



The Little Book of Resources

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

Updated JANUARY 2026

“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, Community Foundation of the South Okanagan/Similkameen, Health Sciences of BC, The Law Foundation, Legal Aid BC, The City of Penticton, Wildstone Construction and the staff & volunteers at the Penticton and Area Access Centre.

We acknowledge that our work occurs on the ancestral homelands of the Nsyilxcan speaking peoples of the Sylix Nation; and we are committed to cultivating respectful and reciprocal relationships with all Indigenous peoples.

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 uses action, awareness, advocacy, and equitable practice to help people navigate social systems. We have 5 programs: Poverty Law, Family Law, Disability Advocacy, Resource and Referral, and a free year round Income Tax Centre. Our main office is in Penticton and we have satellite offices in Oliver and Summerland.

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 resources 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.

Disclaimer: This information is accurate at that moment of publishing but is subject to change without notice.

By Topic	}	Emergency Services & Crisis Lines6
		I Need Food7
		Public Washrooms/Thrift Stores11
		I Need Help With Housing12
		I Don't Feel Safe14
		Low Income Families15
		Addiction, Recovery & Harm Reduction16
		Health, Wellness, & Disabilities19
		Mental Health Supports23
		Free & Low Cost Counselling26
		Government & Community Services29
		Seniors31
		2SLGBTQ2IA+32
		For Men33
		For Women34
		For Children & Youth35
		Advocacy & Legal Information38
		Other Non-Profits & Charities40
		Other Ethnicities & Cultural Resources.....41
		Indigenous.....43
By Location	}	Keremeos.....45
		Oliver47
		Osoyoos49
		Princeton51
		Penticton54
		Summerland59
		Regional61
		Provincial62
Federal65		

Alcohol & Drug Information & Referral Service.....	1-800-663-1441
Crisis Line (also suicide).....	1-800-784-2433
Crisis and Suicide Line.....	1-833-456-4566
Canadian Red Cross.....	1-888-800-6493
Victim Link.....	1-800-563-0808
BC Bereavement Helpline.....	1-877-779-2223
BC Responsible & Problem Gambling.....	1-888-795-6111
Black Youth Helpline.....	1-833-294-8650
Fosterline.....	1-800-663-9999
Healthlink (24hr BC Nurse line).....	811
Helpline for Children.....	250-310-1234
HIV & STI Helpline.....	1-866-778-7736
Interior Crisis Line.....	1-888-353-2273
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 Information.....	1-800-567-8911
Quit Now! Smokers Helpline.....	1-877-513-5333
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

- Penticton Salvation Army Food Bank**.....250-492-4788
(Serving Penticton and OK Falls residents only)
 2399 South Main Street
 Mon-Fri 9AM-4PM (Closed 12PM-1PM)
Daily "Grab and Go" Bag
 must have home address for hampers (Appointment only)
- Soupateria** *(Free daily lunch 11:30AM - 12:30PM)*
 150 Orchard Ave (Corner of Martin).....250-492-2415
- St. Vincent De Paul (Food Hampers)**.....250-492-2082
(Serving Penticton residents only)
 **Must have home address for delivery*
 *Penticton Indian Band or Kaleden residents must pick up
- Oasis United Church Food Cupboard**.....250-770-0182
(Serving Summerland, Keremeos, Penticton, Oliver, Osoyoos and area)
 2964 Skaha Lake Road Drop in Mon and Fri 10AM - 12PM
- Bethel Food Pantry**.....250-493-3911
(Serving Penticton, OK Falls, Summerland and Kaleden)
 945 Main Street 3rd Sat of every month (9:30AM—12PM)
 must have home address
- Purple Pantry** *(Community Fridge & Pantry)*..24/7....343 Ellis Street
- Meals on Wheels Penticton**.....250-492-9095
 Nutritious warm & frozen meals that are delivered to those who are unable to cook for themselves.
 Regular Meal: \$6.50/meal;
 Extended Meal: \$7.00/meal (Upper West Bench, Naramata, Kaleden, OK Falls & East Side Road)

I NEED FOOD

- Starfish Program**.....<https://starfishpack.com/penticton/>
They rely on the school district, principals, teachers, and youth care workers to identify students who will benefit from the program. If you are interested in your child being a part of the program, please contact the school directly.
- Summerland Food Bank & Resource Centre**.....778-516-0015
(Serving Summerland residents only)
14820 Victoria Road, North
Mon-Fri 9AM-4PM (Closed 12PM-1PM) (Appointment only)
- Cawston/Keremeos Food Bank**.....250-492-4788
(Serving Cawston and Keremeos residents only)
2334 Newton Rd, Cawston
Thursday 10AM - 12PM (Appointment only)
- Osoyoos Food Bank**.....250-495-6581
(Serving Osoyoos residents only)
6210 97th St 2nd Thursday of month (5:30PM—7PM)
(By Appointment only)
- Oliver Food Bank**.....250-535-0566
(Serving Oliver and OK Falls residents only)
6047 Station St. Every Wed 9AM—11AM (except Cheque day)
- Okanagan Falls Helping Hands**.....250-809-4496
(Serving Oliver and OK Falls residents only)
Provides emergency food hampers as needed to low income families within Okanagan Falls. By Appointment only.
- Princeton Family Services Society - Belly Project**
(Free Lunch 11:00AM - 1:00PM THURSDAYS ONLY)
56 Kenley Ave.....250-295-3126

COMMUNITY GARDENS

Incredible Edible Penticton.....ediblepenticton@gmail.com
270 Hastings Ave <https://ediblepenticton.wordpress.com/>

Parkland Community Garden.....2460 Baskin Street

Penticton Community Garden Society.....480 Vancouver Avenue
penticton.community.garden@gmail.com

Inclusive Community Garden Society (Keremeos).....250-278-0126
701 Veterans Ave inclusivegardens@gmail.com

Summerland Alliance Church (Seed to Feed Program)
14820 Victoria Road, North.....250-494-9975
summerlandcommunitygardens@gmail.com
Fresh produce is at the Sharing Stand every Tues. 1PM-4PM

Oliver Community Garden.....250-485-2575
5840 Airport Street olivercommunitygarden@yahoo.com
<https://olivercommunitygarden.wordpress.com/about/>

Osoyoos Community Garden (Sonora Community Centre)
8505 68 Ave.....250-495-6562

Ntamtqen Community Garden and Food Hub

1420 Highway 3, Cawston

ntamtqencommunitygarden@lsib.net

Volunteer & Harvest Days: Every Tuesday & Friday

Open to anyone who loves getting their hands dirty.

Morning Harvest Help: 9:30am – 12:00pm

Food Pickup: 12:00pm – 3:00pm

Pay what you can. Free if you need it – no questions asked.

*Please bring your own bags/boxes!

I NEED FOOD

PET FOOD SPECIFIC

In A Pickle Pet Food Bank & Lending Library

.....236-900-MEOW (6369)
260 Okanagan Ave E. @ Spare Room Co - Appointment only.
Emergency / Month-to-month food hampers & supply loans.
Delivery available. petfriendlypenticton@gmail.com

BC SPCA.....250-493-0136
(Serving Summerland, Keremeos, Penticton, Oliver, Osoyoos and area)
2200 Dartmouth Drive Open Tues – Sat 12PM – 3PM
penticton@spca.bc.ca

Lend-A-Paw.....<https://www.lendapaw.org/gethelp>
(Serving Summerland, Keremeos, Penticton, Oliver, Osoyoos and area)

THRIFT STORES

Care Closet.....574 Main St.
Habitat for Humanity ReStore.....2498 Skaha Lake Rd.
Salvation Army Thrift Store.....2399 South Main St.
Salvation Army Thrift Store.....318 Ellis St.
Value Village.....101 Rosetown Ave.
Oliver Hospital Thrift Store.....928 Kootenay St.
Osoyoos United Church.....7814 Spartan Dr.
Summerland Auxiliary Thrift Store.....13216 Victoria Rd N.
Critteraid Charity Thrift Store.....13208 Victoria Rd N.

