



The Little Book of Resources

...and community services
in the South Okanagan/Similkameen Area.

Updated September 2019

“I have the audacity to believe that peoples everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, equality, and freedom for their spirits.”

-Martin Luther King

This booklet is dedicated to all who are working to create positive change in their own lives, their communities & the world! May you continue to inspire & be inspired!

We are funded through the generous support of: BC Gaming, The Law Foundation, Community Foundation of the South Okanagan/Similkameen, The United Way, Legal Services Society, The City of Penticton, Town of Oliver, Regional District of the Okanagan/Similkameen.

The Access Centre would like to acknowledge that the land on which we gather is the traditional and unceded territory of the Syilx People of the Okanagan Nation, which includes the communities of snpintkten, smelqmix, and siws.

PREFACE

This resource book for the South Okanagan Similkameen area has been compiled by the Penticton and Area Access Centre, otherwise known as “The Access Centre”.

The Access Centre is a drop-in centre whose mandate is to alleviate the effects of poverty through advocacy, awareness and action.

We have Six programs at The Access Centre: Legal Advocacy, Family Law Advocacy, Disability Advocacy, Resource and Referral, Men’s Counselling and a free year round Income Tax Centre.

Our goal is to help create a just community that values all people equally, offers them support, and encourages them to live to their full potential. It is our hope that the information gathered here will assist all in need of such information to do just that.

For more information about The Access Centre please visit our website at www.accesscentre.org or give us a call. 250-493-6822 or 1-866-493-6822

CONTENTS

By Topic

Emergency Services & Crisis Lines	6	Government & Community Services.....	18
I Need Food	7	LGBTQ.....	23
I Need Help With Housing	8	For Men	23
I Don't Feel Safe	9	For Women	24
Low Income Families	10	For Children & Youth	26
Thrift Stores	11	Advocacy & Legal Information	28
Health, Wellness, & Disabilities.....	12	Other Non-Profits & Charities	32
Addiction, Recovery & Harm Reduction Services.....	13	Indigenous.....	33

By Location

Keremeos	34	Regional	50
Oliver	36	Provincial	52
Osoyoos	38	Federal	56
Penticton	40		
Princeton	46		

Full Page of Information

The Foundry Penticton.....	22
South Okanagan/Similkameen Volunteer Centre.....	45
Pathways Addiction Resource Centre.....	58

EMERGENCY SERVICES and

CRISIS LINES

Alcohol & Drug Information & Referral Service.....	1-800-663-1441
Crisis Line (also suicide)	1-800-784-2433
Crisis and Suicide Line	1-888-353-2214
Victim Link	1-800-563-0808
BC Bereavement Helpline	1-877-779-2223
BC Responsible & Problem Gambling	1-888-795-6111
Fosterline	1-800-663-9999
Healthlink (24hr BC Nurse line)	811
Helpline for Children	250-310-1234
HIV Helpline	604-696-4666
Human Trafficking Hotline.....	1-833-900-1010
KUU-US Crisis Line Society.....	1-800-588-8717
Mental Health Support Line	310-6789
Native Youth Crisis Hotline	1-877-209-1266
Options Sex Sense Support Line	1-800-739-7367
Poison	1-800-567-8911
Quit Now! Smokers Helpline	1-877-455-2233
Residential School Crisis Line	1-866-925-4419
Seniors Abuse and Information Line (SAIL)	1-866-437-1940
Trans Lifeline (Transgender crisis line).....	1-877-330-6366
Youth Against Violence Line	1-800-680-4264

I NEED FOOD

Penticton Salvation Army Food Bank.....250-492-4788

2469 South Main St. Open Mon-Fri 8:30-4:00

Soupateria (Free daily lunch 11am-1pm)

150 Orchard (Corner of Martin).....250-492-2415

St. Vincent De Paul food hampers.....250-492-2082

*must have home address for delivery

Oasis United Church Food Cupboard.....250-770-0182

2964 Skaha Lake Road Monday and Friday 10am-Noon

Summerland Food Bank & Resource Centre

13204 Henry Ave Open Mon-Fri 9am-4pm Closed 12-1

Call for appointment778-516-0015

Cawston/Keremeos Food Bank250-492-4788

2334 Newton Road, Cawston

Every 3rd Thursday of the month

Cawston-Keremeos 7th Day Adventist Church

Osoyoos Food Bank250-495-6581

*Call for monthly hamper

Oliver Food Bank250-498-4555

6047 Station St. Open Wednesdays

Monday Night Dinners in downtown Penticton 5-ish pm

Provides meal, toiletries, condoms, feminine hygiene, clothing and sleeping bags. **Every Monday, year-round.**

I NEED HELP WITH HOUSING

Aboriginal Housing Management Association

www.ahma-bc.org.....1-888-921-2462

ASK Wellness (Housing provider. Apply through BC Housing)

www.askwellness.ca

BC Housing and Rental Subsidy

www.bchousing.org.....1-800-834-7149

Compass Court (Shelter/Winter Shelter/Transitional Housing)

1706 Main Street236-422-2449

SAFER (Shelter Aid for Elderly Renters).....1-800-834-7149

www.bchousing.org

South Okanagan Similkameen Brain Injury Society (SOSBIS)

Homelessness Partnering Program

996 Main St250-490-0613

“Home is where children find safety and security, where we find our identities, where citizenship starts. It usually starts with believing you're part of a community, and that is essential to having a stable home. “

- Matthew Desmond

I DON'T FEEL SAFE

- Kelowna Women's Shelter**.....250-763-1040
Now Canada AG Safe Centre (Kelowna).....250-763-2262
Okanagan Nation Emergency Transition House (ONTEH)
Penticton
www.thehealingjourney.ca.....1-877-493-4909
Princeton Safe Homes Program250-295-8211
The Centre (Drop-in Penticton).....1-800-814-2033
South Okanagan Safe Home (Oliver/Osoyoos)
www.desertsuncounselling.ca.....1-877-723-3911
South Okanagan Women in Need Society (SOWINS)
1027 Westminster Ave W. Penticton
www.sowins.com.....1-800-814-2033

