

MENTAL HEALTH / SUBSTANCE USE

Splatsin Health Services.....250-838-9538
Wellbriety (Indigenous AA).....ext 303 250.838.9538
Splatsin A & D Services.....ext 312 250.838.9538
Canadian Mental Health Association
3100 28th Ave Vernon.....250-542-3114
433 Hudson Ave Salmon Arm.....250-832-8477
Child & Youth Mental Health250-832-1719

IH Mental Health & Substance Use Services

Counselling and/or treatment services to adults and youth with a history of misusing substances. Intake: Monday–Friday 9am-12pm
Addictions: Monday–Friday 1pm-3pm
Enderby Health Unit.....250-838-2450
Salmon Arm.....250-833-4103
Alcoholics Anonymous / Al-Anon.....250.838.6344
St. Anne's Church, 97A & George St. Enderby
AA - Tues 8pm, Fri 7:30pm Al-Anon - Fri 7:30pm

Harm Reduction Supplies

Enderby Interior Health Unit.....250-838-2450
Salmon Arm 851 16th ST.....250-833-4100
Splatsin Health Centre..... 250.838.9538
Spallumcheen Band ...A&D Programs.....250-838-6496
Okanagan Indian Band A&D Programs.....250-542-5094
Vernon Treatment Centre250-542-6151
#2-2810 48th Ave 2 week intensive program

Gambling Support Group Help Line1-888-795-6111

Detoxification Centres:

the Bridge.....youth & Family services.....250-763-0456
Phoenix Centre detox 922 3rd Ave. Kamloops....1-877-318-1177
Okanagan Indian Band Social Development 250.558.3706

CALL FOR HELP

RCMP (Emergency only) 911

Enderby Detachment (non-emergency)
606 Granville Street250-838-6818
RCMP VICTIM SERVICES.....250-260.7171
Crimestoppers Tip Line.....1-800-222-8477
Ministry of Social Development & Poverty Reduction
Emergency After hours assistance.....1-866-660-3194
Needle PICK UP
Find a needle and don't know what to do?
Call Enderby RCMP Detachment.....250-838-6818

FREE COMPUTER USE

Okanagan Regional Library–Enderby Branch 514 Cliff Ave
OPEN Tues. & Wed. 10-5, Fri. 10-8, Sat 10-4.....250-838-6488
Enderby Chamber of Commerce 700 Railway Ave 250-838-6727

HIGHSCHOOL COMPLETION

A.L. Fortune 2 afternoons/week 500 Bass Ave, Enderby
.....250-838-6431

EMPLOYMENT RESOURCES

Work BC Employment Services Centre.....250-838-2324
#2-904 Maud St. Mon-Fri Job board, resume help, phone, etc.
Salmon Arm Service Canada Center 191 Shuswap St
.....1-800-622-6232
Work BC SA 101– 310 Hudson Ave NE.....250-804-4770
Job Listings — www.jobbank.gc.ca

LEGAL INFORMATION

FREE Legal Advocacy Clinic...(Vernon).....778.475.0808
Shuswap Family Centre—free legal advocacy.....250.832.2170
.....(Salmon Arm)ext 106
Access Pro Bono Legal support.....1-877-762-6664
Legal Aid Suite E3105 31 Ave, Vernon.....250-545-3666
Tuesdays in Enderby or Salmon Arm call for appt
Legal Aid Vancouver.....1.866.577.2525
legalaid.bc.ca familylaw.iss.bc.ca aboriginal.legalaid.bc.ca

BUS INFORMATION

Main Bus Stop: Enderby– Mill Ave, near Twice but Nice
Vernon– 31 Ave & 30 St or Village Green Mall **Adult Tickets:** \$2.50
Salmon Arm– Lakeshore & Alexander **Adult Tickets:** \$2.25

Enderby-Armstrong-Vernon	Weekdays	Leaving from
Mill Ave @ 6:15am; 8:55am; 2:26pm; 4:43pm		
Vernon-Armstrong-Enderby	Weekdays	Leaving from
31Ave & 30St 7:45am; 1:15pm; 3:38pm; 5:55pm		
Enderby-Salmon Arm		Wednesday ONLY
Leaving @ 8:55 am - arriving @ 9:23am		
Leaving @ 2:22 pm - arriving @ 2:50pm		
Salmon Arm-Enderby		Wednesday ONLY
Leaving @ 8:20 am - arriving @ 8:47 am		
Leaving @ 1:49 pm - arriving @ 2:15pm		

