/childcare.....1-888-338-6622

Dragonfly Pond Family Society (Special Needs Services)

<http://dragonflypondsociety.com>.....250-490-3305

Family Support Institute of BC

www.familysupportbc.com.....1-800-441-5403

KidSport (Sport Funding for Kids)

www.kidsportcanada.ca/british-columbia/penticton/

Email: kidsportpenticton@gmail.com

OneSky Community Resources

www.oneskycommunity.com.....250-492-5814

OSNS Child & Youth Development Centre.....250-492-0295

Education and early intervention treatment to children facing developmental challenges.

ADDICTION, RECOVERY & HARM REDUCTION

- Alcohol & Drug Information Referral**.....1-800-663-1441
- Ask Wellness (FTIR Drug Testing Services)**.....250-328-2384
- Al-anon & Ala-Teen (Kelowna)**.....250-763-5555
www.bcyukon-al-anon.org
- Alcoholics Anonymous**.....250-490-9216
- Bridge Youth and Family Services**250-763-0456
- Discovery House (Residential Recovery Facility)**
www.discoveryhousererecovery.com.....250-490-3076
- Martin Street Outreach Centre (Primary care services for people with mental health and/or substance use needs)**
437 Martin Street.....250-770-3696
Mon-Fri 8am - 4pm (closed for lunch from 12pm-1pm)
- Mobile Outreach (Harm Reduction Supplies)**
Call or text for hours.....250-809-7054
- Narcotics Anonymous**.....1-855-852-5687
- Penticton Mental Health Substance Use Centre**
740 Carmi Avenue.....250-770-3555
Mon - Fri 8am to 4pm

Registered Take Home Naloxone Training & Distribution

- OneSky Community Resources**.....250-492-5814
330 Ellis Street
- Martin Street Outreach—Primary Care**.....250-770-3696
117-437 Martin Street
- Penticton Health Centre**.....250-770-3434
160-740 Carmi Avenue

Schedule of Availability for Drug Checking**In-Person FTIR Drug Checking**

Mondays:

8am-12pm: Burdock, 594 Winnipeg St

1pm-4pm: Mental Health and Substance Use, #117—437 Martin St

Thursdays:

8am-12pm: Fairhaven, 2670 Skaha Lake Rd

1pm-4pm at scheduled community partner locations

First Thursday of the month: One Sky Peer Education, 330 Ellis St

Second and Third Thursdays: Compass Shelter, 1706 Main St

Fourth Thursday: Penticton Foundry, 501 Main St

Sample Drop Available

24/7 at:

Burdock House, 594 Winnipeg St

Fairhaven, 2670 Skaha Lake Rd

Compass Shelter, 1706 Main St

Monday – Friday, 8am-4pm

Mental Health and Substance Use #117—437 Martin St

For more information:

Email: a.cavill@askwellness.ca

Call: 250-328-9619

Visit: www.drugchecking.ca

HEALTH, WELLNESS, & DISABILITIES

- ACT Community Autism Training** 1-866-939-5188
www.actcommunity.ca
- Asthma Canada**1-866-787-4550
- ALS Society of B.C.**.....1-800-708-3228
- Alzheimer Society of BC Resource Centre**
www.alzheimerbc.org.....1-888-318-1122
- Arthritis Society**.....1-800-321-1433
www.arthritis.ca
- Disability Alliance BC**.....1-800-663-1278
www.disabilityalliancebc.org
- BC Epilepsy Society**.....604-875-6704
www.bcepilepsy.com
- BC Medical Services Plan (MSP)**.....1-800-663-7100
www.health.gov.bc.ca/msp
- Canadian AIDS Society**.....1-800-499-1986
www.cdnaids.ca
- Canadian Cancer Society**.....1-800-663-2524
- Canadian Celiac Association**.....1-877-736-2240
www.bcceliac.ca
- Canadian Diabetes Association**.....1-888-628-9494
www.diabetes.ca
- Canadian Hemochromatosis Society**.....1-877-223-4766
- Canadian Human Rights Commission**.....1-888-214-1090
www.chrc-ccdpc.ca
- Canadian National Institute for the Blind**.....1-800-563-2642
www.cnib.ca

HEALTH

- Canadian Red Cross Society**.....1-800-418-1111
www.redcross.ca
- Canadian Mental Health Association (CMHA)** ...250-493-8999
www.sos.cmha.bc.ca
- Clubhouse**.....778-476-5411
1873 Main Street
Mental Health Advocacy by appointment only
Mon to Fri 8:30am-4pm Sat/Sun 9am-4pm
- Cerebral Palsy Association of BC**.....1-604-515-9455
- Crohn's and Colitis Canada**.....1-800-387-1479
www.crohnsandcolitis.ca
- Cystic Fibrosis Canada**.....1-800-378-2233
www.cysticfibrosis.ca
- Dragonfly Pond Family Society** (*Special Needs Services*)
www.dragonflypondsociety.com.....250-490-3305
- Foundry Penticton** (*Wellness—Ages 12-24*)778-646-2292
- HandyDART**.....1-844-442-2212
- Heart & Stroke Foundation**.....1-866-432-7833
www.heartandstroke.bc.ca
- Health Centres**.....www.interiorhealth.ca
- Keremeos.....250-499-3000
Oliver250-498-5080
Osoyoos250-495-6433
Penticton250-770-3434
Princeton.....250-295-4442
Summerland.....250-404-8000

HEALTH

- Hospitals** www.interiorhealth.ca
Penticton.....250-492-4000
Princeton.....250-295-3233
Oliver.....250-498-5000
General Inquiries Line.....250-862-4200
- Kidney Foundation of Canada**.....1-800-567-8112
- Masonic Cancer Care Car**.....1-800-299-0188
- Meals on Wheels (Penticton)**250-492-9095
www.mealsonwheelspenticton.org
- Medical Services Plan (Health Insurance BC)**.....1-800-663-7100
- Mental Health**.....www.interiorhealth.ca
Princeton/Keremeos.....250-499-3029
Penticton.....250-770-3555
Osoyoos.....250-495-6433
- Multiple Sclerosis Society of Canada**.....250-388-6496
www.mssociety.ca
- Muscular Dystrophy Canada**.....1-800-567-2873
www.muscle.ca
- Okanagan Inclusion**.....236-422-0055
Supports adults with developmental disabilities to participate meaningfully in all aspects of community life.
- One Sky Community Resources**.....250-492-5814
Seniors Wellness (*formerly South Okanagan Seniors Wellness Society*)250-487-7455
<https://oneskycommunity.com/seniors-services>
- Options Sex Sense Support Line**.....1-800-739-7367
www.optionsforsexualhealth.org