RCMP Detachments

- Keremeos.....250-499-5511
Oliver.....250-498-3422
Osoyoos250-495-7236
Penticton.....250-492-4300
Princeton.....250-295-6911
Summerland.....250-494-7416

RCMP Victim Services

- Oliver.....250-485-6224
Osoyoos250-495-4704
Penticton.....250-770-4713
Princeton.....250-295-7901

LOW INCOME FAMILIES

- BC Housing and Rental Subsidy**
www.bchousing.org.....1-800-834-7149
- Big Brothers Big Sisters of the Okanagan**
www.bigs.bc.ca.....1-800-404-4483
- Canadian Tire Jumpstart (Sports Funding for Kids)**
www.canadiantire.ca/jumpstart.....1-844-YES-PLAY
- Child Care Subsidy**
www.mcf.gov.bc.ca/childcare.....1-888-338-6622
- Communities for Kids/Success by 6**
www.communitiesforkids.ca.....250-496-5511
- Dragonfly Pond Family Society (Special Needs Support)**
<http://dragonflypondsociety.com>.....250-490-3305
- Family Support Institute of BC**
www.familysupportbc.com.....1-800-441-5403
- Ministry of Social Development & Poverty Reduction**
Income assistance (welfare) & disability
254 Haynes St. Penticton
www2.gov.bc.ca.....1-866-866-0800
- Okanagan Boys & Girls Clubs** www.boysandgirlsclubs.ca
Oliver.....250-498-8844
Osoyoos250-485-2752
Penticton.....250-493-0512
Summerland.....250-404-0440
- Penticton & District Community Resources Society**
www.oneskycommunity.com.....250-492-5814
- Penticton Family HUB**.....250-462-0979

THRIFT STORES

South Okanagan Hospital Thrift Store (Oliver)

5928 Kootenay St.

Open Tues-Fri 9-4:30 Sat 9-4

Closed Stat holidays & weekends

Osoyoos United Church7814 Spartan Dr.

Summerland Auxiliary Thrift Store13216 Victoria Rd N

PENTICTON THRIFT STORES

Care Closet574 Main St.

Habitat for Humanity ReStore2498 Skaha Lake Rd.

I.O.D.E. Thrift Shop464 Main St.

Pipsqueaks & Damsel's Consignment...2498 Skaha Lake Rd.

Salvation Army Thrift Store2399 South Main St.

Salvation Army Thrift Store318 Ellis St.

Take a Second Look2018 Main St.

Value Village101 Rosetown Ave.

“Anyone who has ever struggled with poverty knows how extremely expensive it is to be poor.”

-James A. Baldwin

HEALTH, WELLNESS, & DISABILITIES

- ACT Community Autism Training** 1-866-939-5188
www.actcommunity.ca
- Allergy/Ashtma Information Association** ...1-877-500-2242
www.aaia.ca
- ALS Society of B.C.**.....1-800-708-3228
www.alsobc.ca
- Alzheimer Society of BC Resource Centre**
www.alzheimerbc.org.....1-888-318-1122
- Arthritis Society**1-800-321-1433
www.arthritis.ca
- Disability Alliance BC**.....1-800-663-1278
www.disabilityalliancebc.org
- BC Epilepsy Society**.....604-875-6704
www.bcepilepsy.com
- BC Medical Services Plan (MSP)**.....1-800-663-7100
www.health.gov.bc.ca/msp
- Better at Home Penticton (Seniors Support)**....250-487-3376
www.betterathomepenticton.com
- Canadian AIDS Society**.....1-800-499-1986
www.cdnaids.ca
- Canadian Cancer Society**.....1-800-663-2524
www.cancer.ca
- Canadian Diabetes Association**.....1-888-628-9494
www.diabetes.ca

- Canadian Hemochromatosis Society**.....1-877-223-4766
www.toomuchiron.ca
- Canadian Human Rights Commission**.....1-888-214-1090
www.chrc-ccdp.ca

ADDICTION, RECOVERY & HARM REDUCTION SERVICES

- Alcohol & Drug Information Referral**1-800-663-1441
- Al-anon & Ala-Teen (Kelowna)**.....250-763-5555
www.bcyukon-al-anon.org
- Alcoholics Anonymous**.....250-490-9216
www.aa.org
- Discovery House** (Residential Recovery Facility)
www.discoveryhouserecovery.com....250-490-3076
- Mobile Outreach (Call or text)**.....250-809-7054
 Harm reduction supplies
 Tues & Thurs 5pm -9pm Wed & Fri 11am-5pm
- Narcotics Anonymous**.....1-855-852-5687
www.bcrna.ca
- Pathways Addictions Resource Centre**.....250-492-0400
www.pathwaysaddictions.ca
- Project Penticton** (call for sharps removal)1-866-776-5736

HEALTH, WELLNESS, & DISABILITIES

- Canadian Mental Health Association (CMHA)**.250-493-8999
www.cmha.bc.ca
 Unity House Clubhouse.....250-493-6327
- CMHA Mental Health Advocate**778-476-5411
 e-mail cmhaadvocate@shaw.ca
- Canadian National institute for the Blind**.....1-800-563-2642
www.cnib.ca
- Canadian Red Cross Society**.....1-800-661-3308
www.redcross.ca
- Cerebral Palsy Association of BC**.....1-800-663-0004
www.bccerebralpalsy.com
- Crohn's and Colitis Canada**.....1-800-387-1479
www.crohnsandcolitis.ca
- Cystic Fibrosis Canada**.....1-800-378-2233
www.cysticfibrosis.ca
- Footprints to Technology**.....250-492-5289
www.footprintstotechnology.com
- Foundry Penticton**.....778-646-2292
 501 Main Street
 Health & Wellness for ages 12-24
- HandyDART**.....250-492-5814
- Health Centres**.....www.interiorhealth.ca
 Keremeos.....250-499-3000
 Oliver250-498-5080

HEALTH

Osoyoos250-495-6433
Penticton250-770-3434
Princeton.....250-295-4442
Summerland.....250-404-8000

Heart & Stroke Foundation.....1-866-432-7833
www.heartandstroke.bc.ca

Hospitalswww.interiorhealth.ca
Penticton.....250-492-4000
Princeton.....250-295-3233
Oliver.....250-498-5000
General Inquiries Line.....250-862-4200