I NEED A PUBLIC WASHROOM

PENTICTON

Open Year Round 8AM—5PM

Okanagan Lake Park (*Lakeshore Drive just east of Lakeside Resort*)

Ice Rink (*Martin St & Eastbrook Ave across from City Hall*)

Lakawanna Park (*Lakeshore & Power St—East side of park*)

Skaha Lake Park (*Skaha Lake Rd & Parkview St*)

OLIVER

Lions Park (*6629 Main St*)

Open Year Round 8AM—2PM

Community Park (*6359 Park Dr*)

Open Year Round 8AM— 6PM

OSOYOOS

Open Year Round 7AM—7PM

Pioneer Walkway (*7305 Crowsnest Hwy*)

Gyro Beach Park (*15 Park Place*)

Desert Sunrise Marina (*8215 Spartan Dr*)

Legion Park (*89th St & 62nd Ave*)

Goodman Park (*Bayview Crescent & Lakeshore Dr*)

SUMMERLAND

Giant's Head Mountain Park
(*Bottom Parking lot*)

Open Year Round 8AM—6PM

Veterans Memorial Square
(*Main Street at Henry Ave*)

Open Oct 15 - Apr 14 8AM—6PM
Apr 15 to Oct 14 7:30AM—9PM

I NEED HELP WITH HOUSING

- Aboriginal Housing Management Association**.....1-888-921-2462
www.ahma-bc.org
- Ask Wellness Housing provider. Apply through BC Housing**
www.askwellness.ca.....250-487-9339
- Burdock House (Supportive Housing)**
594 Winnipeg Street.....236-422-1601
- Fairhaven (Supportive Housing)**
2670 Skaha Lake Road.....250-488-2031
- Snp̓aʔxtantn (Recovery-Focused Supportive Housing)**
3240 Skaha Lake Road.....250-487-9339
- BC Housing and Rental Subsidy**.....1-800-834-7149
www.bchousing.org
- BC Rent Bank (via Elizabeth Fry Society)**.....236-597-2976
- Compass Court (Shelter/Supportive Housing)**
1706 Main Street.....236-422-2449
- Penticton & District Society for Community Living (PDSCCL)**
(They support families, single adults, seniors and those with physical or intellectual disabilities with safe & affordable housing)
.....250-490-0200
- Penticton and Area Overdose Prevention Society**.....778-559-2603
<https://pentictonops.com/> support@pentictonops.com
- Residential Tenancy Board**.....1-800-665-8779
- SAFER (Shelter Aid for Elderly Renters)**.....1-800-834-7149

South Okanagan Similkameen Brain Injury Society (SOSBIS)*(Homeless Outreach & Prevention Programs. They serve all people)*

996 Main Street.....250-490-0613

South Okanagan Women in Need Society (SOWINS)*(Emergency, short term housing, and second stage housing for women, women and their children overcoming or at risk of abuse)*

.....250-493-4366

24 Hour Crisis Line & Emergency Shelter

.....1-800-814-2033

Tenant Resource & Advisory Centre.....1-800-665-1185*(Promotes the legal protection of residential tenants by providing information, education, support and research)*

“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
www.kelownawomenshelter.ca

Now Canada AG Safe Centre (Kelowna).....250-763-2262

Okanagan Nation Transition Emergency House (ONTEH)
www.onteh.org.....1-877-493-4909

Princeton Safe Homes Program.....250-295-8211

Transition House.....1-800-814-2033

South Okanagan Safe Home (Oliver/Osoyoos)
www.desertsuncounselling.ca.....1-877-723-3911
Text only: 250-498-2538

South Okanagan Women in Need Society (SOWINS)
1027 Westminster Ave West
www.sowins.com.....1-800-814-2033

Women's Shelters Canada.....www.sheltersafe.ca

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.....250-495-4704
Osoyoos.....250-495-4704
Penticton.....250-770-4713

FAMILIES WITH LOW INCOME

- BC Housing and Rental Subsidy**.....1-800-834-7149
- BGC Okanagan** (*formerly Boys and Girls Club*).....www.bgco.ca
Oliver.....250-498-8844
Osoyoos.....250-485-2752
Penticton.....250-493-0512
Summerland.....250-404-0440
- Big Brothers Big Sisters of the Okanagan**.....1-800-404-4483
www.bigs.bc.ca
- Canadian Tire Jumpstart** (*Sport Funding for Kids*)
www.canadiantire.ca/jumpstart.....1-844-YES-PLAY
- Child Care Subsidy** (*Affordable Child Care Benefit*)..1-888-338-6622
- Child Care Resource and Referral**.....250-492-2926
Email: carrie.reiter@oneskycommunity.com. Assistance with Affordable Child Care Benefit (ACCB): free printing, access to phone, fax & computer for ACCB related business.
- Dragonfly Pond Family Society** (*Special Needs Services*)
<http://dragonflypondsociety.com>.....250-490-3305
- Family Support Institute of BC**.....1-800-441-5403
www.familysupportbc.com
- KidSport** (*Sport Funding for Kids*)
www.kidsportcanada.ca/british-columbia/penticton/
- OneSky Community Resources**.....250-492-5814
- OSNS Child & Youth Development Centre**.....250-492-0295
Education & early intervention for children facing developmental challenges.

ADDICTION, RECOVERY & HARM REDUCTION

- Access Central**.....1-866-777-1103
Provides same-day clinical screening, assessment & triage by a nurse/trained clinician to help determine appropriate care options based on individual needs, risks & circumstances.
7 Days a week 9AM - 4:30PM
- Alcohol & Drug Information Referral**.....1-800-663-1441
- Ask Wellness (FTIR Drug Testing Services)**.....250-328-2384
- Al-anon & Ala-Teen (Kelowna)**.....250-763-5555
- Alcoholics Anonymous**.....250-490-9216
- Bridge Youth and Family Services**.....250-763-0456
- Discovery House (Residential Recovery Facility)**
www.discoveryhousercovery.com.....250-490-3076
- Drug Rehab Services**.....1-877-254-3348
Free, confidential professional help and resource for drug and alcohol addiction in Canada. Referrals for clients seeking support with substances.
- Families for Addiction Recovery**.....1-855-377-6677
<https://www.farcanda.org/>
Free phone support for those concerned about a loved one's substance use through free & confidential services.
Monday to Friday 9:00AM - 12:00PM
Wednesday Evenings 4:00PM - 6:00PM
- Lifeguard Phone App**
Free phone app helps to save lives by automatically connecting people who use substances to first responders if they become unresponsive.