HEALTH

Penticton & District Hospice Society.....250-492-9071

www.pentictonhospice.com

Moog & Friends Hospice 1701 Government St

Penticton & District Society for Community Living (PDSCL)

www.pdscl.org.....250-493-0312

Positive Living Society of British Columbia

<https://positivelivingbc.org/>.....1-604-893-2200

Self-Management BC.....1-866-902-3767

Free health programs for BC Adults

www.selfmanagementbc.ca

South Okanagan Loss Society.....250-488-1320

Grief support and education in the South Okanagan

www.solspenticon.com

South Okanagan Similkameen Mental Wellness Society

118-246 Martin street.....250-493-7338

Mon to Fri 10am—2pm

SPARC BC (*disability parking permits*)

www.sparc.bc.ca/parking-permits/.....1-888-718-7794

South Okanagan Similkameen Brain Injury Society (SOSBIS)

Homeless Partnering Program (Outreach)

996 Main St.....250-490-0613

Housing list available for pick up on Mondays.

*Due to the large volume of people needing assistance,
they are seeing people by appointment only.*

FREE or LOW COST COUNSELLING

Adler Centre.....604-742-1818

Low cost counselling services remotely across BC.
Sliding Scale rate with Intern Counsellors.

BC Responsible and Problem Gambling Program.....1-888-795-6111

24/7 Free, confidential, multilingual services are available to British Columbians struggling with their own or family member's gambling.

BC Youth Chat.....1-800-784-2433

Crisis Intervention & Suicide Prevention Online Chat
Noon to 1am daily <http://youthinbc.com/>

Black Youth Helpline.....1-833-294-8650

Care to Speak: Peer Support for B.C. Healthcare Workers

.....1-866-802-7337 (PEER) or online

careforcaregivers.ca/caretospeak/

Monday to Friday 9am to 9pm

If you are experiencing tough times or challenges with your mental health. Peer volunteers have healthcare experience within the continuing care sector. They are trained to provide virtual support and can refer you to additional resources.

Credit Counselling Society.....1-888-527-8999

Free credit counselling, low cost debt management solutions, and financial education.

<http://nomoredebts.org>

Desert Sun Counselling and Resource Centre

Oliver.....250-498-2538

Osoyoos.....250-495-6925

All programs are free of charge; self-referrals accepted.

Desert Solace Counselling and Recovery.....250-689-6927

www.desertsolacecounselling.ca

Counselling on a sliding scale rate with a 30-minute consultation. Focus is addictions, relationship issues & life transitions.

Foundry Penticton.....1-833-308-6379

Access province-wide virtual services with counselling, peer support, family support, groups and workshops for young people 12 to 24 and their caregivers.

Hope for Wellness (*Indigenous Helpline / Online Chat*)

www.hopeforwellness.ca.....1-855-242-3310

Kelty's Key Online Therapy.....www.keltyskey.com

Free, self-directed online therapy.

Kids Help Phone.....1 800 668-6868 or text TALK to 686868

24/7, immediate counselling, support, info and referrals.

Interior Crisis Line.....1-888-353-2273

24/7 Free and confidential emotional support, crisis intervention and/or community resource information.

FREE or LOW COST COUNSELLING

Lower Similkameen Community Services Society

www.lscss.com.....250-299-2352

Confidential counselling services for women. Individual, client-centered support for education, self-awareness, and empowerment.

Maya Counselling.....250-770-3121

Sliding Scale rate available.

Anyone is eligible for a 20-minute free consultation.

Metro Vancouver Indigenous Counselling.....604-256-5850

Individuals with First Nations Status are covered for counselling from qualified mental health providers.

Okanagan Clinical Counselling.....Call or Text 250-718-9291

Sliding Scale rate with Intern Counsellors. Call for rates.

OneSky Community Resources.....250-492-5814

Sliding Scale rate with Intern Counsellors. Call for rates.

<https://oneskycommunity.com/counselling-services>

South Okanagan Counselling.....250-487-9119

Sliding Scale rate with Intern Counsellors. Call for rates.

South Okanagan Loss Society.....250-488-1320

#110 - 535 Main Street.....sols.penticton@gmail.com

Support programs, including individual and group support workshops (facilitated by trained counsellors), as well as access to educational materials for those dealing with loss and life transitions.

South Okanagan Women In Need Society (SOWINS)

.....250-493-4366

SOWINS provides safe, accessible, person-centered support and preventative interventions to individuals who have experienced or are at risk of experiencing violence and abuse.

Call or email peace@sowins.com

VictimLink BC.....1-800-563-0808

24/7 support for victims of family or sexual violence.

Wild Mountain Clinical Counselling.....250-486-1868

Sliding scale as well as pro-bono for those who qualify.

They can direct bill for many insurers/funders.

Call for rates.

MENTAL HEALTH SUPPORTS

Bounce Back Program—CMHA.....1-866-639-0522

Telephone coaching for adults & youth (15+) with mild-moderate depression with or without accompanying anxiety. Family doctor's referral required.

Care for Caregivers: Mental Health Support for Healthcare

www.careforcaregivers.ca/

Free workshops to support employees and quick daily coping tips for healthcare workers. This site provides a range of easy to use resources to support mental health and well-being.

Child and Youth Mental Health

Contact the office to book an intake appointment.

5917 Airport Street, Oliver.....250-485-6001

Serving Okanagan Falls, Oliver, Osoyoos,
Keremeos and Princeton.

3rd Floor - 740 Carmi Avenue, Penticton...250-487-4422

Serving Penticton and Summerland

Here2Help.....1-877-857-3397

www.here2talk.ca

Connects post secondary students with mental health support when they need it. All students currently registered in a B.C. post-secondary institution have access to free, confidential counselling and community referral services, conveniently available 24/7 via app, phone and web.

Mobile Response Team (MRT).....1-888-686-3022

Mental health support for healthcare workers in long-term care facilities and those working on the frontlines of the Overdose Public Health Emergency.

