

SALMON ARM RESOURCES AND SERVICES DIRECTORY

For Community Partners and Front-Line Staff



BC ASSOCIATION OF
Community Response Networks
Stopping Adult Abuse and Neglect ...Together.

About This Directory

This directory has been developed to support community partners and front-line staff in accessing and sharing local resources and services in the Salmon Arm area.

It brings together information about a wide range of services available locally, as well as regionally and provincially, to support individuals, families, seniors, and other vulnerable populations.

How to Use This Directory

- Services are organized by category to help you quickly find what you need
- Organizations and programs are listed in alphabetical order within each category
- Each listing includes a description of services, along with contact information where available
- Some services appear in more than one category to improve accessibility
- “See also” references are included to help you locate related supports

Important Note

This is a living document and will continue to be updated as services evolve and new resources become available.

About the Salmon Arm & Area Community Response Network (CRN)

The Salmon Arm & Area Community Response Network (CRN) is a collaborative network of community agencies, service providers, local businesses, government agencies, and Interior Health.

The CRN works together to support adults who are experiencing, or are at risk of experiencing, abuse, neglect, or self-neglect by improving coordination, awareness, and access to services across the community.

Prepared by

Salmon Arm & Area Community Response Network
with support from the SAFE Society and financial assistance from the BC Association of Community Response Networks

Date: March 2026

ANTI-VIOLENCE

SAFE Society

Provides a range of anti-violence services supporting individuals experiencing or at risk of violence, abuse, or neglect. These programs service the Shuswap including Salmon Arm, Sicamous, Sorrento, North and South Shuswap and surrounding area for no cost.

250-832-9616 primary contact (24/7)

250-832-3203 administration inquiries (leave a message - Monday - Friday)

Email: info@safesociety.ca

Website: www.safesociety.ca

Programs

- **Community-Based Victim Services (CBVS)**

Addresses the unique needs of victims of intimate partner violence, sexual violence, and power based crimes. The program supports female, male, gender-diverse, and child/youth victims and/or survivors of relationship violence, child sexual abuse, adult sexual abuse, sexual assault, elder abuse, and criminal harassment (stalking). The program is also able to assist non-offending family members and witnesses in criminal court cases.

Phone: 250-832-0005

Email: cbvs@safesociety.ca

See also: Legal

- **Community Counselling**

Free Community Counselling is available for more generalized depression and anxiety issues and provides a non-judgmental, safe environment for men and women to explore their own experiences and topics like: Healthy Relationships, Childhood Sexual Abuse, and Anger Management.

A Post-Traumatic Stress Disorder group is offered. This psycho-educational group provides information about PTSD and many accompanying issues such as shame and self-blame, coping skills, mindfulness skills, understanding feelings, and more.

Phone: 250-832-9700

Email: stv@safesociety.ca

See also: Mental Health, Substance Use & Wellness

- **Hub 2.0**

HUB 2.0 provides free shopping for women and children, including clothing, footwear, hygiene products, some household items, and food items.

Phone: 250-832-9616

Hours: Monday 3:30 – 5:00 pm and Wednesday 2:00 – 3:30 pm

See also: Clothing & Thrift Stores

- **Police-Based Victim Services (PBVS)**

Supports victims, witnesses, and families affected by crime or sudden trauma, including understanding reporting options, navigating the criminal justice system, full court support and accessing community resources. 24/7 response with the RCMP and appointments for office meetings.

Office: Salmon Arm RCMP detachment - 1980 11 Ave NE, Salmon Arm
Sicamous RCMP detachment - 1125 Paradise Ave, Sicamous

Phone: 250-832-4453

Email: shirley.deglan@rcmp-grc.bc.ca

See also: Legal

- **PEACE Program**

Formerly the Children Who Witness Abuse Program - Specially designed for children and youth between the ages of 3–18 who have experienced violence, the PEACE Program uses art, play, story-telling and multi-media to gently support children and youth.

Phone: 250-832-4474

Email: outreach@safesociety.ca

See also: Babies, Children, Youth & Families

- **Sexual Assault Support Services (SASS)**

Provides specialized supports to adult, youth, and childhood victims/survivors that have experienced sexual assault and/or sexual abuse. Ongoing emotional support for anyone impacted by sexual violence, afterhours crisis accompaniment to police, hospital, and/or Transition House by a knowledgeable support person and information on sexual assault, your reporting options, and resources available

Supportive services are available throughout the Shuswap including communities of Salmon Arm, North/South Shuswap, Sorrento, Sicamous, Malakwa, and Enderby. The program provides support to all gender identities.

Office: 778-489-0508

Email: sass@safesociety.ca

24-7 emergency response: 250-832-9616

- **Stopping the Violence (STV)**

Provides free counselling for women who currently experience or have previously experienced abuse in an intimate adult relationship and/or who were sexually abused as children and/or have experienced sexual assault.

Counsellors have specialized training to provide therapy for symptoms of Post-Traumatic Stress Disorder. Individual and group counselling provides education and information about PTSD as well as strategies for managing symptoms and resolving trauma.

Phone: 250-832-9700

Email: stv@safesociety.ca

See also: Mental Health, Substance Use & Wellness

- **Transition House**

Formerly called the Women's Emergency Shelter, the Transition House provides temporary accommodations and 24 hour support to adult women and their children who are seeking safe shelter from abuse by an intimate partner or other abuser.

The Transition House also provides support, information, and referrals to anyone in the community impacted by violence or abuse 24 hours per day, 365 days per year through telephone, online chat, and in-person. No appointment needed, drop-ins welcome. All services are free, confidential, and non-judgmental.

Phone (24 Hour Crisis & Information Line): 250-832-9616

See also: Housing

- **Women's Outreach**

A free, safe and confidential service for women 18 years and older who have experienced abuse in relationships or who are at risk of violence. Outreach focuses on providing practical assistance and emotional support based on your individual situation and needs. Self-referrals are welcome.

Phone: 250-832-4474

Email: outreach@safesociety.ca

See also: Mental Health, Substance Use & Wellness

Shuswap Family Centre

The Shuswap Family Centre offers a wide range of programs, supports, and referrals for families, children, and individuals. Services focus on strengthening families, supporting child development, and providing accessible community-based supports. Programs include counselling services, parenting supports, early years services, pregnancy outreach, and legal advocacy.

681 Marine Park Drive NE, Salmon Arm

Monday–Thursday 9:00 am – 5:00 pm

Friday 9:00 am – 1:00 pm

250-832-2170

Email: info@familyresource.bc.ca

Website: www.familyresource.bc.ca

Programs

- **Community Legal Advocacy**
- **Community Support Counselling Program**
- **Connect Parent Program**
- **Family Development Program**
- **Launch! Program**
- **Moms for Recovery**
- **Nobody's Perfect Parenting Program**
- **Pregnancy Outreach Program**
- **Private Supervised Visitations**
- **Sexual Abuse Intervention Program**
- **Sustainable Food Programs**
- **Young Parent Support Program**

See also: Babies, Children, Youth & Families, Mental Health, Substance Use & Wellness, Legal

BABIES, CHILDREN, YOUTH & FAMILIES

Child and Youth Mental Health (CYMH) – Ministry of Children & Family Development (MCFD)

Provides free mental health assessment and treatment services for children and youth aged 0–18 and their families which include therapy, intervention, and consultation, and are designed to support those experiencing significant difficulties with thoughts, feelings, and behaviors. The services are voluntary and aim to help families find appropriate mental health programs within their communities.

