



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

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 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 & reciprocal relationships with all Indigenous peoples.***

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 & 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 & 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: [www.accesscentre.org](http://www.accesscentre.org) or give us a call 250-493-6822.

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



For the most up-to-date information scan here:



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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 St Mon-Fri 9AM-4PM (Closed 12PM-1PM)

Daily “Grab and Go” Bag

\*must have home address for hampers\* (Appointment only)

**Souperia** *(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)

**Meals on Wheels Oliver**.....250-809-2383

# 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)  
(Appointment only) Register @ [osoyoosfoodbank@gmail.com](mailto:osoyoosfoodbank@gmail.com)  
*Food Mesh (Surplus)* Tues/Thurs only.  
Pick up between 9:45AM – 11:00AM (except on hamper days)
- 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](mailto: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**.....236-900-6369  
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** (*89<sup>th</sup> St & 62<sup>nd</sup> 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](http://www.ahma-bc.org)
- Ask Wellness Housing provider. Apply through BC Housing**  
[www.askwellness.ca](http://www.askwellness.ca).....250-487-9339
- Burdock House (Supportive Housing)**  
594 Winnipeg Street.....236-422-1601
- Compass Court (Shelter/Supportive Housing)**  
1706 Main Street.....236-422-2449
- Fairhaven (Supportive Housing)**  
2670 Skaha Lake Road.....250-488-2031
- Snp̓aʔx̓tantn (Recovery-Focused Supportive Housing)**  
3240 Skaha Lake Road.....250-487-9339
- BC Housing (Penticton Office)**.....250-493-0301
- Rental Assistance Program**.....1-800-257-7756  
Assistance for eligible low-income, working families.  
[www.bchousing.org/options/rental\\_market](http://www.bchousing.org/options/rental_market)
- SAFER (Shelter Aid for Elderly Renters)**.....1-800-257-7756  
Assistance for eligible seniors (60+).
- BC Rent Bank (via Elizabeth Fry Society)**.....236-597-2976  
[www.bcrentbank.ca](http://www.bcrentbank.ca)
- Braemore Lodge (Specialized Supportive Housing)**  
2402 South Main Street.....250-492-2969
- The Bridge (Recovery-Focused Supportive Housing)**....250-763-0456  
[info@thebridgeservices.ca](mailto:info@thebridgeservices.ca)  
123 Nanaimo Ave, E & 1001 Johnson Rd

**Discovery House** (*Recovery-Focused Supportive Housing- Men only*)  
 633 Winnipeg Street.....250-490-3076  
[info@discoveryhousercovery.com](mailto:info@discoveryhousercovery.com)

**Penticton & District Society for Community Living (PDSCCL)**  
*(Supporting families, single adults, seniors & those with physical or intellectual disabilities with safe & affordable housing)*  
 .....250-490-0200

**Bruce Court** (*Specialized Supportive Housing*)  
 150 Bruce Court.....250-493-0312

**Reed's Corner** (*Specialized Supportive Housing*)  
 885 Fairview Road.....250-493-4945

**Penticton and Area Overdose Prevention Society**.....778-559-2603  
<https://pentictonops.com/>      support@pentictonops.com

**Residential Tenancy Board**.....1-800-665-8779

**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)**..250-493-4366  
*(Emergency, short term & second stage housing for women, women & their children overcoming or at risk of abuse)*  
 24 Hour Crisis Line & Emergency Shelter.....1-800-814-2033

**Tenant Resource & Advisory Centre**.....1-800-665-1185  
*(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](http://www.kelownawomenshelter.ca)

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

**Okanagan Nation Transition Emergency House (ONTEH)**  
[www.onteh.org](http://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](http://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](http://www.sowins.com).....1-800-814-2033

**Women's Shelters Canada**.....[www.sheltersafe.ca](http://www.sheltersafe.ca)

## **RCMP Detachments**

Keremeos.....250-499-5511  
Oliver.....250-498-3422  
Osoyoos .....250-495-7236  
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**.....1-800-257-7756
- BGC Okanagan (formerly Boys and Girls Club)**.....[www.bgco.ca](http://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](http://www.bigs.bc.ca)
- Canadian Tire Jumpstart (Sport Funding for Kids)**  
[www.canadiantire.ca/jumpstart](http://www.canadiantire.ca/jumpstart).....1-844-YES-PLAY
- Child Care Subsidy (Affordable Child Care Benefit)**..1-888-338-6622  
[www.myfamilyservices.gov.bc.ca/](http://www.myfamilyservices.gov.bc.ca/)  
Monthly payment to help eligible families with the cost of child care. Factors like income, family size, and type of care determine how much support families may receive.
- Child Care Resource and Referral**.....250-492-2926  
Email: [carrie.reiter@oneskycommunity.com](mailto: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
- Grindstone Award Foundation**.....[info@grindstoneaward.com](mailto:info@grindstoneaward.com)  
Funding for young female hockey players across Canada who have the passion to play but face financial challenges.