Handy Dart250.832.0191



ENDERBY SURVIVAL GUIDE OF SERVICES

Welcome to Splatsin

[Sbla-cheen] local Indigenous name denotes where
Shuswap river opens to prairie lands of the valley

Enderby & District Community Resource Centre
1110 Belvedere Street
(basement in Saint Andrew's United Church)
PO Box 1001, Enderby, BC V0E 1V0
250-838-9446 edcomrc@gmail.com
www.edcrc.ca **OPEN: Mon-Thurs 10am-4pm**

Compiled by the Enderby & District Community Resource Centre.
Please contact us if you find any errors or know of updates for this brochure.
Please note that the inclusion of an organization does not indicate its endorsement by the Enderby & District Community Resource Centre nor does its exclusion imply lack of approval.

We acknowledge the financial support of the Province of British Columbia

GROCERIES

FED Enderby food bankCall for appt...250-938.3114
Harvest Hut (parking lot Maud St) Mon 9-noon Jun to Thanksgiving
Armstrong Food Bank 3459 Pleasant Valley Rd.....250-546-3465
Vernon Food Bank 3303 32nd Ave.....250-549-4111
Second Harvest Food Bank (Salmon Arm).....250-833-4011
Salvation Army Food Bank (Salmon Arm).....250-832-9194
Churches Thrift Store 461 Beatty Ave. Salmon Arm 250-832-8234

WARM MEAL & COFFEE

King's Table Wed 5-7pm 125 George St , Enderby 250.306.0802
Wednesday Free Lunch (Salmon Arm) First United Church
.....through SAFE society.....250-572-6391
Saturday Free Lunch (Vernon) All Saints Anglican Church
3205 27th St. 11am-1pm.....250-542-3179
Upper Room Mission (Vernon) 3403 27th Ave.....250-549-1231
Meals & Thrift Store
Vernon Alliance Church 2601 43rd Ave.....250-545-7105
Mon 2pm-4pm & Thurs 9-11am
Sonlight Soup Kitchen (Salmon Arm) 121 Shuswap St. SW
Free Lunch M,T, Th & Fri noon-1pm.....250-832-8068
The Café at the Lighthouse 441 3rd st SW, S.A.....250.832.9166
coffee, food, shower, laundry, clothes, service workers M-F 9-2 S 11-2

WARM BED

Vernon Women's Transition House.....250-542-1122
Vernon Youth Safe House (ages 13-18).....250-260-7077
Only closed Mon-Fri 5-7pm, Sat-Sun 10-7pm safehouse@nofcs.ca
Salmon Arm Women's Transition House Open 24hrs.
safesociety@shaw.ca.....250-832-9616

BLANKETS, CLOTHING, ETC.

Twice But Nice Thrift Store 702 Cliff Ave Wed-Sat...250-838-6822
Kindale Thrift Store
Armstrong: 2725 Patterson Ave. Tues-Sat 9:30-5.....250-546-
3005 **Upper Room Mission** 3403 27th Ave Vernon.....250-
549-1231
M-F 9-4. Sat/Sun 2-5
CMHA Georgette Shop ...Vernon - 3100 28th Ave250-542-
3114
Vernon Alliance Church 2601 43rd Ave.....250-545-7105
Mon 2-4 & Th 9-11am Free clothing, footwear, soup, haircuts
Churches of Salmon Arm Used Goods Society
461 Beatty NW.....Mon-Sat.....250-832-8234
CMHA Thrift Shop 433 Hudson NE Salmon Arm.....250-832-8477
The Café at the Lighthouse 441 3rd st SW, S.A.....250.832.9166
coffee, food, shower, laundry, clothes, service workers M-F 9-2 S 11-2

SHOWER & LAUNDRY

Cammy LaFleur Clinic 2800-33St Vernon250.938.3518
clinic, food, harm reduction 1-3 M-F
Crisis Team all week 1-9pm.....250.241.7713
crisis.team@turningpoints.ngo showers/laundry 6-8pm
The Café at the Lighthouse 441 3rd st SW, S.A.....250.832.9166
coffee, food, shower, laundry, clothes, service workers M-F 9-2 S 11-2