- Martin Street Outreach Centre**.....250-770-3696
 (Primary care for people with mental health and/or substance use needs)
 437 Martin Street Mon-Fri 8AM - 4PM (Closed 12PM-1PM)
- Mobile Outreach (*Harm Reduction Supplies*)**
 Call or text for hours.....250-809-7054
- Mobile Response Team (MRT)**.....1-888-686-3022
 Psychosocial support, education, and consultation to organizations and agencies working within BC's overdose public health emergency. This includes people impacted by critical incidents such as overdoses and/or overdose deaths during their work (frontline workers, people with lived/living experience, and first responders). MRT@phsa.ca
- National Overdose Response Service (NORS)**.....1-888-688-6677
 Overdose prevention hotline for Canadians. Confidential, non-judgmental support whenever/wherever you use drugs.
- Narcotics Anonymous**.....1-855-852-5687
- Opioid Treatment Access Line**.....1-833-804-8111
 The Opioid Treatment Access Line makes it faster and easier to access life-saving medication that prevents withdrawal symptoms and reduces the risk of overdose, and to get connected to support that same day. Free and confidential. Open every day from 9AM - 4PM across BC.
- Penticton and Area Overdose Prevention Society**.....778-559-2603
<https://pentictonops.com/> support@pentictonops.com
- Penticton Mental Health Substance Use Centre**.....250-770-3555
 740 Carmi Avenue Mon - Fri 8AM to 4PM

Schedule of Availability for Drug Checking

In-Person FTIR Drug Checking

Monday to Friday at various locations across Penticton

Sample Drop Available

24/7 at:

Burdock House, 594 Winnipeg Street

Monday – Friday, 8:30AM-4:30PM

Mental Health and Substance Use #117—437 Martin Street

For more information:

Call: 250-328-9619

Visit: www.drugchecking.ca

Registered Take Home Naloxone Training & Distribution

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 Avenue

HEALTH, WELLNESS, & DISABILITIES

ACT Community Autism Training	1-866-939-5188
www.actcommunity.ca	
Asthma Canada	1-866-787-4550
ALS Society of B.C.	1-800-708-3228
Alzheimer Society of BC Resource Centre	1-888-318-1122
www.alzheimerbc.org	
Arthritis Society	1-800-321-1433
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	
Canadian AIDS Society	1-800-499-1986
www.cdnaids.ca	
Canadian Cancer Society	1-800-663-2524
Canadian Celiac Association	1-877-736-2240
www.bcceliac.ca	
Canadian Diabetes Association	1-888-628-9494
Canadian Hemochromatosis Society	1-877-223-4766
Canadian Human Rights Commission	1-888-214-1090
www.chrc-ccdp.ca	

HEALTH

- Canadian National Institute for the Blind**.....1-800-563-2642
www.cnib.ca
- Canadian Red Cross Society**.....1-800-418-1111
www.redcross.ca
- Canadian Mental Health Association (CMHA)**.....250-493-8999
www.sos.cmha.bc.ca 1873 Main Street
Mental Health Advocacy by appointment only
CMHA Clubhouse.....778-476-5411
- Cerebral Palsy Association of BC**.....1-604-515-9455
- Crohn's and Colitis Canada**.....1-800-387-1479
www.crohnsandcolitis.ca
- Cystic Fibrosis Canada**.....1-800-378-2233
www.cysticfibrosis.ca
- Dragonfly Pond Family Society (Special Needs Services)**
www.dragonflypondsociety.com.....250-490-3305
- Foundry Penticton (Wellness—Ages 12-24)**.....778-646-2292
- HandyDART**.....1-844-442-2212
- Heart & Stroke Foundation**.....1-866-432-7833
www.heartandstroke.bc.ca
- Interior Health**.....www.interiorhealth.ca
- Inclusion Canada**.....1-855-661-9611
National organization that works to protect the rights of
people with intellectual disabilities & their families.
- Kidney Foundation of Canada**.....1-800-567-8112

Health Centres

Keremeos.....250-499-3000
 Oliver250-498-5080
 Osoyoos250-495-6433
 Penticton250-770-3434
 Princeton.....250-295-4442
 Summerland...250-404-8000

Hospitals

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

Mental Health

Princeton/Keremeos.....250-499-3029
 Penticton.....250-770-3555
 Osoyoos.....250-495-6433

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

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

Medical Services Plan (Health Insurance BC).....1-800-663-7100

Multiple Sclerosis Society of Canada.....250-388-6496
www.mssociety.ca

Muscular Dystrophy Canada.....1-800-567-2873
www.muscle.ca

Okanagan Inclusion.....236-422-0055
 Supports adults with developmental disabilities to
 participate meaningfully in all aspects of community life.

OneSky Community Resources.....250-492-5814
 Seniors Wellness.....250-487-7455
<https://oneskycommunity.com/seniors-services>

- Options Sex Sense Support Line**.....1-800-739-7367
www.optionsforsexualhealth.org
- Osteoporosis Canada**.....1-800-463-6842
- Penticton & District Hospice Society**.....250-492-9071
www.pentictonhospice.com
Moog & Friends Hospice 1701 Government Street
- Penticton & District Society for Community Living (PDSCL)**
www.pdscl.org.....250-493-0312
- Positive Living Society of British Columbia**.....1-604-893-2200
<https://positivelivingbc.org/>
- Self-Management BC**.....1-866-902-3767
 Free health programs for BC Adults:
www.selfmanagementbc.ca
- South Okanagan Loss Society**.....250-488-1320
 Grief support and education in the South Okanagan
www.solspenticton.com
- South Okanagan Similkameen Mental Wellness Society**
 118-246 Martin street.....250-493-7338
 Walk-Ins welcome Mon - Fri 10AM—2PM
- SPARC BC (Disability Parking Permits)**
www.sparc.bc.ca/parking-permits/.....1-888-718-7794
- South Okanagan Similkameen Brain Injury Society (SOSBIS)**
 996 Main St.....250-490-0613
 Supporting people who have experienced a Brain Injury or Stroke with non-medical community support through self referral and referrals from physicians. By appointment only.

Anxiety Canada

Resources and programs to help individuals find relief from anxiety and obsessive compulsive disorder (OCD).

<https://www.anxietycanada.com/>

Bounce Back Program—CMHA.....1-866-639-0522

Telephone coaching for adults & youth (15+) with mild-moderate depression with or without accompanying anxiety. Family doctor's referral required.

Canadian Mental Health Association (CMHA).....250-493-8999

102 - 1873 Main Street

<https://sos.cmha.bc.ca/>

Individual advocacy services which are accessed directly by individuals with a mental health disorder living in the South Okanagan Similkameen. By appointment only.

Care for Caregivers: Mental Health Support for Healthcare

www.careforcaregivers.ca/

Free workshops to support employees & quick daily coping tips for healthcare workers.

Child and Youth Mental Health

Contact the office to book an intake appointment.

5917 Airport Street, Oliver.....250-485-6001

Okanagan Falls, Oliver, Osoyoos, Keremeos & Princeton.

3rd Floor - 740 Carmi Avenue, Penticton.....250-487-4422

Penticton and Summerland

Foundry Penticton.....778-646-2292

Free and confidential mental health and wellness services for youth ages 12-24 in British Columbia and their families.

MENTAL HEALTH

Here2Help.....1-877-857-3397

www.here2talk.ca

Connects post-secondary students with mental health support. All students currently registered in a B.C. post-secondary institution have access to free, confidential counselling & community referral services, conveniently available 24/7 via app, phone and web.

Help Starts Here.....<https://helpstartshere.gov.bc.ca/>

Mental health and substance use supports.

Mental Health.....www.interiorhealth.ca

Princeton/Keremeos.....250-499-3029

Penticton.....250-770-3555

Osoyoos.....250-495-6433

Mobile Response Team (MRT).....1-888-686-3022

Psychosocial support, education, and consultation to organizations and agencies working within BC's overdose public health emergency. This includes people impacted by critical incidents such as overdoses and/or overdose deaths during their work (frontline workers, people with lived/living experience, and first responders)

South Okanagan Similkameen Mental Wellness Society

#118—246 Martin Street.....250-493-7338

www.sosmws.com/peer-support

Topics discussed are fear, anxiety, sleep disorders, anger, tips on coping with stress. See website for group schedule.