Kidney Foundation of Canada.....1-800-567-8112
www.kidney.bc.ca

Masonic Cancer Care Car.....1-800-299-0188

Meals on Wheels (Penticton).....250-492-9095
www.mealsonwheelspenticton.org

Medical Services Plan (Health Insurance BC)
www.hibc.gov.bc.ca.....1-800-663-7100

Medi Chair.....1-888-803-4857
www.medichair.com

Mental Health.....www.interiorhealth.ca
Princeton/Keremeos.....250-499-3029
Penticton.....250-770-3555
Osoyoos250-495-6433

Multiple Sclerosis Society of Canada.....250-493-6564
www.mssociety.ca

Muscular Dystrophy Canada.....1-800-366-8166
www.muscle.ca

Neil Squire Society250-492-5289
www.neilsquire.ca

One Sky Community Resources.....250-492-5814
 330 Ellis St. <https://oneskycommunity.com>

Options Sex Sense Support Line.....1-800-739-7367
www.optionsforsexualhealth.org

Penticton & Area Co-operative Enterprises (PACE)
www.pacecoop.ca.....250-770-2284

Penticton & District Hospice Society.....250-492-9071
Moog & Friends Hospice House
 1701 Government St, Penticton.....250- 492-9071

Penticton & District Society for Community Living (PDACL)
www.pdscl.org.....250-493-0312

Positive Living Society of British Columbia
<https://positivelivingbc.org/>.....1-800-994-2437

South Okanagan Seniors Wellness Society.....250-487-7455
www.seniorswellnesssociety.com...1-877-364-2345

South Okanagan Loss Society.....250-488-1320

South Okanagan Similkameen Mental Wellness Society
 118-246 Martin Street250-493-7338

SPARC BC (disability parking permits)
 1-888-718-7794.....www.sparc.bc.ca

HEALTH

Registered Take Home Naloxone Training & Distribution Sites

Pathways Addictions Resource Centre	250-492-0400
1-996 Main Street	
OneSky Community Resources.....	250-492-5814
330 Ellis Street	
Martin Street Outreach—Primary Care.....	250-770-3696
117-437 Martin Street	
Penticton Health Centre.....	250-770-3434
160-740 Carmi Ave.	

HOMELESS

- Gateway Resource Centre**250-492-8304
St. Andrew's Presbyterian Church-157 Wade Ave W
Wednesday 5-7 Showers,laundry & haircuts available
- Homeless Partnering Program (Outreach)**250-490-0613
#2-996 Main St. Drop-in Wed. 1-3
- Ministry of Social Development & Poverty Reduction**
Income assistance (welfare) & disability
254 Haynes St. Penticton
www2.gov.bc.ca.....1-866-866-0800
- Monday Night Dinners** in downtown Penticton 5-ish pm
Provides meal, toiletries, condoms, feminine hygiene,
clothing and sleeping bags. **Every Monday, year-round.**

GOVERNMENT & COMMUNITY SERVICES

BC Human Rights Clinic	1-855-685-6222
www.bchrt.bc.ca	
Canada Pension Plan	1-800-277-9914
www.servicecanada.gc.ca/cpp	
Canada Revenue Agency	1-800-959-8281
www.cra-arc.gc.ca	
Citizenship & Immigration Canada	1-888-242-2100
www.cic.gc.ca	
Crime Stoppers South Okanagan Similkameen	
www.sostips.ca	
	1-800-222-8477
Crisis Line Association of BC	250-753-2495
www.crisislines.bc.ca	
Employment & Assistance Appeal Tribunal ..	1-866-557-0035
www.gov.bc.ca/eaat/	
Employment Standards Branch	1-800-663-3316
www.labour.gov.bc.ca/esb	
Enquiry BC	1-800-663-7867
www.gov.bc.ca/contacts	
Foster Parent After Hours Support Line	1-888-495-4440
Foundry Penticton	778-646-2292
501 Main Street	
Health & Wellness for ages 12-24	
Income Assistance (MSDPR)	1-866-866-0800
254 Haynes Street Penticton	

- Information & Privacy Commissioner BC**.....250-387-5629
www.oipc.bc.ca
- Labour Relations Board**.....1-604-660-1304
www.lrb.vc.ca
- Lower Similkameen Indian Band**.....250-499-5528
www.lsib.net
- Mental Health**
- Keremeos.....250-499-3029
Penticton.....250-770-3555
Osoyoos250-495-6433
- Ministry of Children and Family Development (MCFD)**
- Oliver.....250-485-6001
Penticton.....250-770-2200
Princeton.....250-295-7585
Summerland.....250-404-3000
www.gov.bc.ca/mcf
- MCFD after hours emergency**.....1-800-663-9122
www.gov.bc.ca/mcf
- Ministry of Social Development & Poverty Reduction**
- Income assistance (welfare) & disability
www2.gov.bc.ca.....1-866-866-0800
- MSDPR after hours emergency**.....1-866-660-3194

GOVERNMENT & COMMUNITY SERVICES

- MSDPR Advocate for Service Quality**1-800-663-7867
(for developmental disabilities)
www.hsd.gov.bc.ca/advocate.....604 775-1238
- Okanagan College**.....250-492-4305
www.okanagan.bc.ca
- Ombudsperson of BC**.....1-800-567-3247
www.bcombudsperson.ca
- Parks & Recreation**
- OK Falls 250-497-8188
 - Oliver.....250-498-4985
 - Osoyoos 250-495-6562
 - Penticton.....250-490-2426
 - Princeton.....250-295-7222
- Seniors Centres**
- Keremeos.....250-499-2977
 - OK Falls250-497-8199
 - Oliver.....250-498-6142
 - Osoyoos250-495-6921
 - Penticton.....250-493-2111
 - Princeton.....250-924-7108 (Resource Centre)
 - Summerland.....250-494-9377
- Osoyoos Indian Band**.....1-888-498-3444
www.oibdc.ca

PUBLIC

- Penticton Indian Band**.....1-877-493-0048
www.pib.ca
- Pharmacare BC**.....1-800-663-7100
www.health.gov.bc.ca/pharmacare
- Privacy Commissioner for BC**.....1-800-663-7867
www.oipc.bc.ca
- Public Guardian and Trustee of BC**1-800-663-7867
www.trustee.bc.ca
- Regional District of Okanagan/Similkameen**
www.rdos.bc.ca.....1-877-610-3737
- Residential Tenancy Branch**.....1-800-665-8779
www.gov.bc.ca/landlordtenant/
- South Okanagan Immigrant and Community Services (SOICS)**
340 Ellis Street.....250-492-6299
<http://www.soics.ca>
- South Okanagan Seniors Wellness Society**
www.seniorswellnesssociety.com....1-877-364-2345
- South Okanagan Similkameen Volunteer Centre**
www.volunteercentre.info.....1-888-576-5661
- National Centre for Truth and Reconciliation**
www.trc.ca.....1-855-415-4534
- Veterans Affairs**1-866-522-2122
www.veterans.gc.ca



Foundry Pentiction brings health & social services together under one roof to make it easier for young people and their families to find help and support.