No doctor's referral needed. Self-referral by attending intake clinic.

Address: 550 Lakeshore Drive NE, Salmon Arm

Phone: 250-832-1719

Office Hours: Monday to Friday, 9:00 a.m. to 4:30 p.m.

Intake Hours: Tuesday: 9:00 a.m.–12:00 p.m. & 1:00–3:00 p.m. and Thursday: 1:00–3:00 p.m.

See also: Mental Health, Substance Use & Wellness

Free Diapers & Wipes – Shuswap Children's Association

Free diapers and wipes available for families in need. Call the office to find dates for diaper bazaars throughout the Shuswap.

Office : 551 Trans-Canada Hwy NE, Salmon Arm

Phone : 250.833.0164 Ext 0

Website: www.shuswapchildrens.ca

PEACE Program – SAFE Society

Formerly the Children Who Witness Abuse Program - Specially designed for children and youth between the ages of 3–18 who have experienced violence, the PEACE Program uses art, play, story-telling and multi-media to gently support children and youth.

Phone: 250-832-4474

Email: outreach@safesociety.ca

See also: Anti-Violence, Mental Health, Substance Use & Wellness

Pregnancy Outreach Program - Shuswap Family Centre

Provides support, education, and resources for pregnant women and new parents.

681 Marine Park Drive NE, Salmon Arm

250-832-2170

Email: info@familyresource.bc.ca

Website: www.familyresource.bc.ca

Shuswap Children's Association

Supporting children, youth and families by providing inclusive programs and services that promote development, well-being and community connection.

Hours: Monday – Friday 9am – 4pm

Address: 551 Trans-Canada Hwy NE, Salmon Arm

Phone: 250.833.0164 Ext 0

Email: info@shuswapchildrens.ca

Website: www.shuswapchildrens.ca

Programs

- **A Pathway to Hope**
- **Child Care Resource & Referral**
- **Early Years Autism Services**
- **Early Years Family Navigator**
- **Family Service Worker**
- **FASD Key Worker Family Support**
- **FLY Youth Programs**
- **Infant Development Program**
- **LGBTQ+ Family Support**
- **MCFD Child and Youth – Support Needs Programs**
- **Free Book Program**
- **Playgroups**
- **Physio and Occupational Therapy**
- **Supported Child Development Program**

See also: Clothing & Thrift stores, Mental Health, Substance Use & Wellness

Shuswap Family Centre

The Shuswap Family Centre offers a wide range of programs, supports, and referrals for families, children, and individuals. Services focus on strengthening families, supporting child development, and providing accessible community-based supports. Programs include counselling services, parenting supports, early years services, pregnancy outreach, and legal advocacy.

Address: 681 Marine Park Drive NE, Salmon Arm

Hours: Monday–Thursday 9:00 am – 5:00 pm, Friday 9:00 am – 1:00 pm

Phone: 250-832-2170

Email: info@familyresource.bc.ca

Website: www.familyresource.bc.ca

Programs:

- Community Legal Advocacy
- Community Support Counselling Program
- Connect Parent Program
- Family Development Program
- Launch! Program
- Moms for Recovery
- Nobody’s Perfect Parenting Program
- Pregnancy Outreach Program
- Private Supervised Visitations
- Sexual Abuse Intervention Program
- Sustainable Food Programs
- Young Parent Support Program

See also: Anti-Violence, Mental Health, Substance Use & Wellness, Legal

Shuswap Immigrant Services Society (SISS)

They support youth with English language learning and help families navigate the school system, including completing forms for school, daycare, and benefits. They also help communicate with teachers and connect youth to age-appropriate extracurricular programs like HIVE and SWIS.

Address: 101 – 371 Hudson Ave. NE

Hours: Mon-Fri 9:00am - 3:00am, and Saturday 10:00am - 2:00pm

Email: info@sissociety.ca

Phone: 250-804-2726

Website: www.sissociety.ca

See also: Employment, Income and Benefits; Other

CLOTHING & THRIFT STORES

Churches Thrift Shop

The Churches Thrift Shop in Salmon Arm, also known as the Churches of Salmon Arm Used Goods Society, is a thrift store offering a wide range of second-hand items, including clothing, books, furniture, and electronics.

Address: 461 Beatty Ave NW, Salmon Arm

Phone: 250-832-8234

Hours: Monday to Saturday 10:00 AM – 4:00 PM

Free Diapers & Wipes (Shuswap Children's Association)

Free Diapers and Wipes – third Wednesday of every month from 12 – 1pm, except July, August and December.

Address: 551 Trans-Canada Hwy NE, Salmon Arm

Phone: 250.833.0164 Ext 0

See also: Babies, Children, Youth & Families

Hudson Thrift Shoppe (CMHA)

Hudson Thrift Shoppe in Salmon Arm is a social enterprise operated by CMHA dedicated to community mental health. It offers a variety of second-hand items, including clothing, shoes, books, and household goods.

Address: 433 Hudson Ave NE, Salmon Arm

Phone: 250-832-8477

Hours: Monday to Friday 10:00 AM – 3:00 PM, Saturday 10:00 AM – 2:00 PM

SAFE Society Hub 2.0

SAFE Society HUB 2.0 provides free shopping for women and children, including clothing, footwear, hygiene products, some household items, and food items. Phone for location.

Phone: 250-832-9616

Hours: Monday 3:30 – 5:00 pm and Wednesday 2:00 – 3:30 pm

See also: Anti-Violence

EMPLOYMENT, INCOME & BENEFITS

Ministry of Social Development and Poverty Reduction (MSDPR)

The Ministry of Social Development and Poverty Reduction provides income, disability, and related supports to help British Columbians meet basic needs and improve social and economic wellbeing.

Community Integration Specialists help people at risk of or experiencing homelessness:

- Access government programs
- Get connected to services and supports, such as cultural, health and community supports
- Work with governments, community partners and agencies
- Provide support during critical transition points, such as leaving a medical or corrections facility

Community Integration Specialists help people access financial support and community resources, including:

- Assistance applying for income and disability assistance
- Funding for urgent needs, such as food or clothing
- Case management
- Housing support referrals
- Health support referrals

Hours: 8:30 am – 4:30 pm Monday to Friday

Address: 580A 16 St NE, Salmon Arm

Phone: Community Integration Services – 1-866-866-0800

Email: SDPR.minister@gov.bc.ca

Salmon Arm Seniors Resource Centre

Seniors Resource Centre connects Seniors and their families to resources and programs supporting independence, connection and wellbeing in Salmon Arm. Programs include Community Volunteer Income Tax Program, Senior Advisor Program, Professional Footcare, Medical Drive Program, weekly social program and meal, Monday Morning Market, and Caregiver Support Group.