Workplace Mental Health Hub

www.peopleworkingwellbc.ca

Free workshops, webinars and information to help employers and employees in industries hard-hit by the pandemic manage stress and build resiliency.

Mental Health & Substance Use Services310-MHSU

Connection to community-based mental health and substance use services.

Options Sex Sense Support Line.....1-800-739-7367

Self-Management BC.....1-866-902-3767

Free health programs for BC Adults

www.selfmanagementbc.ca

South Okanagan Similkameen Mental Wellness Society

118—246 Martin Street.....250-493-7338

www.sosmws.com/peer-support

Peer Support groups that discuss topics such as fear, anxiety, sleep disorders, anger issues, tips on coping with stress etc. See website for group schedule.

GOVERNMENT & COMMUNITY SERVICES

BC Human Rights Clinic	1-855-685-6222
www.bchrt.bc.ca	
Canada Pension Plan	1-800-277-9914
www.servicecanada.gc.ca/cpp	
Canada Revenue Agency	1-800-959-8281
www.cra-arc.gc.ca	
Citizenship & Immigration Canada	1-888-242-2100
www.cic.gc.ca	
Crime Stoppers South Okanagan Similkameen	
www.sostips.ca.....1-800-222-8477	
Crisis Line Association of BC	250-753-2495
www.crisislines.bc.ca	
Employment & Assistance Appeal Tribunal ..	1-866-557-0035
www.gov.bc.ca/eaat/	
Employment Standards Branch	1-800-663-3316
www.labour.gov.bc.ca/esb	
Enquiry BC	1-800-663-7867
www.gov.bc.ca/contacts	
Foster Parent After Hours Support Line	1-888-495-4440
Information & Privacy Commissioner BC	250-387-5629
Labour Relations Board	1-604-660-1304
www.lrb.vc.ca	
Mental Health Support	
Keremeos.....	250-499-3029
Penticton.....	250-770-3555
Osoyoos.....	250-495-6433

Ministry of Children and Family Development (MCFD)

Oliver.....250-485-6001
 Penticton.....250-770-2200
 Princeton / Summerland / After Hours Emergency
1-800-663-9122

Ministry of Social Development & Poverty Reduction

Income assistance (welfare) & disability
 254 Haynes St Penticton
 www.gov.bc.ca.....1-866-866-0800
After hours emergency.....1-866-660-3194

MSDPR Advocate for Service Quality.....1-800-663-7867

(for developmental disabilities)
 www.hsd.gov.bc.ca/advocate

National Centre for Truth and Reconciliation

www.nctr.ca.....1-855-415-4534

Okanagan College.....250-492-4305**Ombudsperson of BC**.....1-800-567-3247

www.bcombudsperson.ca

Parks & Recreation

OK Falls.....250-497-8188
 Oliver.....250-498-4985
 Osoyoos.....250-495-6562
 Penticton.....250-490-2426
 Princeton.....250-295-7222

Pharmacare BC.....1-800-663-7100

www.health.gov.bc.ca/pharmacare

PUBLIC

Privacy Commissioner for BC.....1-800-663-7867

www.oipc.bc.ca

Public Guardian and Trustee of BC1-800-663-7867

www.trustee.bc.ca

Regional District of Okanagan/Similkameen

www.rdos.bc.ca.....1-877-610-3737

Residential Tenancy Branch.....1-800-665-8779

Seniors Wellness (*formerly South Okanagan Seniors Wellness*)

.....250-487-7455

Seniors Centres

Keremeos.....250-499-2977

OK Falls250-497-8199

Oliver.....250-498-6142

Osoyoos250-495-6921

Penticton.....250-493-2111

Princeton.....250-295-7515

Summerland.....250-494-9377

South Okanagan Immigrant and Community Services (SOICS)

340 Ellis Street.....250-492-6299

South Okanagan Similkameen Volunteer Centre

www.volunteercentre.info.....1-778-476-5661

Tenancy Resource and Advisory Centre.....1-800-665-1185

www.tenants.bc.ca

Veterans Affairs.....1-866-522-2122

www.veterans.gc.ca

LGBTQA2+

- OPT Options for Sexual Health**.....1-800-739-7367
STI Testing etc. Call for appointment
www.optionsforsexualhealth.org
- Trans Lifeline (Transgender crisis line)**.....1-877-330-6366
- PFLAG Canada**.....1-888-530-6777
www.pflagcanada.ca
- QMUNITY**.....604-684-5307
www.qmunity.ca
- RADAR Youth (Ages 12-24)**778-646-2292
At the Foundry Penticton (101-501 Main St)
- South Okanagan Similkameen Pride**.....www.sospride.ca
- TransParent Okanagan**.....www.transparentokanagan.ca

MEN

- Desert Sun Counselling & Resource Centre**
www.desertsuncounselling.ca.....250-498-2538
- Discovery House (Residential Recovery Facility)**....250-490-3076
www.discoveryhouserecovery.com
- Men's Health Initiative (HIM)**..... 778-753-5830 (Ext.101)
www.menshealthinbc.com
- OPT Options for Sexual Health**.....1-800-739-7367
STI Testing etc. Call for appointment

WOMEN

- Adoptive Families Association of BC**.....1-877-236-7807
www.bcadoption.com
- Beginnings Pregnancy Support Program**.....250-809-7822
- Comprehensive Abortion & Reproductive Education (CARE)**
www.bcwomens.ca.....1-888-875-3163
- Desert Sun Counselling & Resource Centre**
www.desertsuncounselling.ca.....250-498-2538
- Kelowna Women's Shelter**.....250-763-1040
www.kelownawomensshelter.ca
- Princeton Safe Homes Program**250-295-8211
www.princeton.ca
- Now Canada AG Safe Centre (Kelowna)**.....250-763-2262
- Okanagan Nation Transition Emergency House (ONTEH)**
.....1-877-493-4909
- Options Women's Services Clinic**1-800-739-7367
www.optionsforsexualhealth.org
- Pregnancy Options Telephone Service**.....1-888-875-3163
www.healthlinkbc.ca
- South Okanagan Safe Home**.....1-877-723-3911
www.desertsuncounselling.ca
- Victim Link**.....1-800-563-0808
www.victimlinkbc.ca