We Offer Free And Confidential Services For Young People 12 To 24 Years Old:

- Counselling and Mental Health Supports
- Substance Use Supports
- Primary Care (Physical Health)
- Community Connections & Resources
- Youth and Family Peer Support
- Employment Support
- Legal Advocacy
- Group Support and Activities

**501 Main Street
Pentiction, BC V2A 5C6**

P: 778.464.2292

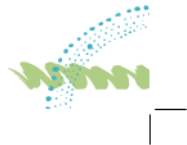
E: FoundryPentiction@oneskycommunity.com



@Foundry Pentiction



Foundry_Pentiction



MEN

Desert Sun Counselling & Resource Centre

www.desertsuncounselling.ca.....250-498-2538

Discovery House (Residential Recovery Facility)....250-490-3076

www.discoveryhouserecovery.com

OPT Options for Sexual Health1-800-739-7367

STI Testing etc. Call for appointment

www.optionsforsexualhealth.org

Men's Counselling Program.....250-493-6822

209-304 Martin Street

LGBT2Q

OPT Options for Sexual Health.....1-800-739-7367

Trans Lifeline (Transgender crisis line).....1-877-330-6366

PFLAG Canada.....1-888-530-6777

www.pflagcanada.ca

RADAR Youth (ages 12-24).....778-646-2292

Foundry Penticton 501 Main Street

melisa.edgerly@oneskycommunity.com

South Okanagan Similkameen Pride

www.facebook.com/SOSPRIDE

FOR WOMEN

- Adoptive Families Association of BC**1-877-236-7807
www.bcadoption.com
- Birthright**.....250-492-4901
<http://birthright.org>
- Comprehensive Abortion & Reproductive Education (CARE)**
www.bcwomens.ca.....1-888-875-3163
- Desert Sun Counselling & Resource Centre**
www.desertsuncounselling.ca.....250-498-2538
- Kelowna Women's Shelter**.....250-763-1040
- Princeton Safe Homes Program**250-295-8211
www.princeton.ca
- Now Canada AG Safe Centre (Kelowna)**.....250-763-2262
- Okanagan Nation Emergency Transition House (ONTEH)**
www.thehealingjourney.ca1-877-493-4909
- Options Women's Services Clinic**1-800-739-7367
www.optionsforsexualhealth.org
- Pregnancy Options Telephone Service**.....1-888-875-3163
www.healthlinkbc.ca
- South Okanagan Safe Home**.....1-877-723-3911
www.desertsuncounselling.ca
- Victim Link**.....1-800-563-0808
www.victimlinkbc.ca

WOMEN

South Okanagan Women in Need Society (SOWINS)

www.sowins.com

Administration.....250-493-4366

PEACE (Prevention, Education, Advocacy,
Counselling and Empowerment) program for
children and youth.....ext. 102

Women's Counsellingext. 117

Community Based Victim Services.....ext. 301

Transition House 24/7 250-493-7233

1-800-814-2033

SAFExst includes a drop-in Centre and a Mobile Outreach Van. **The Centre** is a free and confidential support service for people who are working in the survival sex trade.

The Centre: 236-422-1488

The **Mobile Outreach Van** provides harm reduction supplies and overdose prevention supports throughout the South Okanagan. **Mobile Outreach Van:** 250-809-7054

"You can recognize survivors of abuse by their courage. When silence is so very inviting, they step forward and share their truth so others know they aren't alone." - Jeanne McElvaney

FOR CHILDREN & YOUTH

- Ala-Teen**1-888-425-2666
www.al-anon.alateen.org
- Big Brothers Big Sisters of the Okanagan**.....1-800-404-4483
www.bigs.bc.ca
- BC Youth Chat**
Crisis intervention & Suicide Prevention Online Chat
Noon– 1 a.m. daily
<http://youthinbc.com/>
- Child & Youth Mental Health Services**.....250-487-4422
(Penticton)
- Children Who Witness Abuse (LSCSS)**.....250-499-2352
(Keremeos)
- Children Who Witness Abuse (Desert Sun)**.....250-498-2538
(Oliver)
- Children Who Witness Abuse (SOWINS)**.....250-493-4366
(Penticton)
- Communities for Kids**.....250-496-5511
www.communitiesforkids.ca
- Federation of BC Youth in Care Network**.....1-800-565-8055
<http://fbcyicn.ca>
- Foundry Penticton**.....778-646-2292
501 Main Street
Health & Wellness for ages 12-24
- Helpline for Children**310-1234

Kids Help Phone (Canada Wide).....1-800-668-6868
www.kidshelpphone.ca

Ministry of Children and Family Development (MCFD)

Oliver.....250-485-6001
 Penticton.....250-770-2200
 Princeton.....250-295-7585
 Summerland.....250-404-3000
www.gov.bc.ca/mcf

MCFD after hours emergency.....1-800-663-9122
www.gov.bc.ca/mcf

Native Youth Sexual Health Network

www.nativeyouthsexualhealth.com

Okanagan Boys & Girls Clubs www.boysandgirlsclubs.ca

Oliver.....250-498-8844
 Osoyoos250-485.2752
 Penticton.....250-493-0512
 Summerland.....250-404-0440

