

MENTAL HEALTH / SUBSTANCE USE

IH Mental Health & Substance Use Services 1440 14th Ave Vernon
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

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

The Force Society for Kid's Mental Health.....250-833-6100
Information, referrals, advocacy, and education for families

Splatsin Health Services.....250-838-9538

Freedom Session Spiritually based 12 step program
Enderby Evangelical Chapel.....250-838-6165

Alcoholics Anonymous –St. Andrews United Church, 1110
Belvedere Street Enderby Friday 8 pm to 9pm

Harm Reduction Supplies
Enderby Health Unit.....250-838-2450
Salmon Arm 851 16th ST.....250-833-4100

Vernon Treatment Centre250-542-6151
#3 2810 48th Ave 2 week intensive program
Problem Gambling Support Group Help Line ..1-888-795-6111

Detoxification Centres:

Bridgeway Residential Treatment Centre.....250-763-0456

Phoenix 922 3rd Ave. Kamloops.....1-877-318-1177

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

Gateway Continuing Education Centre250-546-2494
3300 Smith Dr # 23 (Armstrong)

CALL FOR HELP

RCMP (Emergency only) 911
Enderby Detachment (non-emergency)
606 Granville Street250-838-6818
RCMP VICTIMS ASSISTANCE Crisis Line 24/7.....250-545-2339
Crimestoppers Tip Line.....1-800-222-8477
Ministry of Social Development & Social Innovation
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

EMPLOYMENT RESOURCES

Enderby Employment Resource Centre#2 Maud St 250-838-2324
OPEN Monday-Friday 9am-4pm Job board, resume help, phone, etc.
Salmon Arm Service Canada Center 191 Shuswap St
.....250-832-8083
Work BC SA 101– 310 Hudson Ave NE.....250-804-4770
Job Listings — www.jobbank.gc.ca

LEGAL INFORMATION

FREE Legal drop-in Clinic250-558-3850
Volunteer lawyers provide 15 minutes of confidential legal advice.
Second Thursday of each month from 7pm-9pm at the People Place in
room 303, 3402 27 Ave. Vernon
Legal Aid Suite E3105 31 Ave, Vernon
Contact for service in Salmon Arm.....250-545-3666

BUS INFORMATION

Enderby-Armstrong-Vernon
Weekday morning– Leaving @ 6:15 & 8:52
Weekday Afternoon– Leaving @ 2:22 & 4:34
Vernon-Armstrong-Enderby
Weekday Morning– Leaving @ 7:53
Weekday Afternoon– Leaving @ 1:24, 3:41&5:51
Enderby-Salmon Arm Wednesday ONLY
Leaving @ 8:55 am - arriving @ 9:33am
Leaving @ 2:20 pm - arriving @ 2:58pm
Salmon Arm-Enderby Wednesday ONLY
Leaving @ 8:12 am - arriving @ 8:47 am
Leaving @ 1:37 pm - arriving @ 2:15pm
Adult Tickets: \$2.00 (one zone), \$2.50 (multi-zone)
Main Bus Stop: Enderby– Behind City Hall
Vernon– Village Green Mall
Salmon Arm– Lakeshore & Alexander

2015

ENDERBY SURVIVAL GUIDE OF SERVICES



Enderby & District Community Resource Centre Saint
Andrew's United Church

1110 Belvedere Street (basement)

PO Box 1001, Enderby, BC V0E 1V0
250-838-9446 edcomrc@telus.net
www.edcrc.ca

OPEN: Tuesday & Wednesday 9am-4pm

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.

GROCERIES

Salvation Army Food Bank (Enderby).....250-549-4111
Armstrong Food Bank 3459 Pleasant Valley Rd.....250-546-3465
Vernon Food Bank 3303 32nd Ave.....250-549-4111
Neighbourlink (Vernon).....250-558-5527
Second Harvest Food Bank (Salmon Arm).....250-833-4011
Good Food Box Enderby (Low cost fruit & veggies)
Pay \$15 by the 2nd Wednesday of every month at Baron Insurance.
Pick up 3rd Thursday at Enderby Evangelical Chapel from 12pm-
3:45pm. Bring receipt and bags.....250-838-6298
Salvation Army Food Bank (Salmon Arm).....250-832-9194
Churches Thrift Store 461 Beatty Ave. Salmon Arm Bread, rolls &
donuts Monday-Saturday 10am-4:30pm.....250-832-8234

WARM MEAL & COFFEE

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
Mon-Fri meals @ 9am, noon, & 4pm
Vernon Alliance Church 2601 43rd Ave.....250-545-7105
Mon 3pm-5pm & Thurs 9:30am-11:30am
Sonlight Soup Kitchen (Salmon Arm) 121 Shuswap St. SW Free
Lunch Mon & Fri 11am-1pm.....250-832-8068
Salvation Army (Salmon Arm) 191 2nd Ave. NE.....250-832-9194
Free Lunch Wednesdays 11:30am-1pm

WARM BED

Gateway Shelter (Vernon) 2800 33rd St.
Women's Floor:.....250-260-2786, Men's Floor:.....250-260-2792
Vernon Women's Transition House.....250-542-1122
John Howard Society Men's Shelter.....250-542-4041
2307 43rd St, Vernon. Register at 4pm
Vernon Youth Safe House (ages 13-18).....250-260-7077
Only closed Mon-Fri 4:30-7pm, Sat-Sun noon-8pm
Salmon Arm Women's Safe House Open 24hrs.
safesociety@shaw.ca.....250-832-9616
Salmon Arm Emergency Shelter.....250-832-9166
November–March 441 3rd St SW

BLANKETS, CLOTHING, ETC.