**In Girls Club**.....[www.ingirlsclub.com/south-okanagan](http://www.ingirlsclub.com/south-okanagan)  
[southokanagan@inGIRLSCLUB.com](mailto:southokanagan@inGIRLSCLUB.com)  
A social club for girls with autism & neuro-developmental differences. Most events take place in West Kelowna, but some happen in Summerland and Penticton too. If you live close by, come hang out with us!

**KidSport (*Sport Funding for Kids*)**  
[www.kidsportcanada.ca/british-columbia/penticton/](http://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.

**The Webb Community Foundation**  
<https://www.webbcommunityfoundation.com/about>  
[info@webbcommunityfoundation.com](mailto:info@webbcommunityfoundation.com)  
Dedicated to strengthening emotional & mental well-being of families by providing low-cost counselling, workshops, and parenting support.

**South Okanagan Assessment Program (SOAP)**  
<https://www.webbcommunityfoundation.com/soap>  
[connectwithsoap@gmail.com](mailto:connectwithsoap@gmail.com)  
A pilot project that unites Health and Education-based professionals to provide timely, cost-free autism assessments to high-risk children over 6 years of age.  
Referrals through SD53 and SD67.

# 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.discoveryhouzerecovery.com](http://www.discoveryhouzerecovery.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  
[www.farcanada.org](http://www.farcanada.org)  
Free phone support for those concerned about a loved one's substance use through free & confidential services.  
Monday to Friday 9AM - 12PM & Wed Evenings 4PM - 6PM
- Holding Hope Canada**.....[www.holdinghopecanada.org](http://www.holdinghopecanada.org)  
[Penticton@holdinghopecanada.org](mailto:Penticton@holdinghopecanada.org)  
Holding Hope Groups are peer-facilitated support groups, offered at no cost, for Canadian families and individuals whose loved ones use or have used substances.

**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

**Moms Stop the Harm**.....1.866.355.MSTH (6784)  
 Phone Hours: Thursdays and Fridays, 3PM–9PM  
 A network of Canadian families impacted by substance-use-related harm & death. They advocate for the change of failed drug policies, provide peer support to families & assist those with loved ones who use or have used substances.

**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  
 Faster & easier to access life-saving medication that prevents withdrawal symptoms and reduces the risk of overdose.  
 Free and confidential. Open daily 9AM - 4PM across BC.

**Penticton and Area Overdose Prevention Society**.....778-559-2603  
[www.pentictonops.com](http://www.pentictonops.com)      [support@pentictonops.com](mailto: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](http://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

<b>ACT Community Autism Training</b> .....	<a href="http://www.actcommunity.ca">www.actcommunity.ca</a>
<b>Asthma Canada</b> .....	1-866-787-4550
<b>ALS Society of B.C.</b> .....	1-800-708-3228
<b>Alzheimer Society of BC Resource Centre</b> .....	1-888-318-1122 <a href="http://www.alzheimerbc.org">www.alzheimerbc.org</a>
<b>Arthritis Society</b> .....	1-800-321-1433
<b>AutismBC</b> .....	<a href="http://www.autismbc.ca">www.autismbc.ca</a>
<b>Disability Alliance BC</b> .....	1-800-663-1278 <a href="http://www.disabilityalliancebc.org">www.disabilityalliancebc.org</a>
<b>BC Epilepsy Society</b> .....	<a href="http://www.bcepilepsy.com">www.bcepilepsy.com</a>
<b>BC Medical Services Plan (MSP)</b> .....	1-800-663-7100 <a href="http://www.health.gov.bc.ca/msp">www.health.gov.bc.ca/msp</a>
<b>Canadian AIDS Society</b> .....	1-800-499-1986 <a href="http://www.cdn aids.ca">www.cdn aids.ca</a>
<b>Canadian Cancer Society</b> .....	1-800-663-2524
<b>Canadian Celiac Association</b> .....	<a href="http://www.bcceliac.ca">www.bcceliac.ca</a>
<b>Canadian Diabetes Association</b> .....	1-888-628-9494
<b>Canadian Hemochromatosis Society</b> .....	1-877-223-4766
<b>Canadian Human Rights Commission</b> .....	1-888-214-1090 <a href="http://www.chrc-ccdpc.ca">www.chrc-ccdpc.ca</a>