South Okanagan Women in Need Society (SOWINS)

www.sowins.com.....250-493-4366

PEACE Program.....ext. 102

Intake, Outreach and Advocacy.....ext. 103

Transition House 24/7..... 250-493-7233

1-800-814-2033

Mobile Outreach Van.....250-809-7054

CHILDREN & YOUTH

Ala-Teen1-888-425-2666

www.al-anon.alateen.org

BGC Okanagan (formerly Boys and Girls Club).....www.bgco.ca

Oliver.....250-498-8844

Osoyoos.....250-485-2752

Penticton.....250-493-0512

Summerland.....250-404-0440

Big Brothers Big Sisters of the Okanagan.....1-800-404-4483

www.bigs.bc.ca

BC Youth Chat.....1-800-784-2433

Crisis Intervention & Suicide Prevention Online Chat

Noon– 1 AM daily

http://youthinbc.com/

Child & Youth Mental Health Services.....250-487-4422

(Penticton)

CHILDREN & YOUTH

- Children Who Witness Abuse (LSCSS)**.....250-499-2352
(Keremeos)
- Children Who Witness Abuse (Desert Sun)**.....250-498-2538
(Oliver)
- Children Who Witness Abuse (SOWINS)**.....250-493-4366
(Penticton)
- Federation of BC Youth in Care Network**.....1-800-565-8055
<http://fbcycn.ca>
- Helpline for Children**310-1234
- Kids Help Phone (Canada Wide)**.....1-800-668-6868
www.kidshelpphone.ca
- Ministry of Children and Family Development (MCFD)**
Oliver.....250-485-6001
Penticton.....250-770-2200
Princeton & Summerland.....1-800-663-9122
- MCFD after hours emergency**.....1-800-663-9122
- OS Neurological Society Child Development Centre (OSNS)**
www.osns.org.....1-866-492-0295
- South Okanagan Mama's for Mama's**.....
Email: penticton@mamasformamas.org
- Representative for Children and Youth**.....1-800-476-3933
- Youth Space**.....TEXT 778-783-0177
www.youthspace.ca (Available to text or chat online)
Free online crisis & emotional support for youth under 30.
6pm—MIDNIGHT daily

ADVOCACY & LEGAL INFORMATION

- Access Pro-Bono BC**.....1-877-762-6664
Wills and Estates Line.....604-424-9600
- Access Centre - Legal Advocacy**.....250-493-6822
www.accesscentre.org
- Better Business Bureau**.....1-888-803-1222
www.bbbvan.org
- BC Civil Liberties Association**.....<http://bccla.org>
- BC Civil Resolution Tribunal**.....1-844-322-2292
<https://civilresolutionbc.ca/>
- BC Human Rights Clinic**.....1-855-685-6222
www.bchrc.net
- BC Public Interest Advocacy Centre**.....604-687-3063
www.bcpiac.com
- Canadian Anti-Fraud Centre**.....1-888-495-8501
www.antifraudcentre-centreantifraude.ca
- CMHA Mental Health Advocate**.....778-476-5411
- Centre Culturel Francophone de L'Okanagan**
www.leccfo.or.....250-860-4074
- Clicklaw**www.clicklaw.bc.ca
- Community Legal Assistance Society (CLAS)**
www.clasbc.net.....1-888-685-6222
- Community Living BC** (*for people with disabilities*)
www.communitylivingbc.ca.....250-487-4436
- Consumer Protection BC**.....1-888-564-9963
www.consumerprotectionbc.ca

ADVOCACY

- Credit Counselling Society**1-888-527-8999
www.nomoredebts.org
- Dial-A-Law (Lawyer referral)**.....1-888-687-3404
- Family Duty Counsel (Penticton Court House)**.....250-493-7164
- Family Justice Counsellor**.....1-800 663-7867
- Family Maintenance**.....1-866-557-2427
www.bcfma.ca
- Homelessness Services Association of BC**.....www.hsa-bc.ca
- John Howard Society of Central and South Okanagan**
www.johnhowardbc.ca/okanagan-kootenay/
.....250-763-1331
- Lawyer Referral Service (Canadian Bar Association)**
www.cbabc.org.....1-888-687-3404
- Legal Aid (Penticton)**.....1-866-577-2525
www.legalaid.bc.ca/
- People's Law School**604-331-5400
www.peopleslawschool.ca
- PFLAG Canada**1-888-530-6777
www.pflagcanada.ca
- PovNet**.....www.povnet.org

“One of the most crucial kinds of intervention is in advocacy. We can think about charities in the context of delivering services, and indeed that is part of their job, but advocacy is also getting governments to step up to the plate. They can also give more voice to those who don't have one.”

-Nicholas Kristof

OTHER NON-PROFITS & CHARITIES

- BC SPCA**.....250-493-0136
Animal Helpline.....1-855-622-7722
www.sPCA.bc.ca 2200 Dartmouth Drive, Penticton
- Community Foundation of South Okanagan Similkameen**
www.cfso.net.....250-493-9311
- Critter Aid**.....250-494-5057
www.critteraid.org
- Downtown Penticton Association**
www.downtownpenticton.org.....250-493-8540
- Habitat for Humanity**.....778-755-4346
www.habitatforhumanityokanagan.ca
- Mamas for Mamas Okanagan (Kelowna)**.....877-535-2432
- Okanagan Foster Parent Association**.....1-888-495-4440
www.okfosterparents.ca
- Okanagan Humane Society**.....250 448-8554
www.okanaganhumanesociety.com/pet-assistance/
Provides support for pets belonging to people facing financial barriers to ensure the most basic medical procedures and veterinary care when necessary.
- United Way of Central & South Okanagan Similkameen**
www.unitedwaycso.com.....250-860-2356

OTHER ETHNICITIES and CULTURAL RESOURCES

BIPOC Foundation.....www.bipocfoundation.org

Black Youth Helpline.....1-833-294-8650
Available Daily from 9am—10pm

Canadian Anti-Racism Networkwww.stopracism.ca

Learning for Justice.....www.learningforjustice.org

South Okanagan Immigrant and Community Service (SOICS)

English Language Training

Settlement Services

Employment Services

Community Connections

Life Skills Workshops

Local Immigration Partnership

340 Ellis Street.....250-492-6299

Support Network for Indigenous Women and Women of Colour (SNIWWOC).....250-277-2545

Canadian non-profit organization committed to the empowerment of women. Their mandate is to work against barriers that limit women and girl's access to healthcare and full reproductive choice using food, art, and education.