Address: 320A 2 Ave NE, Salmon Arm

Hours: Monday – Friday 9:00 am – 3:00 pm

Phone: 250-832-7000

Email: seniorsresourcecentre@gmail.com

Website: www.seniorsresourcecentre.org/

Programs:

- **Community Volunteer Income Tax Program (CVITP)**
Volunteers assist eligible individuals, including seniors, in preparing and filing their income tax returns, ensuring access to benefits and tax credits.
- **Senior Advisor Program**
Volunteers assist eligible individuals, including seniors, in preparing and filing their income tax returns, ensuring access to benefits and tax credits.

See also: Seniors; Food & Meals; Medical & Home Supports; Transportation

Service Canada

Provides access to federal government programs and services, including CPP, OAS, and Employment Insurance (EI).

Phone: 1-800-622-6232

Website: www.canada.ca

Shuswap Association for Community Living (SACL)

The Shuswap Association for Community Living (SACL) supports adults with diverse abilities to obtain and maintain meaningful, competitive employment and housing supports that align with their strengths, interests, and goals. Using a person-centered, strengths-based approach, staff work collaboratively with individuals and community partners to provide customized supports for long-term success.

Address: 681 Marine Park Drive NE, Salmon Arm

Phone: 250-832-3672

Website: www.sacl.ca

Programs:

- **Community Inclusion**
- **Supported Living and Community Based Housing**
- **Home Share**
- **Customized Employment Services**

See also: Housing; Other

Shuswap Immigrant Services Society (SISS)

They help immigrants understand the local labour market, explore career options, and prepare strong resumes, applications, and interview skills to find work. They can also support credential validation, accessing benefits like EI, pursuing training, starting a business, and navigating workplace challenges or disputes.

Address: 101 – 371 Hudson Ave. NE

Hours: Mon-Fri 9:00am - 3:00am, and Saturday 10:00am - 2:00pm

Email: info@sissociety.ca

Phone: 250-804-2726

Website: www.sissociety.ca

See also: Babies, Children, Youth & Families; Other

WorkBC

WorkBC - support you in finding a job and keeping it. Services are available to all unemployed or precariously employed B.C. citizens legally eligible to work in B.C.

If a client is struggling with mental health issues and it is a barrier to employment, they can advise the Employment Consultant who will help fill out a financial needs assessment and once she qualifies, she can choose a counsellor from their list of local clinical counsellors. They will receive up to 10 counselling sessions and they are direct billed to WorkBC. In person and virtual services available.

Address: 101 - 310 Hudson Ave NE, Salmon Arm

Phone: 250-804-4770

Hours: Monday – Wednesday: 8:30 am – 4:30 pm, Thursday: 8:30 am – 6:30 pm and Friday: 8:30 am – 2:30 pm

See also: Mental Health, Substance Use & Wellness

FOOD & MEALS

Crossroads Free Lunch

Free lunch at Crossroads Church.

Address: 121 Shuswap St, Salmon Arm (around back)

Hours: Monday, Tuesday, Thursday, Friday 12:00 pm – 1:00 pm

First Community Weekly Lunch Program

Free Social Meals Lunch Program. Open to anyone over the age of 19. Hot lunch, beverages and desserts, as well as access to local community service providers and free activities

Address: First United, 450 Okanagan Ave, Salmon Arm

Hours: Wednesdays - Doors open: 10:30 am, Lunch served: 11:30 am – 1:00 pm, Social time following

Phone: 250-833-6100

SAFE Society Hub 2.0

Some food and household items, along with clothing and footwear.

Phone: 250-832-9616

Hours: Monday 3:30 – 5:00 pm; Wednesday 2:00 – 3:30 pm

Notes: Call for directions

Salmon Arm Seniors Resource Centre

Seniors Resource Centre connects Seniors and their families to resources and programs supporting independence, connection and wellbeing in Salmon Arm.

Address: 320A 2 Ave NE, Salmon Arm

Hours: Monday – Friday 9:00 am – 3:00 pm

Phone: 250-832-7000

Email: seniorsresourcecentre@gmail.com

Website: www.seniorsresourcecentre.org/

Food Programs:

- **Better Meals**
- **Monday Morning Market**

See also: Seniors; Medical & Home Supports; Transportation; Employment, Income & Benefits

Second Harvest

“Choose your own food” food bank for Salmon Arm residents only.

Address: 360 Alexander Street, Salmon Arm (around back)

Hours: Wednesday 10:00 am – 6:00 pm

Phone: (250) 833-4011

Email: secondharvestshuswap@gmail.com

The Salvation Army

Provides a comprehensive food assistance program designed to support individuals and families facing food insecurity. The program includes:

Food Pantry: Offering a variety of non-perishable food items, fresh produce, and essential groceries. They use a shopping model where households have a number of points available for them to spend in our market space each month. Drop-in 9-12:30pm, Monday to Friday. In the summer, everyone is welcome to harvest at the **Lighthouse Community Food Forest.**

The Salvation Army's **Lighthouse Café** provides a welcoming space for individuals in need. It offers seasonal clothing, footwear, towels, facecloths, soap, and shower gel, as well as laundry and shower facilities. The café is open to anyone in the community who requires these services in a supportive environment. 441 3rd Street SW, Salmon Arm, BC, Monday to Friday 9:00 AM – 12:30 PM

- **Community Outreach workers** (drop in daily)
- **Mental Health and Substance use** (Every Thursday from 10-2)
- **Ministry of Social Development & Poverty Reduction** (Every Tuesday from 12-2 and Friday 10-2)
- **Legal Advocate** (Every second Monday from 12:30-2)
- **Registered Nurses** (Every Tuesday from 10-12)
- **Probation Officer** (Every Wednesday from 1-2)

Main Office Address: 191 2 Ave NE, Salmon Arm, BC V1E 1H6

Main Office Phone: 250-832-9194

Main Office Hours: Monday to Friday 9:00 AM – 3:00 PM

HOUSING

BC Housing

provides a range of housing options and programs for low-income individuals and families.

Phone: 1-800-834-7149

Website: www.bchousing.org

(please let clients know they must contact the registry every 3 months to let them know they are still looking for housing)

Partner:

CMHA Shuswap-Revelstoke Housing Programs

CMHA Shuswap-Revelstoke offers several housing programs in partnership with BC Housing and Interior Health. These programs provide safe and affordable housing for low to moderate-income families, seniors, and vulnerable populations. For housing-related inquiries at CMHA Shuswap-Revelstoke, you can contact their Housing Department.

Phone: 250-832-8477 (ext 121)

Website: www.shuswap-revelstoke.cmha.bc.ca/housing/

Canadian Mental Health Association (CMHA) Shuswap-Revelstoke

Canadian Mental Health Association (CMHA) Shuswap-Revelstoke offers a range of housing and support programs for individuals experiencing housing instability or homelessness, in partnership with BC Housing and Interior Health.

Address: 433 Hudson Ave NE, Salmon Arm

Phone: 250-832-8477

Cedar Place

a supportive housing initiative with 38 homes, where residents receive daily meals and support from workers to connect with community resources.