OS Neurological Society Child Development Centre (OSNS)

www.osns.org.....1-866-492-0295

Representative for Children and Youth.....1-800-476-3933

www.rcybc.ca

Sex Sense www.sexsense.org.....1-800-739-7367

Trans Lifeline (Transgender crisis line).....1-877-330-6366

ADVOCACY & LEGAL INFORMATION

- Access Pro-Bono BC**.....1-877-762-6664
- Access Centre - Legal advocacy**.....250-493-6822
www.accesscentre.org
- Better Business Bureau**.....1-888-803-1222
www.bbbvan.org
- BC Civil Liberties Association**.....1-866-731-7507
<http://bccla.org>
- BC Civil Resolution Tribunal**.....1-844-322-2292
<https://civilresolutionbc.ca/>
- BC Human Rights Clinic**1-855-685-6222
www.bchrc.net
- BC Public Interest Advocacy Centre**.....604-687-3063
www.bcpiac.com
- Canadian Mental Health Association**
Mental Health Advocate778-476-5411
 e-mail cmhaadvocate@shaw.ca
- Centre Culturel Francophone de L'Okanagan**
www.leccfo.or.....250-860-4074
- Clicklaw**www.clicklaw.bc.ca
- Community Legal Assistance Society (CLAS)**
www.clasbc.net.....1-888-685-6222
- Community Living BC** (for people with disabilities)
www.communitylivingbc.ca.....250-487-4436
- Community Response Network (CRN)**.....250-770-3404
www.bccrns.ca

ADVOCACY

- Consumer Protection BC**.....1-888-564-9963
www.consumerprotectionbc.ca
- Court House (Penticton)**.....250-492-1231
www.provincialcourt.bc.ca
- Credit Counselling Society**.....1-888-527-8999
www.nomoredebts.org
- Dial-A-Law (Lawyer referral)**1-800-663-1919
<http://cbabc.org>
- Family Duty Counsel** Penticton Court House.....250-492-1220
www.lss.bc.ca
- Family Justice Counsellor**.....250-487-7410
1-888-201-0045
- Family Maintenance Enforcement Program**
www.justice.gc.ca.....1-800-663-9666
- John Howard Society of Central and South Okanagan**
www.jhscso.bc.ca.....250-763-1331
- Lawyer Referral Service (Canadian Bar Association)**
www.cbabc.org.....1-800-663-1919
- Legal Aid**.....250-493-7164
www.lss.bc.ca
- Legal Services Society (LSS)**.....1-866-577-2525
www.lss.bc.ca
- People's Law School**604-331-5400
www.publiclegaled.bc.ca

ADVOCACY & LEGAL INFORMATION

- BC Seniors Advocate**.....1-877-952-3181
www.seniorsadvocatebc.ca
- PFLAG Canada**1-888-530-6777
www.pflagcanada.ca
- PIVOT Legal Society (Vancouver)**604-255-9700
www.pivotlegal.org
- PovNet**www.povnet.org
- REDLegal**<http://redlegal.ca>
Public Legal Educators and Advocates for the Rights of
Migrant Workers in British Columbia
- Representative for Children & Youth**.....1-800-476-3933
www.rcybc.ca
- South Okanagan Immigrant and Community Services**
www.soics.ca.....250-492-6299
- TRAC (Tenant Resource & Advisory Centre)**.....1-800-665-1185
www.tenants.bc.ca

“One of the most crucial kinds of intervention is in advocacy. We can think about charities in the context of delivering services, and indeed that is part of their job, but advocacy is also getting governments to step up to the plate. They can also give more voice to those who don't have one.”

-Nicholas Kristof

Access Centre (Penticton & Area Access Society)

250-493-6822

www.accesscentre.org

#209 - 304 Martin St.

Penticton, B.C.



**Penticton
& Area
Access
Centre**

Public Drop-In hours:

Mon,Tues,Thurs 1-4 pm

Wednesdays 1-3 pm

Legal drop-in MONDAYS ONLY 1-4

(closed on 2nd Thursday of every month)

Income Tax Clinic Drop in hours only

Summerland Outreach..... Ext. 202

Legal Advocacy Program Ext. 207

Family Legal Advocacy.....Ext. 212

Resource & ReferralExt. 208

Disability AdvocacyExt. 209

Oliver/Osoyoos/Keremeos 250-535-1099

Men’s Counselling Program.....250-493-6822

We are the Penticton & Area Access Society a registered non-profit organization dedicated to advocacy, resource and referral programs and outreach programs. Our mission is to help alleviate the effects of poverty.

OTHER NON-PROFITS & CHARITIES

- Community Foundation of the South Okanagan
Similkameen**250-493-9311
www.cfso.net
- Community Futures Okanagan Similkameen**
www.cfokanagan.com.....250-493-2566
- Critter Aid**
www.critteraid.org.....250-494-5057
- Downtown Penticton Association**
www.downtownpenticton.org.....250-493-8540
- Okanagan Foster Parent Association**.....1-888-495-4440
www.okfosterparents.ca
- United Way of Central & South Okanagan Similkameen**
www.unitedwaycso.com.....250-492-2842

“There is room on this land for all of us and there must also be, after centuries of struggle, room for justice for Indigenous peoples. That is all we ask. And we will settle for nothing less.” - Arthur Manuel

INDIGENOUS RESOURCES

- Aboriginal Legal Aid**1-866-577-2525
www.aboriginal.legalaid.bc.ca
- En'owkin Centre**.....250-493-7181
www.enowkincentre.ca
- Federation of Aboriginal Foster Parents**1-866-291-7091
www.fafp.ca
- First Nations Court**1-877-601-6066
- Footprints Centre (Employment services)**.....250-492-5289
- KUU-US Crisis Line Society**.....1-800-588-8717
- Little Paws Children's Centre**250-492-2324
- National Centre for Truth and Reconciliation**
www.trc.ca.....1-855-415-4534
- Native Youth Crisis Hotline**1-877-209-1266
- Native Youth Sexual Health Network**
www.nativeyouthsexualhealth.com
- Okanagan Nation Emergency Transition House (ONTEH)**
www.thehealingjourney.ca.....1-877-493-4909
- Ooknakane Friendship Centre**250-490-3504
146 Ellis St.
- Osoyoos Indian Band**250-498-3444
- Outma Sqilx'w Cultural School**250-493-2421
- Penticton Indian Band**250-493-0048
www.pib.ca
- Penticton Indian Band Health Department**....250-493-7799
- UBC Indigenous Community Legal Clinic**1-888-684-7874