Talk4Healing.....1-855-554-HEAL
www.Talk4Healing.com



**Penticton
& Area
Access
Centre**

250-493-6822
www.accesscentre.org
#209 - 304 Martin St.
Penticton, B.C.

Hours of operation:

Mon to Thurs 10am—4pm (Closed 12pm—1pm)
Friday 10am—2pm (Closed 12pm –1pm)
(1st Thurs Morning of every month for Staff Training)

ASK ABOUT OUR DROP-IN DAYS/TIMES

- Income Tax Clinic** 250-493-6822
- Legal Advocacy** Ext. 203 & 208
- Family Law** Ext. 204 & 206
- Community Advocacy** (*Inc. Resource & Referral & Disability Advocacy*) Ext. 207 & 209
- Oliver/Osoyoos/Keremeos** Ext. 201 & 202
- Summerland Outreach**..... 778-516-0015

We are the Penticton & Area Access Society (aka ACCESS), a registered non-profit organization dedicated to advocacy, resource and referral programs and outreach programs.

Our mission is to use action, awareness, advocacy, and equitable practice to help people navigate social systems.

INDIGENOUS RESOURCES

- En'owkin Centre**.....250-493-7181
- Federation of Aboriginal Foster Parents**1-866-291-7091
- First Nations Court**1-877-601-6066
- First Nations Health Authority**.....1-866-913-0033
www.fnha.ca
- FNHA Residential Schools Resolution Health Support Program**
1-877-477-0775
- First Nations Health Benefits**.....1-855-550-5454
 Access to mental wellness and counselling services.
- Footprints Centre (Employment Services)**.....250-492-5289
- Hope for Wellness (Indigenous Helpline/Online Chat)**
www.hopeforwellness.ca.....1-855-242-3310
- Indian Bands**
- Osoyoos.....250-498-3444
 - Penticton250-493-0048
 - Lower Similkameen.....250-499-5528
 - Upper Similkameen.....250-292-8733
- Indian Residential School Survivor Society**...1-800-721-0066
- KUU-US Crisis Line Society**.....1-800-588-8717
- Little Paws Children's Centre**250-492-2324
- Métis Crisis Line**.....1-833-MÉTISBC (638-4722)

INDIGENOUS

- National Centre for Truth and Reconciliation**
www.nctr.ca.....1-855-415-4534
- National Hope for Wellness Help Line**.....1-855-242-3310
Visit www.hopeforwellness.ca for an online chat
- Native Youth Crisis Hotline**1-877-209-1266
- Native Youth Sexual Health Network**
www.nativeyouthsexualhealth.com
- NK'MIP Resource Centre**.....250-498-6935
1165 SenPokChin Blvd, Oliver
- Okanagan Nation Emergency Transition House (ONETH)**
www.thehealingjourney.ca.....1-877-493-4909
- OKIB Mental Wellness Intake Referral Line**.....250 241 4741
mhwhotline@okanagan.org
- Ooknakane Friendship Centre**250-490-3504
- Outma Sqilx'w Cultural School**250-493-2421
- Residential School Crisis Line**.....1-866-925-4419
- South Okanagan Similkameen Métis Association**
.....250-460-2086
- Snxastwilxtn Health Centre**.....250-493-7799
198 Outma Sqilx'w Pl, Penticton
- UBC Indigenous Community Legal Clinic**.....1-888-684-7874

COMMUNITY - KEREMEOS

Access Centre (<i>Outreach</i>)	250-493-6822
Alcoholics Anonymous	1-800-228-5118
Food Bank (<i>Penticton Salvation Army</i>)	250-492-4788
Health Centre	250-499-3000
Keremeos Municipal Hall	250-499-2711
Keremeos Seniors Centre	250-499-2977
Lower Similkameen Community Services Society	250-499-2352
Lower Similkameen Indian Band	250-499-5528
MLA Roly Russell	1-855-498-5122
Email: roly.russell.MLA@leg.bc.ca	
MP Dan Albas	1-800-655-8711
Mental Health and Substance Use	250-499-3029
700 3rd Street, Keremeos	
Monday - Friday 8AM - 3:30PM	
Okanagan Inclusion	250-499-2388
Keremeos Community Options	
427—7th Avenue, Keremeos	
Supports adults with developmental disabilities to participate meaningfully in all aspects of community life.	
RCMP Detachment	250-499-5511

Lower Similkameen Community Services Society (LSCSS)

www.lscss.com.....250-499-2352

Volunteer Drivers (medical appointments)

Community Action Program for Children

Family Support Program

Adult Mental Health

Stopping the Violence Women’s Counselling

Children Who Witness Abuse Counselling

Child & Youth Mental Health Clinical Services

Similkameen Family Literacy

English Language Training (ESL)

Victim/Witness Services

Legal Aid

Meals on Wheels

Similkameen Rec Centre 250-499-2400

You Learn 250-499-0040

“A true community is not just about being geographically close to someone or part of the same social web network. It’s about feeling connected and responsible for what happens. Humanity is our ultimate community, and everyone plays a crucial role.” - Yehuda Berg

COMMUNITY - OLIVER

- Access Centre (*Outreach*)**.....250-493-6822
- Children Who Witness Abuse (*Desert Sun*)**.....250-498-2538
- Food Bank**.....250-535-0566
6047 Station Street
Every Wed 9am—11am (except Cheque issue day)
- Health Centre**.....250-498-5080
- Hospital (*South Okanagan General Hospital*)**.....250-498-5000
- MLA Roly Russell**.....250-498-5122
Email: roly.russell.MLA@leg.bc.ca
- MP Richard Cannings**.....250-770-4480
Email: richard.cannings@parl.gc.ca
- Ministry of Children and Family Development (*MCFD*)**
.....250-485-6001
- BCGO (*Formerly Boys and Girls Club*)**.....250-498-8844
- Oliver Municipal Hall**.....250-485-6200
- Oliver Senior Centre Society**.....250-498-6142
- Oliver Parks & Recreation**.....250-498-4985
- Oliver Women's Institute**.....250-498-4705