You can also reach out to specific program contacts:

Denise Dumas for Cedar Place: (250) 832-8477 ext 123 or via email at denise.dumas@cmha.bc.ca

Glenda Cooper, Manager of Supportive Housing and Homeless Outreach: (250) 832-8477 ext. 131 or via email at glenda.cooper@cmha.bc.ca

To call Cedar Place directly: (250) 832-8477 and when you get the recording dial (6)

Marshlands Shelter

Marshlands Shelter is a year-round, low-barrier, 24-hour emergency shelter located at 341 Fraser Ave, Salmon Arm. It provides 25 beds for homeless adults, offering daily meals, showers, laundry facilities, and a wellness circle. The shelter also accommodates pets and provides overdose prevention services.

Address: 341 Fraser Ave NW, Salmon Arm

Intake Hours: 4:00 pm – 10:30 pm

Phone: 250-804-5867

CMHA Homeless Outreach

CMHA Homeless Outreach

Phone: 250-832-8477

Drop-in to CMHA Learning Studio

Address: 433 Hudson Ave NE, Salmon Arm

Hours: Wednesdays 2:30 pm – 4:00 pm

Ministry of Social Development and Poverty Reduction (MSDPR)

The Ministry of Social Development and Poverty Reduction provides income, disability, and related supports to help British Columbians meet basic needs and improve social and economic wellbeing.

Community Integration Specialists help people at risk of or experiencing homelessness:

- Access government programs
- Get connected to services and supports, such as cultural, health and community supports
- Work with governments, community partners and agencies
- Provide support during critical transition points, such as leaving a medical or corrections facility

Community Integration Specialists help people access financial support and community resources, including:

- Assistance applying for income and disability assistance
- Funding for urgent needs, such as food or clothing
- Case management
- Housing support referrals
- Health support referrals

Hours: 8:30 am – 4:30 pm Monday to Friday

Address: 580A 16 St NE, Salmon Arm

Phone: Community Integration Services – 1-866-866-0800

Email: SDPR.minister@gov.bc.ca

Shuswap Association for Community Living (SACL)

The Shuswap Association for Community Living (SACL) supports adults with diverse abilities to obtain and maintain meaningful, competitive employment and housing supports that align with their strengths, interests, and goals. Using a person-centered, strengths-based approach, staff work collaboratively with individuals and community partners to provide customized supports for long-term success.

Address: 681 Marine Park Drive NE, Salmon Arm

Phone: 250-832-3672

Website: www.sacl.ca

Programs:

- Supported Living and Community Based Housing
- Home Share
- Customized Employment Services

See also: Employment; Other

Transition House (SAFE Society)

Formerly called the Women's Emergency Shelter, the Transition House provides temporary accommodations and 24 hour support to adult women and their children who are seeking safe shelter from abuse by an intimate partner or other abuser.

The Transition House also provides support, information, and referrals to anyone in the community impacted by violence or abuse 24 hours per day, 365 days per year through telephone, online chat, and in-person. No appointment needed, drop-ins welcome. All services are free, confidential, and non-judgmental.

Phone (24 Hour Crisis & Information Line): 250-832-9616

See also: Anti-Violence

INDIGENOUS SERVICES

Mental Health & Substance Use

Support for First Nation people is available by calling **1-855-344-3800** to book an appointment to connect to your health and wellness provider, or the **First Nations Virtual Doctor of the Day**. Medical office assistants are available **8:30 a.m. to 4:30 p.m. seven days a week**.

If you are a First Nation person in B.C. without a health-care provider, call **1-855-344-3800** to book an appointment with the **First Nations Virtual Doctor of the Day** program. Medical office assistants are available to help you **seven days per week from 8:30 a.m. to 4:30 p.m.**

Splatsin Health Centre

Provides health and wellness services.

Phone: 250-838-9538

Address: 5767 Old Vernon Road, Enderby, BC

Website: www.splatsin.ca/programs-services/health-wellness

LEGAL

Community-Based Victim Services (CBVS) – SAFE Society

Addresses the unique needs of victims of intimate partner violence, sexual violence, and power based crimes. The program supports female, male, gender-diverse, and child/youth victims and/or survivors of relationship violence, child sexual abuse, adult sexual abuse, sexual assault, elder abuse, and criminal harassment (stalking). The program is also able to assist non-offending family members and witnesses in criminal court cases.

Phone: 250-832-0005

Email: cbvs@safesociety.ca

See also: Anti-Violence

Police-Based Victim Services (PBVS) – SAFE Society

Supports victims, witnesses, and families affected by crime or sudden trauma, including understanding reporting options, navigating the criminal justice system, full court support and accessing community resources. 24/7 response with the RCMP and appointments for office meetings

Phone: 250-832-4453

Email: shirley.deglan@rcmp-grc.bc.ca

See also: Anti-Violence

Legal Advocacy Program (Shuswap Family Centre)

The Shuswap Family Centre's Legal Advocacy Program provides free information, summary advice, referrals, and advocacy support to residents of the Shuswap who are having difficulty accessing other legal resources. Please note that this program does not employ lawyers and does not deal with civil, criminal, or family court matters. Services include support with income security issues such as Disability benefits, CPP, CPPD, and EI; residential tenancy matters such as tenancy disputes and housing applications; debt; employment standards; and seniors advocacy.

Address: 681 Marine Park Drive NE, Salmon Arm

Phone: 250-832-2170

Email: info@familyresource.bc.ca

Website: www.familyresource.bc.ca

MEDICAL & HOME SUPPORTS

Eagle Valley Community Support Society (EVCSS)

Eagle Valley Community Support Society delivers inclusive services, supports, and programs to children, families, and individuals in Sicamous and the surrounding communities. Senior-serving programs are offered across the Shuswap, Enderby, and Chase. The organization works from a holistic, client-centred model to improve quality of life for people facing barriers related to poverty, age, physical and mental health, addictions, learning and behavioural challenges, and other disadvantages.

Address: 1214 Shuswap Avenue, Sicamous, BC

Hours: Monday to Friday, 10:00 am – 4:00 pm

Phone: 250-836-3440

Email: info@eaglevalleysupport.ca

Website: www.eaglevalleysupport.ca

Medical & Home Support Programs:

- Shuswap Better at Home
- Shuswap Seniors Community Connector
- Navigation and Peer Support

Health Connect Registry

If you live in B.C. and need a health-care provider, register for the Health Connect Registry. When you register, you are added to a list of people in need of a family doctor or nurse practitioner in your community.

Registration takes less than five minutes. To register, please provide your: Personal Health Number (PHN), found on your BC Services Card or BC Driver's Licence, home address, email address and phone number.

Website: www.healthlinkbc.ca/health-connect-registry

Help with Living at Home – Home and Community Care

Home and Community Care services can complete an assessment and explore options that will allow you to manage in your home. You can refer yourself, or someone else. They provide a variety of at-home and community health-care services to people with acute, chronic, palliative and rehabilitative health-care needs to help them remain safe and independent in their homes. They are also able to provide respite services. There are government funded programs that provide help, such as light cleaning and yard work, assistance with grocery shopping, transportation and friendly visits.