Workplace Mental Health Hub.....www.peopleworkingwellbc.ca

Free workshops, webinars & information to help employers and employees manage stress and build resiliency.



Brain Injury Society

Education • Support • Housing

Brain Injury Society
#2 - 996 Main Street
Penticton, BC V2A5E4
250-490-0613
<http://www.sosbis.com/>
info@sosbis.com

The South Okanagan Similkameen Brain Injury Society (SOSBIS) located in Penticton, offers non-medical programs and services to address immediate concerns as well as to assist in identifying longer-term goals for ongoing recovery.

Acquired Brain Injury (ABI) Services

Comprehensive supports for individuals and caregivers living with brain injury or stroke

Our services include:

- **Personalized case management**
- **Caregiver support groups & survivor programs**
- **System navigation & advocacy**
- **Life skills and wellness support**
- **Social and peer connection opportunities**
- **Educational workshops**
- **Community resource referrals**

We empower survivors to take meaningful steps in recovery, adapt to life after injury, and reconnect with their communities. Self-referrals welcome anytime.

Outreach & Housing Services

Support for individuals who are precariously housed or at risk of homelessness due to multiple barriers.

We provide:

- **Assistance in accessing safe, appropriate housing**
- **Community outreach for those not yet connected to services**

FREE or LOW COST COUNSELLING

Adler Centre.....604-742-1818
Low-cost counselling services remotely across BC.

BC Responsible and Problem Gambling Program...1-888-795-6111
Free, confidential services for residents of BC who are struggling with their own or family member's gambling.

BC Youth Chat.....1-800-784-2433

Crisis Intervention & Suicide Prevention Online Chat
<http://youthinbc.com/>

Black Youth Helpline.....1-833-294-8650

Care to Speak: Peer Support for B.C. Healthcare Workers
1-866-802-7337 or online careforcaregivers.ca/caretospeak/
If you are experiencing tough times or challenges with your mental health. Peer volunteers have healthcare experience within the continuing care sector.

Credit Counselling Society.....1-888-527-8999
<http://nomoredebts.org>
Free credit counselling, low-cost debt management solutions, and financial education.

Desert Sun Counselling and Resource Centre
Oliver.....250-498-2538
Osoyoos.....250-495-6925
All programs are free of charge; self-referrals accepted.

Desert Solace Counselling and Recovery.....250-689-6927
<http://desertsolacecounselling.ca/>
Located in Oliver and Penticton. Sliding scale rate with a 30-minute consultation. Focus is addictions, relationship issues & life transitions.

- Foundry Penticton**.....1-833-308-6379
Access province-wide virtual services with counselling, peer support, family support, groups and workshops for young people 12 to 24 and their caregivers.
- Hope for Wellness (*Indigenous Helpline / Online Chat*)**
www.hopeforwellness.ca.....1-855-242-3310
- Kids Help Phone**.....1 800 668-6868 or text TALK to 686868
24/7, immediate counselling, support, info and referrals.
- Interior Crisis Line**.....1-888-353-2273
24/7 Free and confidential emotional support, crisis intervention and/or community resource information.
- Lower Similkameen Community Services Society**
www.lscss.com.....250-299-2352
Confidential counselling services for women. Individual, client- centered support for education, self-awareness, and empowerment.
- Maya Counselling**.....250-770-3121
Sliding Scale rate available. 20-minute free consultation.
- Metro Vancouver Indigenous Counselling**.....604-256-5850
Individuals with First Nations Status are covered for counselling from qualified mental health providers.
- Okanagan Clinical Counselling**.....Call or Text 250-718-9291
Sliding Scale rate with Intern Counsellors. Call for rates.
- OneSky Community Resources**.....250-492-5814
Sliding Scale rate with Intern Counsellors. Call for rates.

- South Okanagan Counselling**.....Call or text 250-486-3008
Sliding Scale rate with Intern Counsellors. Call for rates.
- South Okanagan Loss Society**.....250-488-1320
Support programs, including individual and group support workshops as well as access to educational materials for those dealing with loss and life transitions.
- South Okanagan Women In Need Society**.....250-493-4366
Safe, accessible, person-centered support & preventative interventions to individuals who have experienced or are at risk of experiencing violence and abuse.
Call or email peace@sowins.com
- VictimLink BC**.....1-800-563-0808
24/7 support for victims of family or sexual violence.
- Wild Mountain Clinical Counselling**.....250-486-1868
Sliding scale as well as pro-bono for those who qualify.
They direct bill for many insurers/funders. Call for rates.

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
- Foster Parent After Hours Support Line**.....1-888-495-4440
- Information & Privacy Commissioner BC**.....250-387-5629
- Labour Relations Board**.....1-604-660-1304
- Ministry of Children and Family Development (MCFD)**
Oliver.....250-485-6001
Penticton.....250-770-2200
Princeton / Summerland / After Hours Emergency
.....1-800-663-9122

Ministry of Social Development & Poverty Reduction

Income assistance (welfare) & disability

254 Haynes St Penticton

www.gov.bc.ca.....1-866-866-0800

After hours emergency.....1-866-660-3194

MSDPR Advocate for Service Quality.....1-800-663-7867

National Centre for Truth and Reconciliation

www.nctr.ca.....1-855-415-4534

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

Privacy Commissioner for BC.....250-387-5629

Public Guardian and Trustee of BC.....1-800-663-7867

Regional District of Okanagan/Similkameen.....1-877-610-3737

www.rdos.bc.ca

Residential Tenancy Branch.....1-800-665-8779

Tenancy Resource and Advisory Centre.....1-800-665-1185

www.tenants.bc.ca

Veterans Affairs.....1-866-522-2122

www.veterans.gc.ca

- BC Caregiver Support Line**.....1-877-520-3267
Information & referrals to caregivers, healthcare navigation, support programs & resources.
- Interior Health—Home Care and Community Care Services**
.....1-800-707-8550
Some community care services are free, while others may have fees based on your income. Certain equipment or supplies may also cost extra.
- One Step Foot Care**.....1-833-863-3668
Works exclusively with seniors that reside in Care Homes from Penticton to Salmon Arm and in between.
- OneSky Seniors Wellness**.....250-487-7455
<https://oneskycommunity.com/seniors-services>
- Seniors Abuse and Information Line (SAIL)**.....1-866-437-1940
Language interpretation is available.
Confidential means for seniors to speak to a professional intake worker about issues that affect their well-being, receive information, or learn about our programs.
- Seniors Centres**
- Keremeos.....250-499-2977
 - OK Falls250-497-8199
 - Oliver.....250-498-6142
 - Osoyoos250-495-6921
 - Penticton.....250-493-2111
 - Princeton.....250-295-7515
 - Summerland.....250-494-9377

- Ascend Salon**.....250-646-2292
Free Gender-Affirming Haircut. In partnership with Foundry Penticton for youth ages 12 to 24. Call Foundry to inquire.
- OPT Options for Sexual Health**.....1-800-739-7367
www.optionsforsexualhealth.org
- PFLAG Canada**.....1-888-530-6777
PFLAG is dedicated to providing a safe and supportive place for Lesbian, Gay, Bisexual, Transgender, Two-Spirited, Queer and Questioning people. We welcome allies and people of diverse gender expression, identity, and attraction.
pentictonbc@pflagcanada.ca www.pflagcanada.ca
- QMUNITY**.....604-684-5307
www.qmunity.ca
- RADAR**.....
Individual supports, group programs and special events for 2SLGBTQIA+ youth ages 12-24 in Penticton and region.
Penticton: #201-501 Main Street.....250-809-8476
Summerland: Summerland Arts & Cultural Centre (Top Floor)
9525 Wharton Street.....250-488-4396
- Rainbow Connection Penticton**.....Pentictonpride@gmail.com
linktr.ee/PentictonPride
A coalition of like-minded individuals committed to fostering community engagement, offering a range of localized resources, interactive chat rooms, face-to-face networking social gatherings, promotion for local enterprises, & active participation in social causes & initiatives.

