

MENTAL HEALTH / SUBSTANCE USE

Splatsin Health Services.....250-838-9538
Wellbriety (Indigenous AA).....ext 305 250.838.9538
Splatsin A & D Services.....ext 305 250.838.9538
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
The Force Society for Kid's Mental Health.....250-833-6100
Information, resources, advocacy, and education for families whose children have mental health challenges
Beyond 12 Steps Healing Centre250-833-0563
9455 Firehall Frontage Rd. Hwy 97B Salmon Arm Open 24/7
Freedom Session Spiritually based 12 step program
Enderby Evangelical Chapel.....250-838-6165
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
Alcoholics Anonymous1.866.531.7045 / 250.545.4933
St. Andrews United Church, 1110 Belvedere St End. Fri. 8-9pm
Live in Balance Alcohol & Drug Services
First Nations Friendship Centre 2902 29th Ave. Vernon
.....250-542-5311
Harm Reduction Supplies
Enderby Health Unit.....250-838-2450
Salmon Arm 851 16th ST.....250-833-4100
Splatsin Health Centre.....250.838.9538
Spallumcheen Band A & D Counsellor.....250-838-6496
Okanagan Indian Band A&D Programs.....250-542-5094
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.....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

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

Nexus Work BC Employment Services Centre.....250-838-2324
#2-904 Maud St. Mon-Fri 9-4 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 drop-in ClinicExt 209 250-542-3555
Wed 9-12, 1-3:30 (1st come 1st serve) (income assistance, disabilities, residential tenancy act) (Legal advocate)
Pro Bono Law clinic 102-3301-24th Ave Vernon Thurs eves
.....1-877-762-6664250.542.1185
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.lss.bc.ca aboriginal.legalaid.bc.ca

BUS INFORMATION

Adult Tickets: \$2.00 (one zone), \$2.50 (multi-zone)
Main Bus Stop: Enderby– Behind City Hall
Vernon– 31 Ave & 30 St or Village Green Mall
Salmon Arm– Lakeshore & Alexander

Enderby-Armstrong-Vernon	Weekdays	Leaving from behind City Hall	@ 6:15am; 8:52am; 2:22pm; 4:34pm
Vernon-Armstrong-Enderby	Weekdays	Leaving from 31Ave & 30St	@ 7:45am; 10am; 1:15pm; 3:32pm; 5:42pm
Enderby-Salmon Arm			Wednesday ONLY
		Leaving @ 8:55 am - arriving @ 9:23am	
		Leaving @ 2:20 pm - arriving @ 2:50pm	
Salmon Arm-Enderby			Wednesday ONLY
		Leaving @ 8:20 am - arriving @ 8:47 am	
		Leaving @ 1:49 pm - arriving @ 2:15pm	



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@outlook.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 bank (3rd Fri /mo.) Call for appt...250-938.3114
Armstrong Food Bank 3459 Pleasant Valley Rd.....250-546-3465
Vernon Food Bank 3303 32nd Ave.....250-549-4111
Neighbourlink (Vernon)...(Tues-Fri 9-1).....250-558-5527
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. Bread, rolls & donuts Monday-Saturday 10am-4:30pm.....250-832-8234
Harvest Hut (parking lot Maud St) Mon 9-noon Jun to Thanksgiving

WARM MEAL & COFFEE

Soup Kitchen 7th Day Adventist Church Vernon St Enderby
Every Wed 5:30-6:30pm.....250.838.2028
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 9:30-11:30am
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
safehouse@fnfc.ca
Salmon Arm Women's Safe House Open 24hrs.
safesociety@shaw.ca.....250-832-9616
Salmon Arm Emergency Shelter.....250-832-9194
November–March 441 3rd St SW

SHOWER & LAUNDRY

Gateway Shelter 2800 33rd St Vernon Free showers M-F 10-4
Women's Floor:.....250-260-2786 Men's Floor:.....250-260-2792
John Howard Society Men's Shelter.....250-542-4041
2307 43rd St Vernon, Free Shower/Laundry 8:30am-3:30pm

BLANKETS, CLOTHING, ETC.

Twice But Nice Thrift Store 702 Cliff Ave Tues-Sat....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.....250-832-1308
Upper Room Mission 3403 27th Ave Vernon...M-F 9-5...250-549-1231
Canadian Mental Health Georgettes250-542-3114
3100 28th St Vernon
Vernon Alliance Church 2601 43rd Ave.....250-545-7105
Mon 3-5, M & Th 9:30-11:30am 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 Ave NE Salmon Arm.....250-832-8477

OTHER SUPPORT SERVICES

Enderby & District Community Resource Centre.....250-838-9446
* Children's programs * Senior's programs * Resource & Referral
Aspiral Youth Partners250-832-0108
Youth Outreach, Parents & Teens: Resolving Conflict
BC Nurse Line8-1-1
Community Dental Access Centre.....778-475-7779
3107 C 31st Ave Vernon, Tue 9am-1pm & Wed 2pm-5pm
John Howard Outreach Servicesext 210.. 250.542.3555
Options For Sexual Health 1440 14th Ave Vernon
Tuesday & Thursday 6pm-11pm.....250-549-5721
Sexually Transmitted Infections/HIV Information
www.smartsexresource.com1-604-707-5603
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, youth programs
Enderby Welcome Wagon.....250.838.6333
Women's Outreach Worker.....
.....providing mobile support services to women.....250.542.1185

HOUSING

BC Housing.....604-433-1711.....or.....1-866.465.6873
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 those w/ physical/mental disabilities.
Kekuli Centre 2905 28th Ave Vernon.....250-542-1264

Residential Tenancy Branch.....1.800.665.8779

MEDICAL ATTENTION

Enderby Community Health Centre.....250-838-2450
707 3rd Ave. Open Monday-Friday 8:30am-4:30pm
Dr & Nurse practitioner services, lab, Seniors Mental Health services
diabetic education, speech therapy
Enderby Medical Centre Walk-in Clinic250-838-9494
802 George St Open Monday to Friday 9am-4pm
Enderby Public Health Nurse.....250.838.2464
immunizations, referrals, prenatal/postpartum support
Flu Information Line.....250.546.4723
Street Nurse Outreach Enderby At Enderby Food Bank 3rd Fri ea.
month from 10am-12pm in the St Andrews United Ch...250-545-3572
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
Walk-In Clinic @ Walmart Salmon Arm.....250.832.3377
Mon-Fri 9-5 Sat 11-3
Vernon Jubilee Hospital 2101 32nd St.....250-545-2211
North Okanagan Health Unit.....250-549-5700
1440 14th Ave Vernon
Downtown Primary Care Centre250-541-1097
3306A 32nd Ave Vernon Free Dr and Nurse practitioner services
Health Outreach Nurse (North Okanagan).....250.306.2692

HELP LINES

CRISIS LINE & REFERRAL (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.....8-1-1.....TTY: 7-1-1
24 hour confidential access to registered nurses
BC Bereavement Helpline.....1.877.779.2223
Seniors Abuse and Info1.866.437.1940

ServiceBC Gov't Agent

Vernon 3201 30 St250.549.5511
Salmon Arm 850A 16 St.....250.832.1611