Phone: 1-800-707-8550

Website: www.interiorhealth.ca/health-and-wellness/home-and-community-care/help-with-living-at-home

Non-emergency Health Needs – HealthLink

If you are unsure about your health-care needs and are seeking non-urgent professional health information and advice, contact HealthLink via phone (8-1-1) or visit www.HealthLinkBC.ca and use their Interactive Symptom Checker. HealthLink can provide a confidential connection to a health services navigator, a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.

Phone: 8-1-1

Website: www.HealthLinkBC.ca

Options for Sexual Health Clinic – Salmon Arm

Permanently closed March 2026

Options for Sexual Health Clinic – Vernon

Provides sexual and reproductive health services for all ages, all genders, and all orientations. Services include free birth control for people in BC with MSP (low-cost for those without MSP), STI care, Pap screening, pregnancy testing, and pregnancy options counselling. No referral necessary. Drop-in for all services except Paps, IUD insertions, checks, removals, and Nexplanon services. To book an appointment, please call and leave a message and they will respond within a few days.

Address: North Okanagan Health Unit, 1440 14th Avenue, Vernon

Hours: Drop-in Tuesday and Thursday 6:00 pm – 11:00 pm

Phone: 250-241-3154

Pharmacist Support

If you need help with an existing prescription, need a new prescription for a minor ailment, or need contraception, speak to your pharmacist. For most prescriptions, the pharmacist can prescribe for minor ailments and contraception, renew your prescription, adjust the dose or timing for how you take or use your medication, change the formulation of your medication, or substitute your medication for a different but similar medication.

Salmon Arm Primary Care Network (PCN)

Salmon Arm Primary Care Network is a multidisciplinary team of nursing and allied health clinicians that supports local physicians and nurse practitioners. Services include physiotherapy, social work, counselling, mental health nursing, dietitian services, clinical pharmacy, and care coordination. While the Primary Care Network does have a specific focus on supporting vulnerable populations including frail seniors, people with chronic health conditions and patients with complex needs, its services are available to individuals and families of all ages.

Address: 202-310 Hudson Ave, Salmon Arm

Hours: Monday to Friday, 8:00 am – 4:00 pm

Phone: 250-833-3645

Email: nikki.pochailo@interiorhealth.ca

Salmon Arm Seniors Resource Centre

Seniors Resource Centre connects Seniors and their families to resources and programs supporting independence, connection and wellbeing in Salmon Arm. Programs include Community Volunteer Income Tax Program, Senior Advisor Program, Professional Footcare, Medical Drive Program, weekly social program and meal, Monday Morning Market, and Caregiver Support Group.

Address: 320A 2 Ave NE, Salmon Arm

Hours: Monday – Friday 9:00 am – 3:00 pm

Phone: 250-832-7000

Email: seniorsresourcecentre@gmail.com

Website: www.seniorsresourcecentre.org/

Programs:

- **Community Volunteer Income Tax Program (CVITP)**
- **Senior Advisor Program**
- **Professional Footcare**
- **Medical Drive Program**
- **Weekly social program and meal**
- **Monday Morning Market**
- **Caregiver Support Group**

See also: Employment, Income & Benefits; Food & Meals; Seniors; Transportation

Walk-in Clinics

- **Mt. Ida Medical Centre**

Address: 200 Trans Canada Highway SW, Salmon Arm

Hours: Monday – Friday, call for walk-in hours

Phone: 250-833-1990

- **Providence Medical Centre**

Address: #102-2110 11 Ave NE, Salmon Arm

Hours: Monday – Friday, call for walk-in hours

Phone: 250-832-3377

- **Salmon Arm Medical Clinic**

Address: 581 Hudson Ave NE, Salmon Arm

Hours: Monday – Friday, call for walk-in hours

Phone: 250-832-6092

- **Saturday Walk-in Clinic**

Appointments are in-person only. Location rotates between different medical clinics each Saturday. Check the website to find out which clinic to go to. You cannot phone for an appointment on a Saturday.

Hours: Saturdays 9:00 am – 2:00 pm

Phone (toll-free): 1-888-686-3006

Website: www.shuswapsaturdayclinic.ca/

MENTAL HEALTH, SUBSTANCE USE & WELLNESS

Adult Mental Health Intake (Interior Health)

Provides a range of mental health and substance use services, including psychiatric consultations, counseling, and case management for adults experiencing moderate to severe mental health issues. They also offer support for substance misuse and early psychosis intervention. Self-referrals are accepted, and you can also be referred by a healthcare professional.

Address: 851 16th Street NE, Salmon Arm

Phone: 250-833-4102

Hours: Monday to Friday, 9:00 AM – 4:30 PM

Adult Substance Use Intake

Provides a range of services to support individuals struggling with substance misuse. These services include short-term assessment and treatment, counseling, psychiatric services, and substance use prevention and treatment programs. The intake office responds to requests for service, information, and urgent situations in the community.

Address: 851 16th Street NE, Salmon Arm

Phone: 310-6478

Hours: Monday to Friday, 8:00 AM – 4:30 PM

Alcoholics Anonymous (AA)

Phone: 1-866-531-7045

Meetings:

- **Sunday 11:00 am** — SUNSHINE GROUP, Shuswap Family Centre, 681 Marine Park Dr NE, Salmon Arm
- **Tuesday Noon** — NEW HOPE GROUP, First United Church, 450 Okanagan Ave SE, Salmon Arm (upstairs, back door)
- **Wednesday 7:00 pm** — WEDNESDAY NIGHT GROUP, First United Church, 450 Okanagan Ave SE, Salmon Arm (upstairs, back door)
- **Thursday 7:00 pm** — WOMEN'S CIRCLE (Hybrid), Catholic Church of St. Joseph, 60 17 St SE, Salmon Arm
- **Friday Noon** — NEW HOPE GROUP, First United Church, 450 Okanagan Ave SE, Salmon Arm (upstairs, back door)

Canadian Mental Health Association (CMHA) Shuswap-Revelstoke

Canadian Mental Health Association (CMHA) Shuswap-Revelstoke branch offers a variety of mental health promotion and recovery-focused programs for individuals of all ages. Their services include support for mental health and substance use issues, housing programs, and family support services.

Address: 433 Hudson Ave NE, Salmon Arm

Phone: 250-832-8477

Hours: Monday to Friday, 9:00 AM – 5:00 PM

Website: www.shuswap-revelstoke.cmha.bc.ca

See also: Babies, Children, Youth & Families; Housing

Child and Youth Mental Health (MCFD)

Provides free mental health assessment and treatment services for children and youth aged 0–18 and their families which include therapy, intervention, and consultation, and are designed to support those experiencing significant difficulties with thoughts, feelings, and behaviors. The services are voluntary and aim to help families find appropriate mental health programs within their communities.

No doctor's referral needed. Self-referral by attending intake clinic.

Address: 550 Lakeshore Drive NE, Salmon Arm

Phone: 250-832-1719

Office Hours: Monday to Friday, 9:00 a.m. to 4:30 p.m.

Intake Hours:

Tuesday: 9:00 a.m.–12:00 p.m. & 1:00–3:00 p.m. and Thursday: 1:00–3:00 p.m.

See also: Babies, Children, Youth & Families

Community Counselling – SAFE Society

Free Community Counselling is available for more generalized depression and anxiety issues and provides a non-judgmental, safe environment for men and women to explore their own experiences and topics like: Healthy Relationships, Childhood Sexual Abuse, and Anger Management.