COMMUNITY - KEREMEOS

Access Centre (outreach)	250-535-1099
Alcoholics Anonymous	250-506-3026
Food Bank	250-499-0297

Lower Similkameen Community Services Society (LSCSS)

www.lscss.com.....250-499-2352

Volunteer Drivers (medical appointments)
Community Action Program for Children
Family Support Program
Adult Mental Health Drop-In
Stopping the Violence Women's Counselling
Children Who Witness Abuse Counselling
Child & Youth Mental Health Clinical Services
Similkameen Family Literacy
English Language Training (ESL)
Victim/Witness Services
Art Connect
Legal Aid
Meals on Wheels

Health Centre	250-499-3000
Keremeos Municipal Hall.....	250-499-2711
Keremeos Seniors Centre	250-499-2977
Lower Similkameen Community Services Society	250-499-2352
Lower Similkameen Indian Band	250-499-5528
MLA Linda Larson	1-855-498-5122
MP Dan Albas.	1-800-655-8711
Mental Health	250-499-3029
RCMP Detachment	250-499-5511
Similkameen Rec Centre	250-499-2400
Keremeos Bargain Centre	250-499-7722
You Learn	250-499-0040

COMMUNITY - OLIVER

Access Centre (outreach)	250-535-1099
Children Who Witness Abuse (Desert Sun).....	250-498-2538
Food Bank	250-498-4555
Health Centre.....	250-498-5080
Hospital (South Okanagan General Hospital) ...	250-498-5000
MLA Linda Larson	250-498-5122
MP Richard Cannings	250-770-4480
email: richard.cannings@parl.gc.ca	
Ministry of Children and Family Development (MCFD)	250-485-6001
Okanagan Boys & Girls Clubs	250-498-8844
Oliver Municipal Hall.....	250-485-6200
Oliver Senior Centre Society	250-498-6142
Oliver Parks & Recreation	250-498-4985
Oliver Women's Institute	250-498-4705

RCMP Detachment 250-498-3422

RCMP Victim Services 250-485-6224

Service BC 250-498-3818

South Okanagan Immigrant and Community Services
..... 250-498-4900

South Okanagan Hospital Thrift Store 250-498-3936

Work BC Employment Services 250-498-2911

You Learn 250-498-4597

Desert Sun Counselling & Resource Centre

250-498-2538

www.desertsuncounselling.ca

Advocacy/Referrals

Better at Home

Computer Tutor for Seniors

Safe Home Project

Counselling for Women, Children, Youth, and Men

Mother Goose Group

Parent Connection

Community Kitchen/Garden

COMMUNITY - OSOYOOS

Sonora Centre

250-495-6562

www.osoyoos.ca/content/sonora-community-centre

Weight Room

Library

Gymnasium

Recreation Programs

Low Cost Drop-In activities

Birthday Parties

Access Centre (Outreach)	250-535-1099
Al-anon & Ala-Teen	250-495-3554
Alcoholics Anonymous	250-495-7403
Desert Sun Counseling & Resource Centre	250-495-2623
Desert Valley Hospice Society.....	250-495-1590
Food Bank (Baptist Church)	250-495-6581

Health Centre	250-495-6433
Mental Health	250-495-6433
MLA Linda Larson	1-855-498-5122
MP Richard Cannings	1-800-770-4480
email: Richard.cannings@parl.gc.ca	
Okanagan Boys & Girls Clubs	250-485-2363
Osoyoos Indian Band	250-498-3444
Osoyoos Municipal Hall	250-495-6515
Osoyoos Senior Centre Association	250-495-6921
RCMP Detachment	250-495-7236
RCMP Victim Services	250-495-4704
Sonora Centre	250-495-6562
Work BC Employment Services	250-495-7731
You Learn	250-495-5165

COMMUNITY - PENTICTON

Access Centre	250-493-6822
Al-anon & Ala-Teen	250-490-9272
Alcoholics Anonymous	250-490-9216
Apple Plaza Walk-In Clinic	250-493-5228
Better at Home Penticton	250-487-3376
BC Housing	250-493-0301
BC Schizophrenia Society	250-493-7338
Big Brothers Big Sisters of the Okanagan	250-492-6465
Birthright	250-492-4901
Canadian Mental Health Association	250-493-8999
Canadian Red Cross Society	250-493-7533
The Care Closet	250-493-8115
Child & Youth Mental Health Services	250-487-4422
Children Who Witness Abuse (SOWINS)	250-493-4366
Community Futures Okanagan Similkameen ...	250-493-2566
Community Response Network (CRN)	250-770-3404
Compass House	250-490-9521
Creative Mobility Penticton	250-492-4435

PENTICTON

Discovery House Penticton	250-490-3076
Downtown Penticton Association	250-493-8540
En'owkin Centre Penticton	250-493-7181
Family Duty Counsel (Penticton Court House) .	250-492-1220
Family Justice Counsellor	250-487-7410
Food Bank (Penticton Salvation Army)	250-492-4788
Food Hampers (St. Vincent de Paul)	250-492-2082
Footprints to Technology	250-492-5289
Greyhound Canada	250-493-4101
Handy Dart	250-492-5814
Health Centre	250-770-3434
Hospital (Penticton Regional Hospital)	250-492-4000
Hostels International	250-492-3992
I.O.D.E. Thrift Store	250-493-9149
Keeping in Touch (K.I.T.)	250-490-2373
Legal Aid	250-493-7164
Life Line	250-770-3531
MLA Dan Ashton	250-487-4400

