
MEDICAL SERVICES & CLINICS

| | |
|--|-----------------------------------|
| Health Link BC | 811 TTY-711 |
| 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 | 250-832-6643 |
| 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 | |
| Mon - Fri 9:00am - 5:00pm | |
| | |
| 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 |

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 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 250-833-4011

Back of Salmar Classic Theatre on Ross Street
Wed 4:30pm - 6:00pm & Fri 1:30pm - 3:00pm

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

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 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 250-836-3440

Shuswap Better at Home-Sicamous

1214 Shuswap Avenue 250-253-2749

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

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**Service Navigation Drop-in** 250-832-8477

433 Hudson Av. (entrance off of 4th street NE)

Mondays 10am-12pm and Fridays 1pm-3pm

LEGAL SUPPORTS**Legal Aid Salmon Arm Court House** 250-545-3666

Tuesdays 8:30am-11:30am

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**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

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



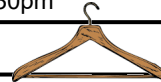
BC Housing 1-800-834-7149
Subsidized Housing listings: www.bchousing.org
CMHA Housing 250-832-8477
Ext 121
CMHA Homeless Outreach 250-804-5867
Drop-in: Library (SA) Tuesdays 1:30pm -3:30pm
CMHA Learning Studio- Wednesdays 2:00pm-4:00pm
Salmon Arm Women's Shelter 250-832-9616
For women fleeing abuse

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 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 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

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

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.