A Post-Traumatic Stress Disorder group is offered. This psycho-educational group provides information about PTSD and many accompanying issues such as shame and self-blame, coping skills, mindfulness skills, understanding feelings, and more.

Phone: 250-832-9700

Email: stv@safesociety.ca

See also: Anti-Violence

Community Support Counselling Program (Shuswap Family Centre)

The Community Support Counselling Program at the Family Centre provides services for individuals, children and families. This program offers support on topics including separation or divorce, anger management, grief and loss, attachment parenting, communication strategies, anxiety, depression, self-esteem and empowerment, and advocacy in relation to community resources and connections.

Address: 681 Marine Park Drive NE, Salmon Arm

Phone: 250-832-2170

Email: info@familyresource.bc.ca

Website: www.familyresource.bc.ca

Hours: Monday–Thursday 9:00 am – 5:00 pm; Friday 9:00 am – 1:00 pm

See also: Babies, Children, Youth & Families

Crisis Lines

- **Interior Crisis Line:** 1-888-353-2273 (CARE)
- **Kids Help Phone:** 1-800-668-6868
- **KUU-US Crisis Line:** 1-800-588-8717
- **Métis Crisis Line:** 1-833-638-4722

Call **310-MHSU** during business hours to connect with mental health and substance use services.

Interior Health Authority

Interior Health Authority provides a range of health services in the region, including mental health and substance use supports, counselling and treatment, early psychosis intervention, treatment, support and recovery services, and Seniors Mental Health.

Address: 851 - 16th St NE, Salmon Arm

Phone: 250-833-4100 (Seniors Mental Health)

Hours: 8:00 am – 4:30 pm

Website: <https://www.interiorhealth.ca/>

See also: Seniors

Narcotics Anonymous (NA)

Meetings:

- **Sunday 4:00 pm** — Soulful Serenity (Women's & LGBTQIA2S+), First United Church, 450 Okanagan Ave SE, Salmon Arm (upstairs, back door)
 - **Monday 7:00 pm** — Shuswap Community Church, 3151 6 Ave NE, Salmon Arm
 - **Tuesday 7:00 pm** — First United Church, 450 Okanagan Ave SE, Salmon Arm (upstairs, back door)
 - **Wednesday 5:30 pm** — First United Church, 450 Okanagan Ave SE, Salmon Arm (upstairs, back door)
 - **Thursday 7:00 pm** — First United Church, 450 Okanagan Ave SE, Salmon Arm (upstairs, back door)
 - **Saturday 7:00 pm** — First United Church, 450 Okanagan Ave SE, Salmon Arm (upstairs, back door)
-

Opioid Agonist Treatment (OAT) Clinic

Provides opioid agonist treatments and related harm reduction services at no cost to patients. You can contact the clinic and access services through self-referral, physician referral, or other health professional referrals.

Address: 851 16th Street NE, Salmon Arm

Phone: 250-833-4177

Hours: Monday to Friday, 8:30 AM – 4:30 PM

PEACE Program – SAFE Society

Formerly the Children Who Witness Abuse Program specially designed for children and youth between the ages of 3–18 who have experienced violence, the PEACE Program uses art, play, story-telling and multi-media to gently support children and youth.

Phone: 250-832-4474

Email: outreach@safesociety.ca

See also: Anti-Violence; Babies, Children, Youth & Families

Stopping the Violence (STV) – SAFE Society

Provides free counselling for women who currently experience or have previously experienced abuse in an intimate adult relationship and/or who were sexually abused as children and/or have experienced sexual assault.

Counsellors have specialized training to provide therapy for symptoms of Post-Traumatic Stress Disorder. Individual and group counselling provides education and information about PTSD as well as strategies for managing symptoms and resolving trauma.

Phone: 250-832-9700

Email: stv@safesociety.ca

See also: Anti-Violence

Women's Outreach – SAFE Society

This is a free, safe and confidential service for women 18 years and older who have experienced abuse in relationships or who are at risk of violence. Outreach focuses on providing practical assistance and emotional support based on your individual situation and needs. Self-referrals are welcome.

Phone: 250-832-4474

Email: outreach@safesociety.ca

See also: Anti-Violence

WorkBC

WorkBC - support you in finding a job and keeping it. Services are available to all unemployed or precariously employed B.C. citizens legally eligible to work in B.C.

If a client is struggling with mental health issues and it is a barrier to employment, they can advise the Employment Consultant who will help fill out a financial needs assessment and once she qualifies, she can choose a counsellor from their list of local clinical counsellors. They will receive up to 10 counselling sessions and they are direct billed to WorkBC.

Address: 101 - 310 Hudson Ave NE, Salmon Arm

Phone: 250-804-4770

Hours:

Monday – Wednesday: 8:30 am – 4:30 pm

Thursday: 8:30 am – 6:30 pm

Friday: 8:30 am – 2:30 pm

See also: Employment, Income & Benefits

SENIORS

Eagle Valley Community Support Society (EVCSS)

Eagle Valley Community Support Society delivers inclusive services, supports, and programs to children, families, and individuals in Sicamous and the surrounding communities. Senior-serving programs are offered across the Shuswap, Enderby, and Chase. The organization works from a holistic, client-centred model to improve quality of life for people facing barriers related to poverty, age, physical and mental health, addictions, learning and behavioural challenges, and other disadvantages.

Address: 1214 Shuswap Avenue, Sicamous, BC

Hours: Monday to Friday, 10:00 am – 4:00 pm

Phone: 250-836-3440

Email: info@eaglevalleysupport.ca

Website: www.eaglevalleysupport.ca

Seniors Programs:

- **Shuswap Better at Home**
- **Shuswap Seniors Community Connector**
- **Navigation and Peer Support**

See also: Medical & Home Supports; Transportation

Home and Community Care (Interior Health)

Home and Community Care services can complete an assessment and explore options that will allow you to manage in your home. You can refer yourself, or someone else. They provide a variety of at-home and community health-care services to people with acute, chronic, palliative and rehabilitative health-care needs to help them remain safe and independent in their homes. They are also able to provide respite services. There are government funded programs that provide help, such as light cleaning and yard work, assistance with grocery shopping, transportation and friendly visits.

Phone: 1-800-707-8550

Website: www.interiorhealth.ca/health-and-wellness/home-and-community-care/help-with-living-at-home

See also: Medical & Home Supports

Interior Health Authority

Interior Health Authority provides a range of health services in the region, including mental health and substance use supports, counselling and treatment, early psychosis intervention, treatment, support and recovery services, and Seniors Mental Health.

Address: 851 - 16th St NE, Salmon Arm

Phone: 250-833-4100 (Seniors Mental Health)

Hours: 8:00 am – 4:30 pm

Website: www.interiorhealth.ca/

See also: Mental Health, Substance Use & Wellness

Salmon Arm & Area Community Response Network (CRN)

The Salmon Arm & Area Community Response Network (CRN) is a collaborative network of community agencies, service providers, local businesses, government agencies, and Interior Health. The CRN works together to support adults who are experiencing, or are at risk of experiencing, abuse, neglect, or self-neglect by improving coordination, awareness, and access to services across the community.