COMMUNITY - PENTICTON

MP Richard Cannings.....	250-770-4480
email: Richard.cannings@parl.gc.ca	
Meals on Wheels	250-492-9095
Medi Chair	250-492-2302
Mental Health	250-770-3555
Ministry of Children and Family Development (MCFD)	
.....	250-770-2200
Multiple Sclerosis Society	250-493-6564
Neil Squire Society	250-492-5289
Oasis United Church.....	250-770-0182
Okanagan Boys & Girls Clubs	250-493-0512
Okanagan College	250-492-4305
Okanagan Nation Emergency Transition House (ONTEH)	
.....	250-493-4902
One Sky Community Resources.....	250-492-5814
OS Neurological Society Child Development Centre (OSNS)	
.....	250-492-0295
Ooknakane Friendship Centre	250-490-3504
Pathways Addictions Resource Centre	250-492-0400
Peach City Medical Walk-In Clinic	250-276-5050
Penticton & Area Access Society	250-493-6822
Penticton & Area Co-operative Enterprises (PACE)	
.....	250-770-2284

PENTICTON

Penticton City Hall	250-490-2400
Penticton & District Hospice Society	250-492-9071
Penticton & District Society for Community Living (PDSCL)	250-493-0312
Penticton Fire Department	250-490-2300
Penticton Indian Band	250-493-0048
Penticton Parks & Recreation	250-490-2426
Penticton Public Library	250-770-7781
Penticton RCMP	250-492-4300
Penticton Regional Hospital	250-492-4000
Penticton Secondary Learning Centre	250-770-7750
Penticton Senior's Drop-In Centre Society	250-493-2111
Penticton Transit	250-492-5602
PFLAG Canada	250-493-5530
RCMP Victim Services	250-770-4713
Salvation Army Store	250-492-3946
Seniors Computer Club	250-770-7848
Service BC	250-487-4200
Service Canada - General	250-492-3848
Society of St. Vincent dePaul.....	250-492-2082
Soupateria	250-492-2415

COMMUNITY - PENTICTON

South Okanagan Immigrant and Community Services	250-492-6299
South Okanagan Loss Society (SOLS)	250-488-1320
www.solspenticton.com	
South Okanagan Seniors Wellness Society	250-487-7455
South Okanagan Similkameen Brain Injury Society (SOSBIS)	250-490-0613
South Okanagan Women in Need Society (SOWINS)	250-493-4366
SOWINS Transition House	250-493-7233
SPCA	250-493-0136
Supported Child Development Program	250-492-5864
Unity House (Canadian Mental Health)	250-493-6327
Work BC Employment Services	250-770-5627
YMCA Jumpstart Penticton	250-770-7873

“A true community is not just about being geographically close to someone or part of the same social web network. It's about feeling connected and responsible for what happens. Humanity is our ultimate community, and everyone plays a crucial role.” - Yehuda Berg

South Okanagan Similkameen Volunteer Centre plays an important role in developing the quality of volunteering, not just in providing volunteers. We support organizations in welcoming volunteers more strategically.



The SOS Volunteer Centre connects residents with meaningful volunteer work. Browse Opportunities and register as a volunteer to receive updates at:

www.volunteercentre.info

For more information or to meet with a staff member:

E: **info@volunteercentre.info**
T: **1-888-576-5661**

**102-696 Main Street,
Penticton**

COMMUNITY - PRINCETON

Alcohol & Drug Programs	250-295-6776
Health Centre	250-295-4442
Hospital (Princeton General Hospital)	250-295-3233
Meals on Wheels & Home Support	250-295-6696
MLA Linda Larson	1-855-498-5122
MP Dan Albas	1-800-665-8711
Ministry of Children and Family Development (MCFD)	250-295-7585
Princeton Municipal Hall	250-295-3135
Princeton & District Community Services Society	250-295-6666
Princeton & District Community Skills Centre	250-295-4051
Princeton Family Services Society	250-295-3126
Princeton Home Support	250-295-6696
Princeton Recreation and Events	250-295-7222
Princeton Safe Homes Program	250-295-8211

PRINCETON

RCMP Detachment	250-295-6911
RCMP Victim Services	250-295-7901
Seniors Centre	250-295-7515
Service BC	250-295-4600
Upper Similkameen Indian Band	250-292-8733
Work BC Employment Services	250-770-5627

Princeton & District Community Skills Centre

250-295-4051

www.princetoncsc.com

Offers training and skills development opportunities to learners in the Town of Princeton and rural areas including Hedley.

Facility Rentals

Office Services

Community Skills Training Programs

Distance Education

COMMUNITY - SUMMERLAND

Summerland Resource Centre

778-516-0015

www.summerlandfoodbank.org

Summerland United Church

13204 Henry Avenue

Summerland, BC

Monday—Friday

9:00 am - 12:30 PM & 1:00 PM - 4:30 PM

Information and referral service for people in need in Summerland. We provide information, assistance and direct aid to people who are experiencing difficulty in their lives and need a helping hand or who want to find out what social services may be available to help them. Please drop in to view our new facilities, meet with our knowledgeable staff and volunteers, or simply to chat.

Access Centre 1-866-493-6822

Community Response Network (CRN) 250-492-7592

Connecting the Dots250-486-3360

SUMMERLAND

Food Bank (Resource Centre).....	778-516-0015
Health Centre	250-404-8000
MLA Dan Ashton	1-866-487-4402
MP Dan Albas	1-800-665-8711
Ministry of Children and Family Development (MCFD)	250-404-3000
Neighbourlink	250-404-4673
Okanagan Boys & Girls Clubs	250-404-0440
RCMP Detachment	250-494-7416
Summerland Senior Citizens Drop-In Centre	250-494-9377
Summerland Municipal Hall	250-494-6451
Summerland Community Learning	250-770-7660
Summerland Auxiliary Thrift Store	250-494-9102
Work BC Employment Services	250-770-5627

REGION

Adoptive Families Association of B.C.	1-877-236-7807
Alcohol & Drug Infor Referral	1-800-663-1441
Arc Programs	250-763-2977
Centre Culturel Francophone de L'Okanagan ..	250-860-4074
Communities for Kids	250-496-5511
Community Foundation of the South Okanagan/Similkameen	250-493-9311
Heart & Stroke Foundation	778-372-8000

Okanagan Boys & Girls Clubs

www.boysandgirlsclubs.ca	
Oliver.....	250-498-8844
Osoyoos	250-485-2363
Summerland.....	250-404-0440
Penticton.....	250-493-0512
Family Outreach Ext. 118	
Before & After School Care/Recreation Ext. 117	
Infant Development Ext. 113	
Integrated Family Development	250-492-5814