South Okanagan Similkameen Pride	www.sospride.ca
Trans Care BC	www.transcarebc.ca
Trans Lifeline (Transgender Crisis Line)	1-877-330-6366
TransParent Okanagan	www.transparentokanagan.ca
UBC Okanagan Pride Resource Centre	www.suo.ca/resource/pride-resource-centre
UBC Okanagan Equity & Inclusion Office	equity.ok.ubc.ca

MEN

- Desert Sun Counselling & Resource Centre**
www.desertsuncounselling.ca.....250-498-2538
- Discovery House (Residential Recovery Facility)**.....250-490-3076
www.discoveryhouserecovery.com
- Men's Health Initiative (HIM)**.....778-753-5830 (Ext.101)
www.menshealthinbc.com
- Penticton Men's Shed**.....pentictonmensshed@gmail.com
<https://www.pentictonmensshed.ca/>
Where men can learn or teach new skills and find new opportunities and interests while making new friends. They provide a safe and friendly environment where members can work on meaningful projects. Men work at their own pace, in their own time, in the company of other men. We offer men an alternate way to reach out to avoid 'isolation' while giving back to society.

WOMEN

- Adoptive Families Association of BC**.....1-877-236-7807
www.bcadoption.com
- Beginnings Pregnancy Support Program**.....250-809-7822
- 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
www.kelownawomensshelter.ca
- Princeton Safe Homes Program**.....250-295-8211
- Okanagan Nation Transition Emergency House (ONTEH)**
.....1-877-493-4909
- OPT Options for Sexual Health**.....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
- South Okanagan Women in Need Society (SOWINS)**
www.sowins.com.....250-493-4366
- Victim Link**.....1-800-563-0808
www.victimlinkbc.ca

- Ala-Teen**1-888-425-2666
www.al-anon.alateen.org
- BGC Okanagan (formerly Boys and Girls Club)**.....www.bgco.ca
 Oliver.....250-498-8844
 Osoyoos.....250-485-2752
 Penticton.....250-493-0512
 Summerland.....250-404-0440
- Big Brothers Big Sisters of the Okanagan**.....1-800-404-4483
www.bigs.bc.ca
- BC Youth Chat**.....1-800-784-2433
 Crisis Intervention & Suicide Prevention Online Chat
<http://youthinbc.com/> Noon– 1 AM daily
- 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)
- Federation of BC Youth in Care Network**.....1-800-565-8055
- Helpline for Children**310-1234
- Kids Help Phone (Canada Wide)**.....1-800-668-6868
- Ministry of Children and Family Development (MCFD)**
 Oliver.....250-485-6001
 Penticton.....250-770-2200
 Princeton & Summerland.....1-800-663-9122

- MCFD after hours emergency**.....1-800-663-9122
- OS Neurological Society Child Development Centre (OSNS)**
www.osns.org.....1-866-492-0295
- South Okanagan Mama's for Mama's**
Email: penticton@mamasformamas.org
- Representative for Children and Youth**.....1-800-476-3933
- Youth Space**.....TEXT 778-783-0177
www.youthspace.ca (Available to text or chat online)
Free online crisis & emotional support for youth under 30.
6PM—MIDNIGHT daily
- Y Mind Mindfulness Groups**.....250-317-7980
YMCA Mindfulness Groups are free and support young adults between 18-30 years old. You will learn healthy coping tools to manage anxiety, connect with other young people and receive support. The groups are 7 weeks in duration and are offered at various locations in Kelowna & Penticton. Register for info: ymind@ymcaokanagan.ca



330 Ellis Street, Penticton

250.492.5814

info@oneskycommunity.com

OneSkyCommunity.com

A diverse multi-service not-for-profit organization that provides a broad span of life-changing programs and services for individuals and families across the lifespan.

- Early Childhood
- Seniors Wellness
- Community Inclusion
- Youth & Family
- Health & Housing
- Counselling

Monday-Friday 8:30am-4:30am

Individual program hours vary

· F O U N D R Y ·
PENTICTON

501 Main Street, Penticton

Text 250.809.8473 | Call 778.646.2292

FoundryPenticton@oneskycommunity.com

A one-stop-shop for youth aged 12-24 to access free mental health and substance use support, primary care, peer support, employment support, and group programs

- Mental Health & Substance Use
- Primary Care (Physical Health)
- Peer Support
- Foundry Works

Monday 11:00 am-5:00 pm

Tuesday-Thursday 9:00am-5:00pm

Friday 1:00pm-5:00pm

ADVOCACY & LEGAL INFORMATION

Access Pro-Bono BC	1-877-762-6664
Access Centre - Legal Advocacy	250-493-6822
Better Business Bureau	1-888-803-1222
www.bbbvan.org	
BC Civil Liberties Association	http://bccla.org
BC Civil Resolution Tribunal	1-844-322-2292
www.civilresolutionbc.ca/	
BC Human Rights Clinic	1-855-685-6222
www.bchrc.net	
BC Human Rights Tribunal	1-888-440-8844
www.bchrt.bc.ca/tribunal	
BC Public Interest Advocacy Centre	604-687-3063
Canadian Anti-Fraud Centre	1-888-495-8501
CMHA Mental Health Advocate	778-476-5411
Clicklaw	www.clicklaw.bc.ca
Community Legal Assistance Society (CLAS)	1-888-685-6222
www.clasbc.net	
Community Living BC (<i>for people with disabilities</i>).....	250-487-4436
www.communitylivingbc.ca	
Consumer Protection BC	1-888-564-9963
Credit Counselling Society	1-888-527-8999
www.nomoredebts.org	
Dial-A-Law (<i>Lawyer referral</i>).....	1-888-687-3404

- Family Duty Counsel** (*Penticton Court House*).....250-493-7164
- Family LawLINE**.....1-866-577-2525
- Family Maintenance**.....1-866-557-2427
www.bcfma.ca
- Homelessness Services Association of BC**.....www.hsa-bc.ca
- John Howard Society of Central & South Okanagan**.....250-763-1331
www.johnhowardbc.ca/okanagan-kootenay/
- Lawyer Referral Service** (*Canadian Bar Association*)..1-888-687-3404
www.cbabc.org
- Okanagan Wellness Advocacy Group**.....778-557-2112
keisha@wellnessadvocacygroup.ca
- People's Law School**.....www.peopleslawschool.ca
- PovNet**.....www.povnet.org
- Seniors First BC**.....1-866-437-1940
 Information, legal advocacy, support, and referrals to older adults across BC
- Stand Informed Legal Advice Services**.....1-888-685-6222
 Experienced Sexual Assault? Get Free confidential legal advice.