Refer to the Local Community Contact list at the back of this directory for more contacts and resources for Seniors, as well as other vulnerable adults.

Phone: 250-572-6391

Email: crn@safesociety.ca

Website: www.safesociety.ca/community-response-network

Salmon Arm Seniors Resource Centre

Seniors Resource Centre connects Seniors and their families to resources and programs supporting independence, connection and wellbeing in Salmon Arm. Programs include Community Volunteer Income Tax Program, Senior Advisor Program, Professional Footcare, Medical Drive Program, weekly social program and meal, Monday Morning Market, and Caregiver Support Group.

Address: 320A 2 Ave NE, Salmon Arm

Hours: Monday – Friday 9:00 am – 3:00 pm

Phone: 250-832-7000

Email: seniorsresourcecentre@gmail.com

Website: www.seniorsresourcecentre.org/

Seniors Programs:

- **Community Volunteer Income Tax Program (CVITP)**
Volunteers assist eligible individuals, including seniors, in preparing and filing their income tax returns, ensuring access to benefits and tax credits.
- **Senior Advisor Program**
Volunteers assist eligible individuals, including seniors, in preparing and filing their income tax returns, ensuring access to benefits and tax credits.
- **Professional Footcare**
- **Medical Drive Program**
- **Weekly social program and meal**
- **Monday Morning Market**
- **Caregiver Support Group**

See also: Employment, Income & Benefits; Food & Meals; Medical & Home Supports; Transportation

TRANSPORTATION

BC Bus Pass Program

The BC Bus Pass Program provides an annual bus pass at a reduced cost for eligible low-income seniors and persons with disabilities. The program is administered through the Ministry of Social Development and Poverty Reduction.

Phone: 1-866-866-0800

Website: www2.gov.bc.ca/gov/content/transportation/passenger/bus-pass

Eagle Valley Community Support Society (EVCSS)

Eagle Valley Community Support Society delivers inclusive services, supports, and programs to children, families, and individuals in Sicamous and the surrounding communities. Senior-serving programs are offered across the Shuswap, Enderby, and Chase. The organization works from a holistic, client-centred model to improve quality of life for people facing barriers related to poverty, age, physical and mental health, addictions, learning and behavioural challenges, and other disadvantages.

Address: 1214 Shuswap Avenue, Sicamous, BC

Hours: Monday to Friday, 10:00 am – 4:00 pm

Phone: 250-836-3440

Email: info@eaglevalleysupport.ca

Website: www.eaglevalleysupport.ca

Programs:

- **Shuswap Better at Home**
- **Shuswap Seniors Community Connector**
- **Navigation and Peer Support**

See also: Seniors; Medical & Home Supports

HandyDART / Taxi Saver / HandyCard

Provides accessible, door-to-door transit for individuals who are unable to use conventional transit services due to a disability. The Taxi Saver and HandyCard programs offer additional transportation supports.

Phone: 250-832-0191

Salmon Arm Seniors Resource Centre

Seniors Resource Centre connects Seniors and their families to resources and programs supporting independence, connection and wellbeing in Salmon Arm. Programs include Community Volunteer Income Tax Program, Senior Advisor Program, Professional Footcare, Medical Drive Program, weekly social program and meal, Monday Morning Market, and Caregiver Support Group.

Address: 320A 2 Ave NE, Salmon Arm

Hours: Monday – Friday 9:00 am – 3:00 pm

Phone: 250-832-7000

Email: seniorsresourcecentre@gmail.com

Website: www.seniorsresourcecentre.org

Transportation Programs:

- **Medical Drive Program**

Provides transportation support for medical appointments for eligible seniors who are unable to drive or access other transportation options.

See also: Seniors; Medical & Home Supports; Employment, Income & Benefits

Salmon Arm Taxi

Provides local taxi services within Salmon Arm and surrounding areas. Handicap accessible vehicle available.

Phone: 250-832-2222

Website: www.salmonarmtaxi.ca

OTHER

Literacy Alliance of the Shuswap Society (LASS)

The Literacy Alliance of the Shuswap Society promotes literacy in the North Okanagan-Shuswap through awareness, collaborative partnerships, and education to enhance the health and wellbeing of individuals and the community. The organization supports and develops literacy initiatives that are inclusive of individuals and groups across the region, while promoting public awareness of literacy issues and resources.

Programs:

- **One to One Reading**
- **Summer Slide Literacy Program**
- **Valid After School Reading Program**
- **Books for Babies**
- **Dolly Parton's Imagination Library**

See also: Seniors

Neighbourlink Shuswap

Neighbourlink Shuswap is a local Christian organization that connects volunteers with individuals and families in need of practical help and emotional support. Services are offered free of charge and may include assistance with transportation, minor home repairs, yard work, meals, and friendly visiting.

Phone: 250-804-2426

Email: office@neighbourlinkshuswap.com

Website: www.neighbourlinkshuswap.com

Shuswap Association for Community Living (SACL)

The Shuswap Association for Community Living (SACL) supports adults with diverse abilities to obtain and maintain meaningful, competitive employment and housing supports that align with their strengths, interests, and goals. Using a person-centered, strengths-based approach, staff work collaboratively with individuals and community partners to provide customized supports for long-term success.

Address: 681 Marine Park Drive NE, Salmon Arm

Phone: 250-832-3672

Website: www.sacl.ca

Programs:

- **Community Inclusion**
- **Supported Living and Community Based Housing**
- **Home Share**
- **Customized Employment Services**

See also: Employment, Income & Benefits; Housing

Shuswap Immigrant Services Society (SISS)

Shuswap Immigrant Services Society is a non-profit organization that supports newcomers and celebrates diversity in the Columbia-Shuswap. Programs include settlement support, employment support, support for children and youth, migrant worker outreach and crisis support.

Address: 101 – 371 Hudson Ave. NE

Hours: Mon-Fri 9:00am - 3:00am, and Saturday 10:00am - 2:00pm

Email: info@sissociety.ca

Phone: 250-804-2726

Website: www.sissociety.ca

See also: Employment, Income and Benefits; Babies, Children, Youth & Families



Local Community Contact Numbers

Below is a list of emergency services available in the Salmon Arm area, as well as regionally and provincially.