RCMP Detachment.....250-498-3422
RCMP Victim Services.....250-495-4704
Service BC.....250-498-3818
583 Fairview Road, Oliver
South Okanagan Hospital Thrift Store.....250-498-3936
Work BC Employment Services.....1-833-313-1026
You Learn.....250-498-4597

Desert Sun Counselling & Resource Centre

762 Fairview Road, Oliver.....250-498-2538
8701 Main Street, Osoyoos.....250-495-6925

www.desertsuncounselling.ca

- Better at Home*
- Computer Tutor for Seniors*
- Safe Home Project*
- Counselling for Women, Children, Youth, and Men*
- Mother Goose Group*
- Parent Connection*
- Community Kitchen/Garden*

COMMUNITY - OSOYOOS

Sonora Centre

8505 68 Avenue, Osoyoos.....250-495-6562

Winter Hours (Sept to June)

Mon—Fri 8:30am—9pm / Saturday 9am—4pm

Summer (July to Aug)

Mon—Fri 8:30am—8pm / Saturday 9am—4pm

Weight Room

Library

Gymnasium

Recreation Programs / Low Cost Drop-In activities

Birthday Parties / Facility bookings / Hall rentals

Access Centre (*Outreach*).....250-493-6822

Alcoholics Anonymous.....1-800-228-5118

BCGO (*Formerly Boys and Girls Club*).....250-485-2752

Desert Sun Counseling & Resource Centre.....250-495-6925

Desert Valley Hospice Society.....250-495-1590

Food Bank (*Baptist Church*).....250-495-6581

6210 97th Street 2nd Thurs of month (5:30pm—7pm)

(By Appointment only)

Osoyoos

Health Centre	250-495-6433
4816 89th Street	
Monday - Friday (8:30AM - 4PM)	
Mental Health and Substance Use	250-495-6433
4816 89th Street, Osoyoos	
Monday - Friday (10AM - 4PM)	
MLA Roly Russell	1-855-498-5122
MP Richard Cannings	1-800-770-4480
Nk'Mip Desert Cultural Centre	1-888-495-8555
1000 Rancher Creek Road	
Osoyoos Indian Band	250-498-3444
Osoyoos Municipal Hall	250-495-6515
Osoyoos Senior Centre Association	250-495-6921
RCMP Detachment	250-495-7236
RCMP Victim Services	250-495-4704
Work BC Employment Services	250-495-7731
You Learn	250-495-5165

COMMUNITY - PRINCETON

Alcohol & Drug Programs	250-499-3049
Health Centre	250-295-4442
Hospital (<i>Princeton General Hospital</i>)	250-295-3233
Lower Similkameen Community Support Services	
Child/Youth Mental Health Support.....	250-485-6001
(Vermillion Forks Metis Association #105 – Hwy 3 E)	
Tues/Thurs 1pm—3:30pm ; Wed 9am—11am	
Meals on Wheels & Home Support	250-295-6696
MLA Roly Russell	1-855-498-5122
MP Dan Albas	1-800-665-8711
Ministry of Children and Family Development (<i>MCFD</i>)	
.....	250-295-7585
Princeton Municipal Hall	250-295-3135
Princeton & District Community Services Society	
.....	250-295-6666
Princeton & District Community Skills Centre ..	250-295-4051
www.princetoncsc.com	
Princeton Family Services Society	250-295-3126
Princeton Home Support	250-295-6696
Princeton Recreation and Events	250-295-7222

PRINCETON

Princeton Safe Homes Program	250-295-8211
RCMP Detachment	250-295-6911
RCMP Victim Services	250-295-7901
Seniors Centre	250-295-7515
Service BC	250-295-4600
Upper Similkameen Indian Band	250-292-8733
Work BC Employment Services	250-770-5627

Princeton & District Community Skills Centre

250-295-4051

www.princetoncsc.com

Offers training and skills development opportunities to learners in the Town of Princeton and rural areas including Hedley.

Facility Rentals

Office Services

Community Skills Training Programs

Distance Education

COMMUNITY - PENTICTON

Access Centre	250-493-6822
Alcoholics Anonymous	1-800-228-5118
Ask Wellness	250-487-9339
www.askwellness.ca	
BC Housing	250-493-0301
Beginnings Pregnancy Support Program	250-492-4901
Big Brothers Big Sisters of the Okanagan	250-765-2661
Burdock House	236-422-1601
BGCO (Formerly Okanagan Boys and Girls Club)	250-493-0512
Canadian Mental Health Association	250-493-8999
ClubHouse#102—1873 Main Street....	250-493-6327
Canadian Red Cross Society	250-493-7533
The Care Closet	250-493-8115
Child & Youth Mental Health Services	250-487-4422
Children Who Witness Abuse (SOWINS)	250-493-4366
Community Futures Okanagan Similkameen	250-493-2566
Community Response Network (CRN)	250-770-3404
Compass House	250-422-2449
Creative Mobility Penticton	250-492-4435

PENTICTON

Discovery House Penticton	250-490-3076
Downtown Penticton Association	250-493-8540
En'owkin Centre Penticton	250-493-7181
Family Duty Counsel (<i>Penticton Court House</i>).....	250-448-4289
Family Justice Counsellor	1-888-201-0045
Fairhaven	250-488-2031
Family Maintenance Enforcement Program	
Office: 1-800-663-3933	
Information Line: 1-800-668-3637	
Food Bank (<i>Penticton Salvation Army</i>).....	250-492-4788
Handy Dart	1-800-442-2212
Health Centre	250-770-3434
Hospital (<i>Penticton Regional Hospital</i>)	250-492-4000
Hostels International	250-492-3992
Legal Aid	250-493-7164
Life Line	250-770-3531
Martin Street Primary & Urgent Care Centre ...	250-770-3696
MLA Dan Ashton	250-487-4400
MP Richard Cannings	250-770-4480
email: Richard.cannings@parl.gc.ca	