OTHER SUPPORT SERVICES

Enderby & Dist. Community Resource Centre.....250-838-9446
* Children's programs * Senior's programs * Resource & Referral
BC Nurse Line8-1-1
Substance Use Support Enderby.....250.253.4976...250.253.1027
Cammy LaFleur Clinic 2800-33St Vernon250.938.3518
clinic, food, harm reduction 1-3 M-F
Crisis Team all week 1-9pm.....250.241.7713
crisis.team@turningpoints.ngo showers/laundry 6-8pm
Options For Sexual Health
1440 14th Ave, Interior Health, Vernon250-241.3154
Tuesday & Thursday 6pm-11pm
851 - 16th St. N.E. Salmon Arm (250.833.4117 during hrs) Tues 7-9pm
Sexually Transmitted Infections/HIV Information
www.smartsexresource.com1-604-707-5603
Vernon Alliance Church.....250-545-7105
call about haircuts
Brain Trust Canada #120 4412 27th St. Vernon.....250-307-6064
Community Dental Access Centre.....778-475-7779
3107 C 31st Ave Vernon, now open Mon-Fri
Enderby Evangelical Chapel.....250-838-6165
Spiritual counselling, youth programs
Women's Outreach Worker - Archway Society.....250.542.1122
.....providing mobile support services to women.....778.212.3259
Metis Family Services www.mnbc.ca1.800.940.1150
Essie's Place LGBTQ2SIA+672-572-1300
Qmunity https://qmunity.ca/(604) 684-5307 ext. 100

HOUSING

BC Housing.....1-866.465.6873
Subsidized housing listed at: www.bchousing.org
CMHA Housing.....250-832-9726
Vernon Native Housing Society250-542-2834
Housing society for Aboriginal & Non-aboriginal people.
CMHA Housing & Outreach.....250-832-8477
Subsidized & Supportive housing
Kekuli Centre Apartmnts 2905 28th Ave Vernon....250-542-1264
for Youth aged 19-29
Residential Tenancy Branch.....1.800.665.8779

MEDICAL ATTENTION

Enderby Community Health Centre.....250-838-2450
707 3rd Ave. Open Monday-Friday 8:30am-430pm
Dr & Nurse practitioner services, lab (ext. 2), Seniors Mental Health
services, diabetic education, speech therapy
Enderby Public Health Nurse..... 250.838.2464
immunizations, referrals, prenatal/postpartum support
BC Nurse Line1.866.215.4700..... TTY 1.866.889.4700
Flu Information Line.....250.546.4723
Substance Use Support Enderby...250.253.4976...250.253.1027
Street Outreach & Harm Reduction 250-938.3518
Shuswap Lake General Hospital.....250-833-3600
601 10th St. NE Salmon Arm
Mt Ida Medical Walk-In 200 TCH SW Salmon Arm.....250-833-1990
Salmon Arm Clinic 581 Hudson Ave NE250-832-6092
Vernon Jubilee Hospital 2101 32nd St.....250-545-2211
Downtown Primary Care Centre250-541-1097
3306A 32nd Ave Vernon Free Dr and Nurse practitioner services

HELP LINES

CRISIS LINE & REFERRAL (24hours).....1-888-353-2273
Women's (& children) Emergency Shelter250-832-9616
Children's Help Line (24 hours).....250-310-1234
Pregnancy Support Centre...Vernon Live Well.....250-833-9959
BC Poison Control Centre.....1-800-567-8911
Ministry of Social Development & Poverty Reduction
.....1-866-866-0800
Afterhours:.....1-866-660-3194
Emergency Food/Shelter:...for Youth.....1-800-663-9122
Mental Health Support Line.....310-6789
Health Link BC.....8-1-1.....TTY: 7-1-1
24 hour confidential access to registered nurses
BC Bereavement Helpline.....1.877.779.2223
Seniors Abuse and Info ...(S.A.I.L.).....1.866.437.1940

Service BC Gov't Agency

Vernon 3201 30 St250.549.5511
Salmon Arm 850A 16 St.....250.832.1611
Service Canada Center.....1.800.622.6232
191 Shuswap Street NW 8:30 - 4 M-F