Categories included:

Emergency Services.....	1	Immigrant Services.....	5
Adult Abuse Services.....	2	Income and Benefits.....	5
Death, Dying and Grief Services.....	2	Information & Referral.....	5
First Nations/Indigenous Services...	2	Legal.....	6
Food Programs.....	3	Municipal Services.....	6
Health/Mental Health.....	3/4	Support Groups.....	6
Home Support.....	4	Transportation.....	7
Housing.....	5	Utilities.....	7

Emergency Services

Police, Fire and Ambulance

911

Ambulance

250-833-0188 | Number to call if not 911

Fire

250-803-4060 | Number to call if not 911

Police

250-832-6044 | Number to call if not 911

Crisis Line

1-888-353-8911 | Toll-free

Enderby

250-838-0880

Salmon Arm, Sicamous, Sorrento

250-833-1488

Okanagan-Interior Health Lifeline Program

1-800-994-8414 | Toll-free

Poison Control

1-800-567-8911 | Toll-free

Shuswap Emergency Response Program (CSRD)

250-833-2424

Adult Abuse Services

BCCEAS – SAIL (Seniors Abuse and Information Line) – for information about abuse and for emotional support

1-866-437-1940 | Toll-free

bc211

211 | Phone/SMS

1-888-484-3211 | Toll-free

Community- based Victim Services

250-832-0005

Interior Health Authority – for reporting Senior abuse

1-844-870-4754 | Toll-free

LBGTQ – QMUNITY Resource Centre

1-800-566-1170 | Toll free

Police-based Victim Services

250-832-4453

SAFE Society Transition House and Sexual Assault Support Services

250-832-9616 | formerly the Women’s Shelter – 24/7

Victim Link

1-800-563-0808 | Call or text

Death, Dying and Grief Services

Compassionate Friends

250-657-3793

Grief Counselling

250-832-2223 | Bowers Funeral Service

250-833-1129 | Fischers Funeral Service

Hospice

250-832-7099

First Nations/Indigenous Services

Aboriginal Patient Navigator

250-309-1495 | Shuswap Lake General Hospital

First Nations Health Authority

1-866-913-0033 | Toll free

Métis Services

250-832-4800

Neskonlith Indian Band Health & Wellness –

Melamen Centre

250-833-0202 | Salmon Arm

North Okanagan Friendship Centre

1-250-542-1247

Food Programs

Shuswap Family Centre Community Kitchen

250-832-2170

First Community Weekly Lunch Program

250-833-6100

Food Banks:

Enderby FED Box

250-838-3114

Salmon Arm Good Food Box

250-832-4127

Salmon Arm/Sorrento Salvation Army

250-832-9194

Second Harvest

250-833-4011

Grocery Delivery

250-832-2064

250-832-7000

250-836-3440

Shuswap Food Action Society

250-517-4767

Health/Mental Health

Assisted Living Registry

1-866-714-3378 | Toll-Free

BC Nurse/Pharmacist Line

811

CMHA – Shuswap Revelstoke

250-832-8477

Community Living BC - CLBC

250-832-1718

1-877-660-2522 | Toll-Free

Dial a Dietician Nutrition Information

1-800-667-3438 | Toll-Free

Home and Community Health

250-832-6643

March of Dimes Community Brain Injury Services

250-515-0845 | Formerly NOSBIS

MSP and PharmaCare

1-800-663-7100 | Toll Free

Nav Care/Hospice

250-832-7099

Online Medical Support - Medeo

1-888-297-2973 | Toll-Free

Opioid Agonist Treatment (OAT Clinic)

250-833-4177

Problem Gambling Helpline

1-888-795-6111 | Toll free

Salmon Arm Health Centre Day Program

250-833-4100

Salmon Arm Medical Clinic

250-832-6092

Salmon Arm Seniors Health & Wellness Centre

778-489-5191

Shuswap Lake General Hospital & Chronic Pain Clinic

250-833-3600

Enderby Community Health Centre

250-838-2450 | Enderby

Shuswap Outpatient Laboratory

250-803-4501 | Salmon Arm

Sicamous Health Centre Laboratory

250-803-4501 | Sicamous

**South Shuswap Health Services Society –
Copper Island Health and Wellness Centre**

250-675-3661 | Office

250-675-2196 | Medical Clinic

Substance Use and Addictions

250-833-4103

1-800-663-1441 | Toll Free

Home Support

Friendly Visiting (by phone)

250-832-7000 | Seniors Resource Centre

Grocery Shopping

250-836-3440

Home repairs & Maintenance

250-832-7000

Peer Counselling

250-833-4100

Shuswap Better at Home

250-836-3440

Housing

BC Housing

1-866-465-6873 | Toll Free

CMHA Homeless/Housing Outreach & Housing Coordinators

250-832-8477

Home Adaptations – Canada Mortgage & Housing

1-800-668-2642 | Toll Free

Seniors Services Society

604-520-6621

Immigrant Services

English as a second Language

250-832-2126

Shuswap Immigrant Services Society

250-804-2726 | Settlement & Translation Services

Income and Benefits

Community Volunteer Income Tax Prep.

250-832-7000

CPP, OAS, GIS

1-800-277-9914 | Service Canada

Employment and Income Assistance

1-866-866-0800 | Service BC

Information & Referral

5th Avenue Seniors

250-832-1065

Crisis Line

1-888-353-2273 | Toll Free

Geriatric programs for Seniors

250-833-4100

Seniors Mental Health

250-833-4102

Harmony Haven - Respite Services for Caregivers

250-803-4525

Home & Community Care – Adult Day programs

250-832-6643 | After hours

Eagle Valley Resource Society

250-836-3440 | Sicamous

Salmon Arm Seniors Resource Centre

250-832-7000

Seniors Drop In

250-832-3015

Seniors Outreach

250-832-1065

Seniors Advocate BC

1-877-952-3181 | Toll Free

Veterans Affairs Canada

1-866-522-2122 | Toll Free

Legal

Access Pro Bono Legal Services – in person only
1-877-762-6664 | Toll Free

BC CEAS (SAIL)
1-866-437-1940 | Legal Advocacy Program and
Elder Law Clinic

Crime Stoppers
1-800-222-8477 | Toll Free

Crown Counsel
250-832-1651

Family Justice Clinic
1-888-282-2283 | Toll Free

Lawyer Referral Services
250-832-3272

Legal Advocacy Program - Family Centre
250-832-2170

Legal Aid
1-866-577-2525 | Toll Free

NIDUS – Representation Agreements
1-604-408-7414

Peoples Law School
604-331-5400

Public Guardian and Trustee
1-604-660-4444

Municipal Services

Library(s)
250-832-6161

Parks and Recreation
250-832-4044 | facilities & programs

Support Groups

AA
1-866-531-7045 | Toll-free

Al-Anon
1-866-531-7045 | Toll-free

Alzheimer Society of BC
1-250-860-0305

Arthritis
1-800-628-9494 | Toll-free
250-833-4100

Cancer Support
250-833-4334

Caregiver support groups
250-832-7000

Parkinson's Group
250-832-4785

CMHA Family Support
250-832-8477

Dementia Help Line
604-681-8651

Diabetes
1-888-628-9494 | Toll-free
250-833-3600

Grandparents raising Grandchildren
250-832-2170

MS Society
250-803-0109

NA
1-866-778-4772 | Toll-free

Substance recovery
250-833-4103

Transportation

Bus Pass Program

1-833-583-3636 | Toll Free

Handy Dart/Taxi Saver/Handy Card

250-832-0191

Health Connections – BC Transit

1-855-993-3100 | Toll Free

Parking Permit (disabled) SPARC BC

1-888-718-7794

Taxi (s)

Salmon Arm – 250-832-2252

Sicamous – 250-836-0044

Sorrento – 250-803-8445

Utilities

Gas Leaks (Fortis BC)

1-800-663-9911 | Toll Free

Power Outages (BC Hydro)

1-800-224-9376 | Toll Free

Power Outages (Fortis BC)

1-866-436-7847 | Toll Free