PENTICTON

- Meals on Wheels**.....250-492-9095
- Mental Health and Substance Use** (*Penticton*)....250-770-3555
740 Carmi Avenue Monday - Friday 8AM - 4PM
- Mental Health and Substance Use** (*Downtown Penticton*)
#117—437 Martin Street.....250-770-3697
Monday - Friday 8AM - 4PM
- Ministry of Children and Family Development (MCFD)**
.....250-770-2200
- Multiple Sclerosis Society**.....250-388-6496
- Okanagan College**.....250-492-4305
- Okanagan Inclusion**.....236-422-0055
527 Ellis Street
Supports adults with developmental disabilities to
participate meaningfully in all aspects of community life.
- Okanagan Nation Transition Emergency House (ONTEH)**
.....250-493-4902
- One Sky Community Resources**.....250-492-5814
330 Ellis Street Mon to Fri 8:30am—4:30pm
- OS Neurological Society Child Development Centre (OSNS)**
.....250-492-0295
- Ooknakane Friendship Centre**.....250-490-3504
- Penticton & Area Access Society**.....250-493-6822
- Penticton City Hall**.....250-490-2400

PENTICTON

Penticton & District Hospice Society	250-492-9071
Penticton Fire Department	250-490-2300
Penticton & Area Co-operative Enterprises (PACE) <i>105 Martin Street (Entrance via Estabrook Ave)</i>	250-276-4163
Collects and sorts e-waste to help reduce waste going to the landfill and ensure responsible electronic recycling.	
Penticton & District Society for Community Living (PDSCL)	250-493-0312
Penticton Indian Band	250-493-0048
Penticton Parks & Rec. (Community Centre)	250-490-2426
325 Power Street www.penticton.ca/parks-recreation	
Penticton Public Library	250-770-7781
Penticton RCMP	250-492-4300
Penticton Secondary Learning Centre	250-770-7750
Penticton Senior's Drop-In Centre Society	250-493-2111
Penticton Transit	250-492-5602
PFLAG Canada	1-888-530-6777
RCMP Victim Services	250-770-4713
Salvation Army Thrift Store	250-492-3946

PENTICTON

Seniors Wellness @ One Sky (*Formerly South Okanagan Seniors Wellness Society*).....250-487-7455

Service BC250-487-4200
40 Calgary Avenue Mon to Fri 9am—4:30pm

Service Canada - General.....250-492-3848
101—386 Ellis Street Mon to Fri 8:30am to 4pm

Society of St. Vincent de Paul (*Food Hampers*)....250-492-2082

Souperia (*Free daily lunch 11:30am-12:30pm*)
150 Orchard (Corner of Martin).....250-492-2415

South Okanagan Immigrant and Community Services (SOICS)
340 Ellis Street.....250-492-6299
Mon—Fri 9am—5pm

South Okanagan Similkameen Brain Injury Society (SOSBIS)
#2 – 996 Main Street.....250-490-0613
Mon to Fri 9:30am—3:30pm

South Okanagan Similkameen Mental Wellness Society
(*Formerly BC Schizophrenia Society*).....250-493-7338
Mon to Fri 10am—2pm

South Okanagan Women in Need Society (SOWINS)
#102—1027 Westminster Avenue, West....250-493-4366
Mon to Fri 9am—4:30pm

SOWINS Transition House.....1-800-814-2033
SPCA.....250-493-0136
Work BC Employment Services.....1-833-313-0547
YMCA Jumpstart (Penticton).....250-770-7873

“Anyone who has ever struggled with poverty knows how extremely expensive it is to be poor.” -James A. Baldwin

Walk – In Clinics

(Hours may change based on Doctor availability)

Community Walk-in (Formerly Apple Plaza).....250-493-5228
 #162—1848 Main Street, Penticton
 Mon—Fri 9am—4pm / Weekends 10am—4pm

Peach City Medical Walk-in Clinic.....250-276-5050
 #166—2111 Main Street, Penticton
 Mon, Wed, Fri 8am—5pm (Closed 12-1pm)
 Tues & Thurs 8am—4pm (Closed 12-1pm)
 CLOSED Weekends

Martin Street Urgent Care and Primary Care....250-770-3696
 #101—437 Martin St, Penticton
 Mon—Fri 5pm—8pm / Weekends & Stats 12pm—6pm

COMMUNITY - SUMMERLAND

Summerland Food Bank and Resource Centre

778-516-0015

www.summerlandfoodbank.org

Summerland United Church

13204 Henry Avenue

Summerland, BC

Monday—Friday

9:00 am - 12:30 PM & 1:00 PM - 4:00 PM

(Call about drop-in hours)

Information and referral service for people in need in Summerland. They provide information, assistance and direct aid to people who are experiencing difficulty in their lives and need a helping hand or who want to find out what social services may be available to help them.

Please drop in to view our facilities, meet with their knowledgeable staff and volunteers or simply to chat.

Access Centre.....1-250-493-6822

Community Response Network (CRN).....250-492-7592

Food Bank (Resource Centre)778-516-0015

Health Centre.....250-404-8000

SUMMERLAND

Food Bank (<i>Resource Centre</i>)	778-516-0015
Health Centre	250-404-8000
MLA Dan Ashton	1-250-487-4400
MP Dan Albas	1-800-665-8711
Ministry of Children and Family Development (<i>MCFD</i>)	250-404-3000
Neighbourlink	250-404-4673
BCGO (<i>Formerly Okanagan Boys and Girls Club</i>)	250-404-0440
RCMP Detachment	250-494-7416
Summerland Senior Citizens Drop-In Centre	250-494-9377
Summerland Municipal Hall	250-494-6451
Summerland Community Learning	250-770-7660
Summerland Auxiliary Thrift Store	250-494-9102
Work BC Employment Services	1-833-313-1112

OKANAGAN

- Arc Programs**.....250-763-2977
- BC Rent Bank**.....250-374-2119
apply.bcrentbank.ca/apply
- Centre Culturel Francophone de L'Okanagan**.....250-860-4074
- Community Foundation of the South Okanagan/Similkameen**
.....250-493-9311
- John Howard Society of Central and South Okanagan**
.....250-763-1331
- Kelowna Community Resources**.....1-888-353-2273
- Ki-Low-Na Friendship Society**.....250-763-4905
- Living Positive Resource Centre Okanagan**.....778-753-5830
- Now Canada (New Opportunities for Women)**.....250-763-3876
2970 Tutt Street, Kelowna www.nowcanada.ca
*Programs and services for women and youth who have
experienced addictions, abuse, sexual exploitation and
mental health challenges.*
- Okanagan Advocacy & Resource Society (Kelowna)**
.....778-475-0808
- Okanagan Foster Parent Association**.....1-888-495-4440
- Options Women's Services Clinic**.....1-250-868-7700
- Project Literacy**.....250-762-2163
- Regional District of Okanagan/Similkameen**.1-877-610-3737
- South Okanagan Safe Home**.....250-498-2538