## HEALTH

- Canadian National Institute for the Blind**.....[www.cnib.ca](http://www.cnib.ca)
- Canadian Red Cross Society**.....[www.redcross.ca](http://www.redcross.ca)
- Canadian Mental Health Association (CMHA)**.....250-493-8999  
[www.sos.cmha.bc.ca](http://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
- Community Living BC**.....250-487-4436  
(For People 19+ with Developmental Disabilities like Autism  
or Fetal Alcohol Syndrome)  
<https://www.communitylivingbc.ca/>      444 Ellis Street
- Crohn's and Colitis Canada**.....[www.crohnsandcolitis.ca](http://www.crohnsandcolitis.ca)
- Cystic Fibrosis Canada**.....[www.cysticfibrosis.ca](http://www.cysticfibrosis.ca)
- Dragonfly Pond Family Society (Special Needs Services)**  
[www.dragonflypondsociety.com](http://www.dragonflypondsociety.com).....250-490-3305
- Family Support Institute of BC**.....[www.familysupportbc.com](http://www.familysupportbc.com)
- Foundry Penticton (Wellness—Ages 12-24)**.....778-646-2292
- HandyDART**.....1-844-442-2212
- Heart & Stroke Foundation**.....[www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca)
- Interior Health**.....[www.interiorhealth.ca](http://www.interiorhealth.ca)  
Patient Care Quality Office.....1-877-442-2001  
(Share Feedback - Compliments or Complaints)

**Health Centres**

Keremeos.....250-499-3000  
 Oliver .....250-498-5080  
 Osoyoos .....250-495-6433  
 Penticton .....250-770-3434  
 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

**Inclusion Canada**.....1-855-661-9611

National organization that works to protect the rights of people with intellectual disabilities & their families.  
[inform@inclusioncanada.ca](mailto:inform@inclusioncanada.ca)

**Kidney Foundation of Canada**.....1-800-567-8112

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

**Meals on Wheels (Penticton)**.....250-492-9095  
[www.mealsonwheelspenticton.org](http://www.mealsonwheelspenticton.org)

**Multiple Sclerosis Society of Canada**.....250-388-6496  
[www.mssociety.ca](http://www.mssociety.ca)

**Muscular Dystrophy Canada**.....1-800-567-2873  
[www.muscle.ca](http://www.muscle.ca)

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

## HEALTH

- OneSky Community Resources**.....250-492-5814
- Options Sex Sense Support Line**.....1-800-739-7367  
[www.optionsforsexualhealth.org](http://www.optionsforsexualhealth.org)
- Osteoporosis Canada**.....1-800-463-6842
- Penticton & District Hospice Society**.....250-492-9071  
[www.pentictonhospice.com](http://www.pentictonhospice.com)  
**Moog & Friends Hospice** 1701 Government Street
- Penticton & District Society for Community Living (PDSCL)**  
[www.pdscl.org](http://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: [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)
- South Okanagan Loss Society**.....[www.solspenticton.com](http://www.solspenticton.com)  
Grief support and education in the South Okanagan
- 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/](http://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.

# MENTAL HEALTH SUPPORTS

**Anxiety Canada**.....[www.anxietycanada.com](http://www.anxietycanada.com)  
Resources and programs to help individuals find relief from anxiety and obsessive compulsive disorder (OCD).

**Canadian Mental Health Association (CMHA)**.....250-493-8999  
102 - 1873 Main Street [www.sos.cmha.bc.ca](http://www.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.

**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.

**Thrive Learning Centre - CMHA**.....[vince.galea@cmhasos.ca](mailto:vince.galea@cmhasos.ca)  
A safe, supportive and inclusive environment open to anyone & everyone. They aim to engage in meaningful discussion and provide education. The focus is to collaborate with those who have lived experience & an understanding of life's challenges.