OTHER NON-PROFITS & CHARITIES

- BC SPCA**.....250-493-0136
www.spca.bc.ca
- Community Foundation of South Okanagan Similkameen**
They work with charities in the community to understand their needs, and to help make donated dollars go further.
www.cfso.net.....250-493-9311
- Critter Aid**.....250-494-5057
www.critteraid.org
- Downtown Penticton Association**.....250-493-8540
www.downtownpenticton.org
They work collaboratively with members, who represent a diverse range of industries like retail, hospitality, professional services, arts and culture. They strive to create a vibrant & thriving business community.
- Habitat for Humanity**.....778-755-4346
www.habitatforhumanityokanagan.ca
- Mamas for Mamas Okanagan (Kelowna)**.....1-877-535-2432
- Okanagan Foster Parent Association**.....1-888-495-4440
www.okfosterparents.ca
- Okanagan Humane Society**.....250 448-8554
www.okanaganhumanesociety.com/pet-assistance/
Provides support for pets belonging to people facing financial barriers to ensure the most basic medical procedures and veterinary care when necessary.
- United Way of Central & South Okanagan Similkameen**
www.unitedwaycso.com.....250-860-2356

OTHER ETHNICITIES and CULTURAL RESOURCES

- BIPOC Foundation**.....www.bipocfoundation.org
- Black Youth Helpline**.....1-833-294-8650
Available Daily from 9AM—10PM
- Canadian Anti-Racism Network**.....www.stopracism.ca
- Learning for Justice**.....www.learningforjustice.org
- South Okanagan Immigrant and Community Service (SOICS)**
340 Ellis Street.....250-492-6299
English Language Training
Settlement Services
Employment Services
Community Connections
Life Skills Workshops
Local Immigration Partnership
- Support Network for Indigenous Women and Women of Colour**
.....250-277-2545
Canadian non-profit organization committed to the empowerment of women. Their mandate is to work against barriers that limit women and girl's access to healthcare and full reproductive choice using food, art, and education.
- Talk4Healing**.....1-855-554-HEAL
www.Talk4Healing.com



**Pentiction
& Area
Access
Centre**

250-493-6822
www.accesscentre.org
#209 - 304 Martin St.
Pentiction, B.C.

Hours of operation:

Monday to Thursday
10am—4pm (Closed 12pm—1pm)

ASK ABOUT OUR DROP-IN DAYS/TIMES

Income Tax Clinic	250-493-6822
Legal Advocacy	Ext. 209 & 211
Family Law	Ext. 204 & 206
Community Advocacy (<i>Inc. Resource & Referral & Disability Advocacy</i>)	Ext. 207 & 208
Oliver/Osoyoos/Keremeos	250-493-6822
Summerland Outreach	778-516-0015

We are the Pentiction & Area Access Society a registered non-profit organization dedicated to advocacy, resource and referral and outreach programs.

Our mission is to use action, awareness, advocacy & equitable practice to help people navigate social systems.

INDIGENOUS RESOURCES

- En'owkin Centre**.....250-493-7181
- Federation of Aboriginal Foster Parents**.....1-866-291-7091
- First Nations Court**.....1-877-601-6066
- First Nations Health Authority**.....1-866-913-0033
www.fnha.ca
- FNHA Residential Schools Resolution Health Support Program**
.....1-877-477-0775
- First Nations Health Benefits**.....1-855-550-5454
Access to mental wellness and counselling services.
- First Nations Virtual Doctor of the Day**.....1-855-344-3800
Free video and phone-based appointments that help members of BC First Nations access primary and mental health care who have limited or no access to their own doctors. All First Nations people who live in B.C. are eligible for this service – and so are their family members, even if those family members are non-status. No age limits.
- Footprints Centre (Employment Services)**.....250-492-5289
- Hope for Wellness (Indigenous Helpline/Online Chat)**
www.hopeforwellness.ca.....1-855-242-3310
- Indian Bands**
- Osoyoos.....250-498-3444
- Penticton250-493-0048
- Lower Similkameen.....250-499-5528
- Upper Similkameen.....250-292-8733

INDIGENOUS

Indian Residential School Survivor Society	1-800-721-0066
KUU-US Crisis Line Society	1-800-588-8717
Little Paws Children's Centre	250-492-2324
Métis Crisis Line	1-833-MÉTISBC (638-4722)
National Centre for Truth and Reconciliation	1-855-415-4534 www.nctr.ca
National Hope for Wellness Help Line	1-855-242-3310 Visit www.hopeforwellness.ca for an online chat
Native Youth Crisis Hotline	1-877-209-1266
Native Youth Sexual Health Network nativeyouthsexualhealth.com	
NK'MIP Resource Centre	250-498-6935
Okanagan Nation Transition Emergency House (ONTEH) www.thehealingjourney.ca	1-877-493-4909
OKIB Mental Wellness Intake Referral Line	250-241-4741 mhwhotline@okanagan.org
Ooknakane Friendship Centre	250-490-3504
Outma Sqilx'w Cultural School	250-493-2421
Residential School Crisis Line	1-866-925-4419
South Okanagan Similkameen Métis Association	250-460-2086
Snxastwilxtn Health Centre	250-493-7799
UBC Indigenous Community Legal Clinic	1-888-684-7874

COMMUNITY - KEREMEOS

Access Centre (Outreach)	250-493-6822
Alcoholics Anonymous	1-800-228-5118
Food Bank (Penticton Salvation Army)	250-492-4788
Health Centre	250-499-3000
Keremeos Municipal Hall	250-499-2711
Keremeos Seniors Centre	250-499-2977
Lower Similkameen Indian Band	250-499-5528
MLA Donegal Wilson	250-498-5122
Email: donegal.wilson.MLA@leg.bc.ca	
MP Dan Albas	1-800-655-8711
Email: dan.albas@parl.gc.ca	
Mental Health and Substance Use	250-499-3029
700 3rd Street, Keremeos	
Okanagan Inclusion	250-499-2388
Keremeos Community Options 427—7th Avenue	
Supports adults with developmental disabilities to participate meaningfully in all aspects of community life.	
RCMP Detachment	250-499-5511
Similkameen Rec Centre	250-499-2400
You Learn	250-499-0040

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

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

Legal Aid

Meals on Wheels

"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

COMMUNITY - OLIVER

Access Centre (Outreach)	250-493-6822
BCGO (Formerly Boys and Girls Club)	250-498-8844
Better at Home - South Okanagan (Desert Sun)	250-495-6925
Assists seniors age 65+ who are in general good health but require help with non-medical daily tasks to maintain independent living. Services include light housekeeping, grocery shopping/delivery, friendly visits, snow shovelling, minor home repairs, light yard work, and transportation to medical appointments and social/recreational activities. Fees are on a sliding scale based on income. Serves Osoyoos and Oliver.	
Children Who Witness Abuse (Desert Sun)	250-498-2538
Food Bank	250-535-0566
6047 Station St Every Wed 9AM—11AM (except Cheque day)	
Health Centre	250-498-5080
Highway to Healing Support Society	HighwaytoHealing@Live.ca
Offers help with the costs of traveling, accommodation, and other incidentals when out of your community to access medical care for a child (under 19) or for a pregnant mother. Most families who live in Osoyoos, Oliver and Ok Falls and on the Osoyoos Indian Band land are eligible.	
Hospital (South Okanagan General Hospital)	250-498-5000
MLA Donegal Wilson	250-498-5122
Email: donegal.wilson.MLA@leg.bc.ca	
MP Helena Konanz	250-244-0505
Email: helena.konanz@parl.gc.ca	
Ministry of Children and Family Development	250-485-6001
NK'MIP Resource Centre	250-498-6935

Oliver Missions Society	250-408-8527
Oliver Municipal Hall	250-485-6200
Oliver Senior Centre Society	250-498-6142
Oliver Parks & Recreation	250-498-4985
Oliver Public Library	250-498-2242
RCMP Detachment	250-498-3422
RCMP Victim Services	250-495-4704
Southern Okanagan Community Inclusion Society (SOCIS)	250-498-0309
Work BC Employment Services	1-833-313-1026
Women of Oliver for Women (WOW)	250-498-4705