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 833-314-1043
 centre-princeton@workbc.ca



WorkBC Centre Oliver
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 833-313-1026
 centre-oliver@workbc.ca



WorkBC Centre Penticton
 174—1848 Main Street
 833-313-0547
 centre-penticton@workbc.ca



WorkBC Centre Summerland
 13204 Henry Ave.
 833-313-1112
 centre-summerland@workbc.ca



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BCG Okanagan (Formerly Okanagan Boys and Girls Club)

Programming includes daycare, pre-school, before & after-school programs, life-skills, arts and recreation, providing meals and family support programs.

www.bgco.ca

- Oliver/Osoyoos.....250-498-8844
- Summerland.....250-404-0440
- Penticton.....250-493-0512
- Integrated Family Development.....250-492-5814

PROVINCIAL

Aboriginal Housing Management Association	
.....	1-888-921-2462
Access Pro-Bono BC	1-877-762-6664
<i>Wills and Estates Line</i>	604-424-9600
ALS Society of B.C.	1-800-708-3228
Alzheimer Society of B.C Resource Centre	1-888-318-1122
BC Civil Liberties Association	1-866-731-7507
BC Coalition of People with Disabilities	1-800-663-1278
BC Epilepsy Society	1-604-875-6704
BC Human Rights Tribunal	1-855-685-6222
BC Medical Services Plan (MSP)	1-800-663-7100
BC Public Interest Advocacy Centre BC	1-604-687-3063
BC Seniors Services Society	1-604-520-6621
Comprehensive Abortion & Reproductive Education (CARE)	
.....	1-888-875-3163
Cerebral Palsy Association of B.C.	1-800-663-0004
Clicklaw BC	www.clicklaw.bc.ca
Community Legal Assistance Society (CLAS) .	1-888-685-6222

Provincial

Crisis Line Association of BC.....1-250-753-2495

Dial-A-Law (*Lawyer Referral*).....1-800-663-1919

Employment & Assistance Appeal Tribunal...1-877-557-0035

Employment Standards Branch.....1-800-663-3316

Enquiry BC.....1-800-663-7867

Family Maintenance Enforcement Program
.....1-800-663-3933

Family Support Institute of BC.....1-800-441-5403

Federation of Aboriginal Foster Parents.....1-866-291-7091

Federation of BC Youth in Care Network.....1-800-565-8055

Food Banks BC.....1-855-498-1798

Foster Parent After Hours Support Line.....1-888-495-4442

Homelessness Services Association of BC.....1-604-722-5891
www.hsa-bc.ca

Kidney Foundation of Canada.....1-800-567-8112

Labour Relations Board.....1-604-660-1304

PROVINCIAL

Lawyer Referral Service (<i>Canadian Bar Association BC</i>)	1-800-663-1919
Legal Services Society (<i>LSS</i>).....	1-866-577-2525
Medical Services Plan (<i>Health Insurance BC</i>)	1-800-663-7100
MCFD after hours emergency	1-800-663-9122
Ministry of Social Development & Poverty Reduction (<i>MSDPR</i>)	1-866-866-0800
MSDPR after hours emergency	1-866-660-3194
MSDPR Advocate for Service Quality (<i>for developmental disabilities</i>)	1-800-663-7867
Mosaic (<i>Immigration and Refugees</i>)	1-604-254-9626
Ombudsperson of BC	1-800-567-3247
Options Sex Sense Support Line	1-800-739-7367
People's Law School	1-604-331-5400
Pharmacare BC	1-800-663-7100
Positive Living Society of BC	1-800-994-2437

Provincial

Privacy Commissioner for BC	1-800-663-7867
Consumer Protection BC	1-888-564-9963
Public Guardian and Trustee of BC	1-800-663-7867
RCMP Victim Services Translations	1-800-563-0808
Residential Tenancy Branch	1-800-665-8779
Representative for Children and Youth	1-800-476-3933
Service BC	1-800-663-7867
Sparc BC (disability parking permits)	1-888-718-7794

Members of Legislative Assembly

Roly Russell **1-250-498-5122**

roly.russell.MLA.leg.bc.ca

Keremeos, Oliver, Osoyoos, Princeton

Dan Ashton **1-866-487-4402**

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210—300 Riverside Drive, Penticton

Penticton, Summerland

FEDERAL

Arthritis Society	1-800-321-1433
Canada Pension Plan	1-800-277-9914
Canada Revenue Agency	1-800-959-8281
Canadian Cancer Society	1-800-663-2524
Canadian Diabetes Association	1-888-628-9494
Canadian Hemochromatosis Society	1-877-223-4766
Canadian Human Rights Commission	1-888-214-1090
Canadian STI Association	www.stiresource.com
Canadian National Institute for the Blind	1-800-563-2642
Citizenship & Immigration Canada	1-888-242-2100
Council of Canadians	1-888-566-3888
Credit Counselling Society Canada	1-888-527-8999
Crohn's and Colitis Canada	1-800-387-1479
Cystic Fibrosis Canada	1-800-378-2233
Kids Help Phone (Canada Wide)	1-800-668-6868

Federal

Muscular Dystrophy Canada	1-800-366-8166
Osteoporosis Canada	1-800-463-6842
Privacy Commissioner of Canada	1-800-282-1376
National Centre for Truth and Reconciliation	
www.trc.ca.....	1-855-415-4534
Service Canada - Employment Insurance	1-800-206-7218
Service Canada - OAS, CPP	1-800-277-9914
Service Canada - Passports	1-800-567-6868

Members of Parliament

Dan Albas1-800-665-8711

www.danalbas.com

356B Main Street, West Kelowna

Central Okanagan - Similkameen - Nicola

Richard Cannings1-250-770-4480

Richard.cannings@parl.gc.ca

202—301 Main Street, Penticton

South Okanagan—West Kootenay

NOTES

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FINISHED READING?

Pass it along to someone else who may have use for it!



We are funded through the generous support of:
BC Gaming, Community Foundation of the South Okanagan/Similkameen, Health Sciences Association of BC, The Law Foundation, Legal Aid BC, The City of Penticton, Wildstone Construction and the staff & volunteers at the Penticton & Area Access Centre.



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