**Care for Caregivers: Mental Health Support for Healthcare**  
[www.careforcaregivers.ca/](http://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

# MENTAL HEALTH

- Foundry Penticton**.....778-646-2292  
Free and confidential mental health and wellness services for youth ages 12-24 in British Columbia and their families.
- Here2Talk**.....1-877-857-3397  
[www.here2talk.ca](http://www.here2talk.ca)  
Connects post-secondary students (currently registered in BC Post-Secondary) with mental health support. Access to free, confidential counselling & community referrals, conveniently available 24/7 via app, phone and web.
- Help Starts Here**.....[www.helpstartshere.gov.bc.ca](http://www.helpstartshere.gov.bc.ca)  
Mental health and substance use supports.
- Mental Health**.....[www.interiorhealth.ca](http://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](http://www.sosmws.com/peer-support)  
Topics discussed are fear, anxiety, sleep disorders, tips on coping with stress. See website for group schedule.
- Workplace Mental Health Hub**.....[www.peopleworkingwellbc.ca](http://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](mailto: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.

**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](http://careforcaregivers.ca)  
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  
[www.nomoredebts.org](http://www.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  
<https://desertsolacecounselling.ca/>  
Located in Oliver & Penticton. Sliding scale rate with a 30-minute consultation. Focus is addictions, relationship issues & life transitions.

**Foundry Penticton**.....1-833-308-6379  
Access to counselling, peer support, family support, groups & workshops for people 12 - 24 and caregivers.

- Free Counselling Society of Canada**.....778-200-7823  
<https://www.freecounsellingcanada.ca/>  
 Counselling for ALL in Ontario, BC and Canada-wide  
 TeamLead@FreeCounsellingCANADA.ca
- Hope for Wellness (Indigenous Helpline / Online Chat)**  
[www.hopeforwellness.ca](http://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](http://www.lscss.com).....250-299-2352  
 Confidential counselling. Individual, client-centered support  
 for education, self-awareness & 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.
- New Ground Wellness (Formerly South Okanagan Counselling)**  
 .....Call or text 250-486-3008  
 Sliding Scale rate with Intern Counsellors. Call for rates.
- 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 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 abuse.      [peace@sowins.com](mailto:peace@sowins.com)
- Stenberg Wellness Centre**.....1-604-634-3013  
FREE virtual counselling services through the Counseling Therapist Program      [wellnesscentre@stenbergcollege.com](mailto:wellnesscentre@stenbergcollege.com)
- Veterans Affairs of Canada (*Assistance Service*)**.....1-800-268-7708  
Free, short term counselling for Veterans, Former RCMP, their families and caregivers.
- 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](http://www.bchrt.bc.ca)
- Canada Pension Plan**.....1-800-277-9914  
[www.servicecanada.gc.ca/cpp](http://www.servicecanada.gc.ca/cpp)
- Canada Revenue Agency**.....1-800-959-8281  
[www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)
- Citizenship & Immigration Canada**.....1-888-242-2100  
[www.cic.gc.ca](http://www.cic.gc.ca)
- Crime Stoppers South Okanagan Similkameen**  
[www.sostips.ca](http://www.sostips.ca).....1-800-222-8477
- Crisis Line Association of BC**.....250-753-2495  
[www.crisislines.bc.ca](http://www.crisislines.bc.ca)
- Employment & Assistance Appeal Tribunal**.....1-866-557-0035  
[www.gov.bc.ca/eaat/](http://www.gov.bc.ca/eaat/)
- Employment Standards Branch**.....1-800-663-3316  
[www.labour.gov.bc.ca/esb](http://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](http://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](http://www.nctr.ca).....1-855-415-4534

**Ombudsperson of BC**.....1-800-567-3247

[www.bcombudsperson.ca](http://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](http://www.rdos.bc.ca)

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

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

[www.tenants.bc.ca](http://www.tenants.bc.ca)

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

[www.veterans.gc.ca](http://www.veterans.gc.ca)

- Advanced Care Planning Canada**.....1-800-668-2785  
[www.advancedcareplanning.ca](http://www.advancedcareplanning.ca)  
[info@advancedcareplanning.ca](mailto:info@advancedcareplanning.ca)
- BC Caregiver Support Line**.....1-877-520-3267  
 Information & referrals to caregivers, healthcare navigation,  
 support programs & resources.
- Better At Home (One Sky)**.....250-487-3376  
 Provides non-medical support for seniors' independence.  
 Fees for service are based on a sliding scale.  
[seniors.info@oneskycommunity.com](mailto:seniors.info@oneskycommunity.com)
- 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
421-7 <sup>th</sup> Avenue	<a href="http://www.keremeos.ca/seniors-center">www.keremeos.ca/seniors-center</a>
OK Falls .....	250-497-8199
1128 Willow Street	<a href="http://www.okfallsseniorscenter.ca">www.okfallsseniorscenter.ca</a>
Oliver.....	250-498-6142
5876 Airport Street	<a href="http://www.oliverseniorcentre.com">www.oliverseniorcentre.com</a>
Osoyoos .....	250-495-6921
17 Park Place	<a href="http://www.osoyoosactivitycentre.com">www.osoyoosactivitycentre.com</a>
Penticton.....	250-493-2111
2965 South Main Street	<a href="http://www.pentictonseniors.ca">www.pentictonseniors.ca</a>
Princeton.....	250-295-7515
162 Angela Avenue	
Summerland.....	250-494-9377
9710 Brown Street	<a href="http://www.summerlandcommunitycentre.ca">www.summerlandcommunitycentre.ca</a>