Twice But Nice Thrift Store 907 Belvedere Enderby
Open Tuesday-Saturday.....250-838-6822
Bargain Bin 3445 Pleasant Valley Rd Armstrong.....250-546-
8813 Tuesday-Friday 10am-4pm, Saturday 9:30am-3pm
Kindale Thrift Store
Armstrong: 2725 Patterson Ave. Mon-Sat 9:30am-4pm.....250-546-3005
Salmon Arm: 885 Lakeshore Dr SW Mon-Sat 9:30-4:30.....250-540-6202
Upper Room Mission 3403 27th Ave Vernon.....250-549-1231
Canadian Mental Health Georgettes250-542-3114
3100 28th St Vernon
Vernon Alliance Church 2601 43rd Ave.....250-545-7105
Thursday & Saturday 10am-12pm Free clothing, footwear, soup
Churches of Salmon Arm Used Goods Society
461 Beatty NW.....250-832-8234
CMHA Thrift Shop 433 Hudson Ave NE Salmon Arm.....250-832-8477

SHOWER & LAUNDRY

Salvation Army (Salmon Arm) 191 2nd Ave.....250-832-
9194 (punch cards for community centre showers)
Gateway Shelter 2800 33rd St Vernon
Women's Floor:.....250-260-2786, Men's Floor:.....250-260-2792
Free showers Monday-Friday 10am-4pm
John Howard Society Men's Shelter.....250-542-4041
2307 43rd St Vernon, Free Shower/Laundry 8:30am-3:30pm

OTHER SUPPORT SERVICES

Enderby & District Community Resource Centre.....250-838-9446
Programs focused for families with young children.
Aspiral Youth Partners250-832-0108
Youth Outreach, Parents & Teens: Resolving Conflict
BC Public Nurse Line811.....or.....1-866-215-4700
Community Dental Access Centre.....778-475-7779
3107 C 31st Ave Vernon, Tue 9am-1pm & Wed 2pm-5pm
Options For Sexual Health 1440 14th Ave Vernon
Tuesday & Thursday 6pm-11pm.....250-549-5721
Sexually Transmitted Infections/HIV Information
www.smartsexresource.com
.....1-604-707-5603.....or.....1-800-488-7441
Vernon Alliance Church.....250-545-7105
Flu clinic, Haircuts, Tax help
Brain Trust Canada #120 4412 27th St. Vernon.....250-307-6064
North Okanagan Brain Injury Society250-833-1140
Enderby Evangelical Chapel.....250-838-6165
Spiritual counselling.

HOUSING

BC Housing.....604-433-1711.....or.....1-800-834-7149
Subsidized housing listed at: www.bchousing.org
Shuswap Independent Living (SILA)250-832-9726
Vernon Native Housing Society250-542-2834
Housing society for Aboriginal & Non-aboriginal people.
CMHA Housing250-832-8477
Subsidized housing for families and people with physical or mental
disabilities.
Kekuli Centre 2905 28th Ave Vernon.....250-542-1264

MEDICAL ATTENTION

Enderby Community Health Centre.....250-838-2450
707 3rd Ave. Open Monday-Friday 8:30am-4:30pm
Enderby Walk-in Clinic #1 802 George St.....250-838-9494
Open Monday to Friday 9am-4pm
Vernon Jubilee Hospital 2101 32nd St.....250-545-2211
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 Walk-in Clinic 581 Hudson Ave NE
9am-8pm Mon-Fri and 9am-2pm Sat.....250-832-6092
North Okanagan Health Unit.....250-549-5700
1440 14th Ave Vernon
Downtown Primary Care Centre250-541-1097
2902 29th Ave Vernon Free Dr and Nurse practitioner services
Street Nurse Outreach Enderby
At Enderby Food Bank 3rd Friday of every month from 10am-12pm in
the St Andrews United Church.
3100 32nd Ave Vernon.....250-545-3572

HELP LINES

CRISIS LINE (24hours).....1-888-353-2273
Women's Emergency Shelter250-832-9616
Children's Help Line (24 hours).....250-310-1234
Pregnancy Support Centre.....250-833-9959
BC Poison Control Centre.....1-800-567-8911
Ministry of Social Development & Social Innovation
.....1-866-866-0800
Afterhours:.....1-866-660-3194
Emergency Food/Shelter:.....1-800-663-9122
Canadian Mental Health.....1-800-661-2121
Health Link BC.....1-866-215-4700.....TTY: 1-866-889-4700
24 hour confidential access to registered nurses