OKANAGAN

Interior Health	250-862-4200
John Howard Society of Central and South Okanagan	250-763-1331
Kelowna Community Resources	1-888-353-2273
Literacy Now	250-770-0029
Living Positive Resource Centre Okanagan	778-753-5830
Masonic Cancer Care Car	1-800-299-0188
Narcotics Anonymous	1-855-852-5687
Now Canada (New Opportunities for Women)	250-763-3876
Okanagan Advocacy & Resource Society (OARS)	250-979-0201
Okanagan Foster Parent Association	1-888-495-4440
Options Women's Services Clinic	1-250-868-7700
Regional District of Okanagan/Similkameen .	1-877-610-3737
South Okanagan Safe Home	250-498-2538

PROVINCIAL

Aboriginal Housing Management Association	1-888-921-2462
Access Pro-Bono BC	1-877-762-6664
ALS Society of B.C.	1-800-708-3228
Alzheimer Society of B.C Resource Centre	1-888-318-1122
BC Civil Liberties Association	1-866-731-7507
BC Coalition of People with Disabilities	1-800-663-1278
BC Epilepsy Society	1-604-875-6704
BC Human Rights Tribunal	1-855-685-6222
BC Medical Services Plan (MSP)	1-800-663-7100
BC Public Interest Advocacy Centre BC	1-604-687-3063
BC Seniors Services Society	1-604-520-6621
Comprehensive Abortion & Reproductive Education (CARE)	1-888-875-3163
Cerebral Palsy Association of B.C.	1-800-663-0004

Clicklaw BC	www.clicklaw.bc.ca
Community Legal Assistance Society (CLAS) .	1-888-685-6222
Crisis Line Association of BC	1-250-753-2495
Dial-A-Law (Lawyer Referral)	1-800-663-1919
Employment & Assistance Appeal Tribunal ..	1-877-557-0035
Employment Standards Branch	1-800-663-3316
Enquiry BC	1-800-663-7867
Family Maintenance Enforcement Program ..	1-800-663-3933
Family Support Institute of BC	1-800-441-5403
Federation of Aboriginal Foster Parents	1-866-291-7091
Federation of BC Youth in Care Network	1-800-565-8055
Food Banks BC	1-855-498-1798
Foster Parent After Hours Support Line	1-888-495-4442
Kidney Foundation of Canada	1-800-567-8112
Labour Relations Board	1-604-660-1304

PROVINCIAL

Lawyer Referral Service (Canadian Bar Association BC Branch) BC	1-800-663-1919
Legal Services Society (LSS)	1-866-577-2525
Medical Services Plan (Health Insurance BC)	1-800-663-7100
MCFD after hours emergency	1-800-663-9122
Ministry of Social Development & Poverty Reduction (MSDPR).....	1-866-866-0800
MSDPR after hours emergency	1-866-660-3194
MSDPR Advocate for Service Quality (for developmental disabilities)	1-800-663-7867

Members of Legislative Assembly (Provincial)

Linda Larson	1-855-498-5122
Keremeos, Oliver, Osoyoos, Princeton	
Dan Ashton	250-487-4400
Penticton, Summerland	

BC

Mosaic (immigration and refugees)	1-604-254-9626
Ombudsperson of BC	1-800-567-3247
Options Sex Sense Support Line	1-800-739-7367
People's Law School	1-604-331-5400
Pharmacare BC	1-800-663-7100
Positive Living Society of BC	1-800-994-2437
Privacy Commissioner for BC	1-800-663-7867
Consumer Protection BC	1-888-564-9963
Public Guardian and Trustee of BC	1-800-663-7867
RCMP Victim Services Translations	1-800-563-0808
Residential Tenancy Branch	1-800-665-8779
Representative for Children and Youth	1-800-476-3933
ShelterNet BC	1-604-568-3373
Sparc BC (disability parking permits)	1-888-718-7794

FEDERAL

Allergy/Asthma Information Association (BC/Yukon)	1-877-500-2242
Arthritis Society	1-800-321-1433
Canada Pension Plan	1-800-277-9914
Canada Revenue Agency	1-800-959-8281
Canadian Aids Society	1-800-661-4337
Canadian Cancer Society	1-800-663-2524
Canadian Diabetes Association	1-888-628-9494
Canadian Hemochromatosis Society	1-877-223-4766
Canadian Human Rights Commission	1-888-214-1090
Canadian National Institute for the Blind	1-800-563-2642
Citizenship & Immigration Canada	1-888-242-2100
Council of Canadians	1-888-566-3888
Credit Counselling Society Canada	1-888-527-8999
Crohn's and Colitis Canada	1-800-387-1479

CANADA

Cystic Fibrosis Canada	1-800-378-2233
Kids Help Phone (Canada Wide)	1-800-668-6868
Muscular Dystrophy Canada	1-800-366-8166
Osteoporosis Canada	1-800-463-6842
Privacy Commissioner of Canada	1-800-282-1376
National Centre for Truth and Reconciliation www.trc.ca.....	1-855-415-4534
Service Canada - Employment Insurance	1-800-206-7218
Service Canada - OAS, CPP	1-800-277-9914
Service Canada - Passports	1-800-567-6868

Members of Parliament (Federal)

Dan Albas	1-800-665-8711
Central Okanagan - Similkameen - Nicola	
Richard Cannings	1-800-667-2393
South Okanagan—West Kootenay	



**TO FOSTER THE WELL-BEING OF THE WHOLE
PERSON AND THEIR CONNECTEDNESS TO SELF,
FAMILY AND COMMUNITY WHEN DEALING WITH
SUBSTANCE USE AND ADDICTIONS.**

- INTAKE TUESDAY AT 1:00 PM
- COUNSELLING
- GROUPS
- ADULTS
- YOUTH
- EDUCATIONAL PRESENTATIONS

**1-996 MAIN STREET, PENTICTON
250-492-0400**

FINISHED READING?

Pass it along to someone else who may have use for it!



We are funded through the generous support of :

BC Gaming, The Law Foundation, Community Foundation of the South Okanagan/Similkameen, The United Way, Legal Services Society, The City of Penticton, The Town of Oliver & The Regional District of the Okanagan/Similkameen.