- 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](http://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](mailto:pentictonbc@pflagcanada.ca)    [www.pflagcanada.ca](http://www.pflagcanada.ca)
- QMUNITY**.....604-684-5307  
[www.qmunity.ca](http://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](mailto:Pentictonpride@gmail.com)  
[linktr.ee/PentictonPride](http://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.

<b>South Okanagan Similkameen Pride</b> .....	<a href="http://www.sospride.ca">www.sospride.ca</a>
<b>Trans Care BC</b> .....	<a href="http://www.transcarebc.ca">www.transcarebc.ca</a>
<b>Trans Lifeline (Transgender Crisis Line)</b> .....	1-877-330-6366
<b>TransParent Okanagan</b> .....	<a href="http://www.transparentokanagan.ca">www.transparentokanagan.ca</a>
<b>UBC Okanagan Pride Resource Centre</b> .....	<a href="http://www.suo.ca/resource/pride-resource-centre">www.suo.ca/resource/pride-resource-centre</a>
<b>UBC Okanagan Equity &amp; Inclusion Office</b> .....	<a href="http://equity.ok.ubc.ca">equity.ok.ubc.ca</a>

## MEN

- Desert Sun Counselling & Resource Centre**  
[www.desertsuncounselling.ca](http://www.desertsuncounselling.ca).....250-498-2538
- Discovery House (Residential Recovery Facility)**.....250-490-3076  
[www.discoveryhouserecovery.com](http://www.discoveryhouserecovery.com)
- Men's Health Initiative (HIM)**.....778-753-5830 (Ext.101)  
[www.menshealthinbc.com](http://www.menshealthinbc.com)
- Penticton Men's Shed**.....pentictonmensshed@gmail.com  
[www.pentictonmensshed.ca](http://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](http://www.bcadoption.com)
- Beginnings Pregnancy Support Program**.....250-809-7822
- Comprehensive Abortion & Reproductive Education (CARE)**  
[www.bcwomens.ca](http://www.bcwomens.ca).....1-888-875-3163
- Desert Sun Counselling & Resource Centre**  
[www.desertsuncounselling.ca](http://www.desertsuncounselling.ca).....250-498-2538
- Kelowna Women's Shelter**.....250-763-1040  
[www.kelownawomensshelter.ca](http://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](http://www.optionsforsexualhealth.org)
- Pregnancy Options Telephone Service**.....1-888-875-3163  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)
- South Okanagan Safe Home**.....1-877-723-3911
- South Okanagan Women in Need Society (SOWINS)**  
[www.sowins.com](http://www.sowins.com).....250-493-4366
- Victim Link**.....1-800-563-0808  
[www.victimlinkbc.ca](http://www.victimlinkbc.ca)

- Ala-Teen** .....1-888-425-2666  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)
- BGC Okanagan (formerly Boys and Girls Club)**.....[www.bgco.ca](http://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](http://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
- OSNS Child & Youth Development Centre**.....250-492-0295  
[www.osns.org](http://www.osns.org)
- South Okanagan Mama's for Mama's**  
Email: [penticton@mamasformamas.org](mailto:penticton@mamasformamas.org)
- Representative for Children and Youth**.....1-800-476-3933
- Youth Space**.....TEXT 778-783-0177  
[www.youthspace.ca](http://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](mailto: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

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**· 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