Desert Sun Counselling & Resource Centre

762 Fairview Road, Oliver.....250-498-2538

8701 Main Street, Osoyoos.....250-495-6925

www.desertsuncounselling.ca

Better at Home

Computer Tutor for Seniors

Safe Home Project

Counselling for Women, Children, Youth & Men

Mother Goose Group

Parent Connection

Community Kitchen/Garden

Sonora Centre

8505 68 Avenue, Osoyoos.....250-495-6562

Winter Hours (Sept to June)

Mon—Fri 8:30AM—9PM / Saturday 9AM—4PM

Summer (July to Aug)

Mon—Fri 8:30AM—8PM / Saturday 9AM—4PM

Weight Room

Library

Gymnasium

Recreation Programs / Low Cost Drop-In activities

Birthday Parties / Facility bookings / Hall rentals

Access Centre (Outreach).....250-493-6822

Alcoholics Anonymous.....1-800-228-5118

Better at Home - South Okanagan (Desert Sun).....250-495-6925

Assists seniors age 65+ who are in general good health but require help with non-medical daily tasks to maintain independent living. Services include light housekeeping, grocery shopping/delivery, friendly visits, snow shovelling, minor home repairs, light yard work, and transportation to medical appointments and social/recreational activities. Fees are on a sliding scale based on income. Serves Osoyoos and Oliver.

BCGO (Formerly Boys and Girls Club).....250-485-2752

Desert Valley Hospice Society.....250-495-1590

Food Bank (Baptist Church).....250-495-6581

6210 97th Street 2nd Thursday of month (5:30PM—7PM)
(By Appointment only)

Highway to Healing Support Society....HighwaytoHealing@Live.ca

Offers help with the costs of traveling, accommodation, and other incidentals when out of your community to access medical care for a child (under 19) or for a pregnant mother. Most families who live in Osoyoos, Oliver and Ok Falls and on the Osoyoos Indian Band land are eligible.

Low Income Subsidy Program (LISP).....250-495-4623

The Town of Osoyoos offers a Low Income Subsidy Program for individuals and families to participate in programs and services offered by the Community Services Department. Call or email to inquire: recreation@osoyoos.ca

Mental Health and Substance Use.....250-495-6433

4816 89th Street, Osoyoos Monday - Friday (10AM - 4PM)

MLA Donegal Wilson.....250-387-3507

MP Helena Konanz.....250-244-0505

Nk'Mip Desert Cultural Centre.....1-888-495-8555

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

Work BC Employment Services.....250-495-7731

You Learn.....250-495-5165

COMMUNITY - PRINCETON

Alcohol & Drug Programs	250-499-3049
Food Bank (<i>Baptist Church</i>).....	250-295-5327
190 1st Street Tuesday, Thursday & Saturday 10AM - 12PM. Closed the last week of the month and statutory holidays.	
Health Centre	250-295-4442
Hospital (<i>Princeton General Hospital</i>).....	250-295-3233
Child/Youth Mental Health Support	250-485-6001
Meals on Wheels & Home Support	250-295-6696
MLA Donegal Wilson	250-387-3507
MP Helena Konanz	250-244-0505
Ministry of Children and Family Development	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
RCMP Detachment	250-295-6911
RCMP Victim Services	250-295-7901
Seniors Centre	250-295-7515
Service BC	250-295-4600
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 Princeton & rural areas including Hedley.

*Facility Rentals
Office Services
Community Skills
Training Programs
Distance Education*

WorkBC Centre

Find a job that's right for you.



We're here to help!

No matter what your level of work experience or education, if you're unemployed your local WorkBC Centre is here to help you.

WorkBC Centre Princeton

206 Vermilion Avenue
833-314-1043
centre-princeton@workbc.ca



WorkBC Centre Oliver

291 Fairview Road, Unit 201
833-313-1026
centre-oliver@workbc.ca



WorkBC Centre Penticton

174-1848 Main Street
833-313-0547
centre-penticton@workbc.ca



WorkBC Centre Summerland

14820 Victoria Road North
833-313-1112
centre-summerland@workbc.ca



Canada

BRITISH COLUMBIA

This program is funded by the Government of Canada and the Province of British Columbia.

Ce programme est financé par le gouvernement du Canada et la province de la Colombie-Britannique.

Princeton Family Services Society.....250-295-3126

<https://pfss.org/services>

56 Kenley Avenue

*Family Support / Infant Development / Child & Youth Support
PEACE / Stop the Violence Counselling / Community Outreach*

Drop-In Programs

Belly Project - Free Lunch 11:00AM - 1:00PM THURSDAYS ONLY

The Nook - Drop-In Mondays and Fridays from 9:30AM-2:30PM
Seasonal heating or cooling station, provides food and grocery items as a temporary aid. Enjoy games, watch movies and socialize. Showers are available on a first come first serve basis on Fridays. All supplies provided.

Harm Reduction Supplies & Essentials

Mondays or Fridays 9:30AM-2:30PM

Supplies (climate & funding dependent) inc. hand/foot warmers, clean drinking water, Coleman stoves, tents, tarps, socks etc.

Family Place

Drop-In play group Tuesdays & Wednesday from 9:30AM-12:30PM

Princeton and District Arena (Mezzanine) 167 Old Hedley Rd.

Come connect with other parents and let the kids play in a safe and developmentally friendly environment. Resources & Referrals are available on site.

COMMUNITY - PENTICTON

Access Centre	250-493-6822
Alcoholics Anonymous	1-800-228-5118
Ask Wellness	250-487-9339
www.askwellness.ca	
BC Housing	250-493-0301
Beginnings Pregnancy Support Program	250-492-4901
Big Brothers Big Sisters of the Okanagan	250-765-2661
Burdock House	236-422-1601
BGCO (Formerly Okanagan Boys and Girls Club)	250-493-0512
Canadian Mental Health Association	250-493-8999
ClubHouse#102—1873 Main Street.....	250-493-6327
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	250-422-2449
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)	250-448-4289

Family Justice Counsellor	1-888-201-0045
Fairhaven	250-488-2031
Family Maintenance Enforcement Program	1-800-668-3637
Food Bank (Penticton Salvation Army)	250-492-4788
Handy Dart	1-800-442-2212
Health Centre	250-770-3434
Hospital (Penticton Regional Hospital)	250-492-4000
Hostels International	250-492-3992
Legal Aid	250-493-7164
Life Line	250-770-3531
Martin Street Primary & Urgent Care Centre	250-770-3696
MLA Donegal Wilson	250-387-3507
MP Helena Konanz	250-244-0505
Meals on Wheels	250-492-9095
Mental Health and Substance Use (MHSU)	250-770-3555
740 Carmi Avenue Monday - Friday 8AM - 4PM	
MHSU (Downtown Penticton)	250-770-3697
#117—437 Martin Street Monday - Friday 8AM - 4PM	
Ministry of Children and Family Development (MCFD)	250-770-2200
Multiple Sclerosis Society	250-388-6496
Okanagan College	250-492-4305

PENTICTON

- Okanagan Inclusion**.....236-422-0055
527 Ellis Street
Supports adults with developmental disabilities to participate meaningfully in all aspects of community life.
- Okanagan Nation Transition Emergency House (ONTEH)**
.....250-493-4902
- OneSky Community Resources**.....250-492-5814
330 Ellis Street Mon to Fri 8:30AM—4:30PM
- OS Neurological Society Child Development Centre (OSNS)**
.....250-492-0295
- Ooknakane Friendship Centre**.....250-490-3504
- Penticton & Area Co-operative Enterprises (PACE)**..250-276-4163
105 Martin Street (Entrance via Estabrook Ave)
Collects and sorts e-waste to help reduce waste going to the landfill and ensure responsible electronic recycling.
- Penticton and Area Overdose Prevention Society**....778-559-2603
<https://pentictonops.com/> support@pentictonops.com
- Penticton City Hall**.....250-490-2400
www.penticton.ca
- Penticton & District Hospice Society**.....250-492-9071
- Penticton Fire Department**.....250-490-2300
- Penticton & District Society for Community Living (PDSC)**
.....250-493-0312
- Penticton Indian Band**.....250-493-0048
- Penticton Parks & Rec. (Community Centre)**.....250-490-2426
325 Power Street