<b>Access Pro-Bono BC</b> .....	1-877-762-6664
<b>Access Centre - Legal Advocacy</b> .....	250-493-6822
<b>Better Business Bureau</b> .....	1-888-803-1222
<a href="http://www.bbbvan.org">www.bbbvan.org</a>	
<b>BC Civil Liberties Association</b> .....	<a href="http://bccla.org">http://bccla.org</a>
<b>BC Civil Resolution Tribunal</b> .....	1-844-322-2292
<a href="http://www.civilresolutionbc.ca/">www.civilresolutionbc.ca/</a>	
<b>BC Human Rights Clinic</b> .....	1-855-685-6222
<a href="http://www.bchrc.net">www.bchrc.net</a>	
<b>BC Human Rights Tribunal</b> .....	1-888-440-8844
<a href="http://www.bchrt.bc.ca/tribunal">www.bchrt.bc.ca/tribunal</a>	
<b>BC Public Interest Advocacy Centre</b> .....	604-687-3063
<b>Canadian Anti-Fraud Centre</b> .....	1-888-495-8501
<b>CMHA Mental Health Advocate</b> .....	778-476-5411
<b>Clicklaw</b> .....	<a href="http://www.clicklaw.bc.ca">www.clicklaw.bc.ca</a>
<b>Community Legal Assistance Society (CLAS)</b> .....	1-888-685-6222
<a href="http://www.clasbc.net">www.clasbc.net</a>	
<b>Community Living BC</b> ( <i>for people with disabilities</i> ).....	250-487-4436
<a href="http://www.communitylivingbc.ca">www.communitylivingbc.ca</a>	
<b>Consumer Protection BC</b> .....	1-888-564-9963
<b>Credit Counselling Society</b> .....	1-888-527-8999
<a href="http://www.nomoredebts.org">www.nomoredebts.org</a>	
<b>Dial-A-Law</b> ( <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](http://www.bcfma.ca)
- Homelessness Services Association of BC**.....[www.hsa-bc.ca](http://www.hsa-bc.ca)
- John Howard Society of Central & South Okanagan**.....250-763-1331  
[www.johnhowardbc.ca/okanagan-kootenay/](http://www.johnhowardbc.ca/okanagan-kootenay/)
- Lawyer Referral Service** (*Canadian Bar Association*)..1-888-687-3404  
[www.cbabc.org](http://www.cbabc.org)
- Okanagan Wellness Advocacy Group**.....778-557-2112  
[keisha@wellnessadvocacygroup.ca](mailto:keisha@wellnessadvocacygroup.ca)
- People's Law School**.....[www.peopleslawschool.ca](http://www.peopleslawschool.ca)
- PovNet**.....[www.povnet.org](http://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](http://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](http://www.cfso.net).....250-493-9311
- Critter Aid**.....250-494-5057  
[www.critteraid.org](http://www.critteraid.org)
- Downtown Penticton Association**.....250-493-8540  
[www.downtownpenticton.org](http://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](http://www.habitatforhumanityokanagan.ca)
- Mamas for Mamas Okanagan (Kelowna)**.....1-877-535-2432
- Okanagan Foster Parent Association**.....1-888-495-4440  
[www.okfosterparents.ca](http://www.okfosterparents.ca)
- Okanagan Humane Society**.....250 448-8554  
[www.okanaganhumanesociety.com/pet-assistance/](http://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](http://www.unitedwaycso.com).....250-860-2356

## OTHER ETHNICITIES and CULTURAL RESOURCES

- BIPOC Foundation**.....[www.bipocfoundation.org](http://www.bipocfoundation.org)
- Black Youth Helpline**.....1-833-294-8650  
Available Daily from 9AM—10PM
- Canadian Anti-Racism Network**.....[www.stopracism.ca](http://www.stopracism.ca)
- Learning for Justice**.....[www.learningforjustice.org](http://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](http://www.Talk4Healing.com)



**Pentiction  
& Area  
Access  
Centre**

250-493-6822

[www.accesscentre.org](http://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**

<b>Income Tax Clinic</b> .....	250-493-6822
<b>Legal Advocacy</b> .....	Ext. 209 & 211
<b>Family Law</b> .....	Ext. 204 & 206
<b>Community Advocacy</b> ( <i>Inc. Resource &amp; Referral &amp; Disability Advocacy</i> ) .....	Ext. 207 & 208
<b>Oliver/Osoyoos/Keremeos</b> .....	250-493-6822
<b>Summerland Outreach</b> .....	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](http://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](http://www.hopeforwellness.ca).....1-855-242-3310
- Indian Bands**
- Osoyoos.....250-498-3444
- Penticton .....250-493-0048
- Lower Similkameen.....250-499-5528
- Upper Similkameen.....250-292-8733

## INDIGENOUS

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

# COMMUNITY - KEREMEOS

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

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

<b>Alcohol &amp; Drug Programs</b> .....	250-499-3049
<b>Food Bank</b> ( <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.	
<b>Health Centre</b> .....	250-295-4442
<b>Hospital</b> ( <i>Princeton General Hospital</i> ).....	250-295-3233
<b>Child/Youth Mental Health Support</b> .....	250-485-6001
<b>Meals on Wheels &amp; Home Support</b> .....	250-295-6696
<b>MLA Donegal Wilson</b> .....	250-387-3507
<b>MP Helena Konanz</b> .....	250-244-0505
<b>Ministry of Children and Family Development</b> .....	250-295-7585
<b>Princeton Municipal Hall</b> .....	250-295-3135
<b>Princeton &amp; District Community Services Society</b> ....	250-295-6666
<b>Princeton &amp; District Community Skills Centre</b> .....	250-295-4051
<b>Princeton Family Services Society</b> .....	250-295-3126
<b>Princeton Home Support</b> .....	250-295-6696
<b>Princeton Recreation and Events</b> .....	250-295-7222
<b>Princeton Safe Homes Program</b> .....	250-295-8211
<b>RCMP Detachment</b> .....	250-295-6911
<b>RCMP Victim Services</b> .....	250-295-7901
<b>Seniors Centre</b> .....	250-295-7515
<b>Service BC</b> .....	250-295-4600
<b>Work BC Employment Services</b> .....	250-770-5627

## Princeton & District Community Skills Centre

250-295-4051

[www.princetoncsc.com](http://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](mailto:centre-princeton@workbc.ca)



**WorkBC Centre Oliver**  
291 Fairview Road, Unit 201  
833-313-1026  
[centre-oliver@workbc.ca](mailto:centre-oliver@workbc.ca)



**WorkBC Centre Penticton**  
174-1848 Main Street  
833-313-0547  
[centre-penticton@workbc.ca](mailto:centre-penticton@workbc.ca)



**WorkBC Centre Summerland**  
14820 Victoria Road North  
833-313-1112  
[centre-summerland@workbc.ca](mailto:centre-summerland@workbc.ca)



Canada



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

<b>Access Centre</b> .....	250-493-6822
<b>Alcoholics Anonymous</b> .....	1-800-228-5118
<b>Ask Wellness</b> .....	250-487-9339
<a href="http://www.askwellness.ca">www.askwellness.ca</a>	
<b>BC Housing</b> .....	250-493-0301
<b>Beginnings Pregnancy Support Program</b> .....	250-492-4901
<b>Big Brothers Big Sisters of the Okanagan</b> .....	250-765-2661
<b>Burdock House</b> .....	236-422-1601
<b>BGCO (Formerly Okanagan Boys and Girls Club)</b> .....	250-493-0512
<b>Canadian Mental Health Association</b> .....	250-493-8999
<b>ClubHouse</b> .....#102—1873 Main Street.....	250-493-6327
<b>Canadian Red Cross Society</b> .....	250-493-7533
<b>The Care Closet</b> .....	250-493-8115
<b>Child &amp; Youth Mental Health Services</b> .....	250-487-4422
<b>Children Who Witness Abuse (SOWINS)</b> .....	250-493-4366
<b>Community Futures Okanagan Similkameen</b> .....	250-493-2566
<b>Community Response Network (CRN)</b> .....	250-770-3404
<b>Compass House</b> .....	250-422-2449
<b>Discovery House Penticton</b> .....	250-490-3076
<b>Downtown Penticton Association</b> .....	250-493-8540
<b>En'owkin Centre Penticton</b> .....	250-493-7181
<b>Family Duty Counsel (Penticton Court House)</b> .....	250-448-4289

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

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

## 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

<b>Access Centre</b> .....	250-493-6822
<b>Community Response Network (CRN)</b> .....	250-492-7592
<b>Health Centre</b> .....	250-404-8000
<b>MLA Amelia Boulton</b> .....	250-487-4400
<b>MP Dan Albas</b> .....	1-800-665-8711
<b>Ministry of Children and Family Development</b> .....	250-404-3000
<b>Neighbourlink</b> .....	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.	
<b>BCGO (Formerly Okanagan Boys and Girls Club)</b> .....	250-404-0440
<b>RCMP Detachment</b> .....	250-494-7416
<b>Summerland Senior Citizens Drop-In Centre</b> .....	250-494-9377
<b>Summerland Municipal Hall</b> .....	250-494-6451
<b>Summerland Community Learning</b> .....	250-770-7660
<b>Summerland Auxiliary Thrift Store</b> .....	250-494-9102
<b>Work BC Employment Services</b> .....	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](http://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](http://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.