Penticton Public Library	250-770-7781
Penticton RCMP	250-492-4300
Penticton Secondary Learning Centre	250-770-7750
Penticton Senior's Drop-In Centre Society	250-493-2111
Penticton Transit	250-492-5602
RCMP Victim Services	250-770-4713
Salvation Army Thrift Store	250-492-3946
Seniors Wellness @ One Sky	250-487-7455
Service BC	250-487-4200
40 Calgary Avenue	Mon - Fri 9AM—4:30PM
Service Canada - General	250-492-3848
101—386 Ellis Street	Mon - Fri 8:30AM - 4PM
St. Vincent de Paul (Food Hampers)	250-492-2082
Soupateria (Free daily lunch 11:30AM-12:30PM)	
150 Orchard (Corner of Martin).....	250-492-2415
South Okanagan Immigrant and Community Services (SOICS)	
340 Ellis Street.....	250-492-6299
South Okanagan Similkameen Brain Injury Society (SOSBIS)	
#2 – 996 Main Street.....	250-490-0613
South Okanagan Similkameen Mental Wellness Society	
#118 – 246 Martin Street.....	250-493-7338
South Okanagan Similkameen Volunteer Centre .1-778-476-5661	
#110 - 1475 Fairview Road	
www.volunteercentre.info	

PENTICTON

South Okanagan Women in Need Society (SOWINS)

#102—1027 Westminster Avenue, West.....250-493-4366

SOWINS Transition House.....1-800-814-2033

SPCA.....250-493-0136

Work BC Employment Services.....1-833-313-0547

YMCA Jumpstart (Penticton).....250-770-7873

100 More Homes Penticton.....100morehomes@uwbc.ca

Working collaboratively to build a system of housing and supports to prevent & address homelessness in Penticton

Walk – In Clinics

(Hours may change based on Doctor availability)

Colleen Schneider Medical Clinic.....778-622-7660

#101—3115 Skaha Lake Road, Penticton

Mon - Fri 8:30AM - 4:00PM

Peach City Medical Walk-in Clinic.....250-276-5050

#166—2111 Main Street, Penticton

Mon, Wed, Fri 8AM—5PM (Closed 12PM-1PM)

Tues & Thurs 8AM—4PM (Closed 12PM-1PM)

CLOSED Weekends

Martin Street Urgent Care and Primary Care..250-770-3696

#101—437 Martin St, Penticton

Mon—Fri 5PM—8PM / Weekends & Stats 12PM—6PM

COMMUNITY - SUMMERLAND

Access Centre	250-493-6822
Community Response Network (CRN)	250-492-7592
Health Centre	250-404-8000
MLA Amelia Boulton	250-487-4400
MP Dan Albas	1-800-665-8711
Ministry of Children and Family Development	250-404-3000
Neighbourlink	250-404-4673
Through a network of volunteers they link the needs of individuals in our community to willing and able volunteers. Their core service is driving people to their doctor, dental, specialist, or surgery appointments. Other services are a monthly community soup lunch, a visitation program & Christmas Senior Care Packages Program.	
BCGO (Formerly Okanagan Boys and Girls Club)	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	1-833-313-1112

BCG Okanagan (Formerly Okanagan Boys and Girls Club)

Programming includes daycare, pre-school, before & after-school programs, life-skills, arts and recreation, providing meals and family support programs.

www.bgco.ca

Oliver/Osoyoos.....	250-498-8844
Summerland.....	250-404-0440
Penticton.....	250-493-0512
Integrated Family Development.....	250-492-5814

Summerland Food Bank and Resource Centre

778-516-0015

www.summerlandfoodbank.org

Summerland Alliance Church

14820 Victoria Road, North

Monday—Friday

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

(Call about drop-in hours)

They provide information, assistance and direct aid to people in Summerland 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 facilities, meet with their knowledgeable staff and volunteers or simply to chat.

Arc Programs	250-763-2977
BC Rent Bank	250-374-2119
apply.bcrentbank.ca/apply	
Centre Culturel Francophone de L'Okanagan	250-860-4074
Community Foundation of the South Okanagan/Similkameen	250-493-9311
John Howard Society of Central & South Okanagan ..	250-763-1331
Kelowna Community Resources	1-888-353-2273
Ki-Low-Na Friendship Society	250-763-4905
Living Positive Resource Centre Okanagan	778-753-5830
Now Canada (New Opportunities for Women)	250-763-3876
2970 Tutt Street, Kelowna Programs for women & youth who have experienced addictions, abuse, sexual exploitation & mental health issues.	
Okanagan Advocacy & Resource Society (Kelowna)	778-475-0808
Okanagan Foster Parent Association	1-888-495-4440
Options Women's Services Clinic	250-868-7700
Project Literacy	250-762-2163
Regional District of Okanagan/Similkameen	1-877-610-3737
South Okanagan Safe Home	250-498-2538
United Way British Columbia Southern Interior	250-860-2356

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
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
Homelessness Services Association of BC	1-604-722-5891
Kidney Foundation of Canada	1-800-567-8112
Labour Relations Board	1-604-660-1304
Lawyer Referral Service (<i>Canadian Bar Association BC</i>)	1-800-663-1919
Legal Services Society (<i>LSS</i>).....	1-866-577-2525
Medical Services Plan (<i>Health Insurance BC</i>)	1-800-663-7100
MCFD after hours emergency	1-800-663-9122
Ministry of Social Development & Poverty Reduction (<i>MSDPR</i>)	1-866-866-0800
MSDPR after hours emergency	1-866-660-3194
MSDPR Advocate for Service Quality	1-800-663-7867
Mosaic (<i>Immigration and Refugees</i>).....	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
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
Service BC.....	1-800-663-7867
Sparc BC (<i>Disability Parking Permits</i>).....	1-888-718-7794

Members of Legislative Assembly

Donegal Wilson.....1-250-498-5122
donegal.wilson.mla@leg.bc.ca
 712 5th Street, Keremeos
 Keremeos, Oliver, Osoyoos, Princeton

Amelia Boulton.....1-866-487-4402
amelia.boulton.MLA@leg.bc.ca
 #210—300 Riverside Drive, Penticton
 Penticton, Summerland

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

Canada Pension Plan	1-800-277-9914
Canada Revenue Agency	1-800-959-8281
Canadian Human Rights Commission	1-888-214-1090
Citizenship & Immigration Canada	1-888-242-2100
Council of Canadians	1-888-566-3888
Credit Counselling Society Canada	1-888-527-8999
Kids Help Phone (Canada Wide)	1-800-668-6868
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

Dan Albas1-800-665-8711

www.danalbas.com

356B Main Street, West Kelowna

Central Okanagan - Similkameen - Nicola

Helena Konanz.....1-844-951-4167

helena.konanz@parl.gc.ca

#101-196 Wade Ave West, Penticton

South Okanagan—West Kootenay

FINISHED READING?

Please share this with others who may find it useful.



The Red Book is made possible through the generous support of Wildstone Construction & the Health Sciences Association.

We gratefully acknowledge our general program funders below.



Legal Aid BC

Support when you need it