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

# PROVINCIAL

<b>Aboriginal Housing Management Association</b> .....	1-888-921-2462
<b>Access Pro-Bono BC</b> .....	1-877-762-6664
<b>ALS Society of B.C.</b> .....	1-800-708-3228
<b>Alzheimer Society of B.C Resource Centre</b> .....	1-888-318-1122
<b>BC Civil Liberties Association</b> .....	1-866-731-7507
<b>BC Coalition of People with Disabilities</b> .....	1-800-663-1278
<b>BC Epilepsy Society</b> .....	1-604-875-6704
<b>BC Human Rights Tribunal</b> .....	1-855-685-6222
<b>BC Medical Services Plan (MSP)</b> .....	1-800-663-7100
<b>BC Public Interest Advocacy Centre BC</b> .....	1-604-687-3063
<b>BC Seniors Services Society</b> .....	1-604-520-6621
<b>Comprehensive Abortion &amp; Reproductive Education (CARE)</b> .....	1-888-875-3163
<b>Cerebral Palsy Association of B.C.</b> .....	1-800-663-0004
<b>Clicklaw BC</b> .....	<a href="http://www.clicklaw.bc.ca">www.clicklaw.bc.ca</a>
<b>Community Legal Assistance Society (CLAS)</b> .....	1-888-685-6222
<b>Crisis Line Association of BC</b> .....	1-250-753-2495
<b>Dial-A-Law (Lawyer Referral)</b> .....	1-800-663-1919
<b>Employment &amp; Assistance Appeal Tribunal</b> .....	1-877-557-0035
<b>Employment Standards Branch</b> .....	1-800-663-3316
<b>Family Maintenance Enforcement Program</b> .....	1-800-663-3933

<b>Family Support Institute of BC</b> .....	1-800-441-5403
<b>Federation of Aboriginal Foster Parents</b> .....	1-866-291-7091
<b>Federation of BC Youth in Care Network</b> .....	1-800-565-8055
<b>Food Banks BC</b> .....	1-855-498-1798
<b>Foster Parent After Hours Support Line</b> .....	1-888-495-4442
<b>Homelessness Services Association of BC</b> .....	1-604-722-5891
<b>Kidney Foundation of Canada</b> .....	1-800-567-8112
<b>Labour Relations Board</b> .....	1-604-660-1304
<b>Lawyer Referral Service</b> ( <i>Canadian Bar Association BC</i> ) .....	1-800-663-1919
<b>Legal Services Society</b> ( <i>LSS</i> ).....	1-866-577-2525
<b>Medical Services Plan</b> ( <i>Health Insurance BC</i> ) .....	1-800-663-7100
<b>MCFD after hours emergency</b> .....	1-800-663-9122
<b>Ministry of Social Development &amp; Poverty Reduction</b> ( <i>MSDPR</i> ) .....	1-866-866-0800
<b>MSDPR after hours emergency</b> .....	1-866-660-3194
<b>MSDPR Advocate for Service Quality</b> .....	1-800-663-7867
<b>Mosaic</b> ( <i>Immigration and Refugees</i> ).....	1-604-254-9626
<b>Ombudsperson of BC</b> .....	1-800-567-3247
<b>Options Sex Sense Support Line</b> .....	1-800-739-7367
<b>People's Law School</b> .....	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**

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 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*

<b>Canada Pension Plan</b> .....	1-800-277-9914
<b>Canada Revenue Agency</b> .....	1-800-959-8281
<b>Canadian Human Rights Commission</b> .....	1-888-214-1090
<b>Citizenship &amp; Immigration Canada</b> .....	1-888-242-2100
<b>Council of Canadians</b> .....	1-888-566-3888
<b>Credit Counselling Society Canada</b> .....	1-888-527-8999
<b>Kids Help Phone (Canada Wide)</b> .....	1-800-668-6868
<b>Privacy Commissioner of Canada</b> .....	1-800-282-1376
<b>National Centre for Truth and Reconciliation</b> <a href="http://www.trc.ca">www.trc.ca</a> .....	1-855-415-4534
<b>Service Canada - Employment Insurance</b> .....	1-800-206-7218
<b>Service Canada - OAS, CPP</b> .....	1-800-277-9914
<b>Service Canada - Passports</b> .....	1-800-567-6868

### Members of Parliament

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#101-196 Wade Ave West, Penticton

South Okanagan—West Kootenay











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