

## MENTAL HEALTH / SUBSTANCE USE

- Splatsin Health Services**.....250-838-9538  
**Canadian Mental Health Association**  
3100 28th Ave Vernon.....250-542-3114  
433 Hudson Ave Salmon Arm.....250-832-8477  
**Child & Youth Mental Health** .....250-832-1719  
**The Force Society for Kid's Mental Health**.....250-833-6100  
Information, resources, advocacy, and education for families whose children have mental health challenges  
**Beyond 12 Steps Healing Centre** .....250-833-0563  
9455 Firehall Frontage Rd. Hwy 97B Salmon Arm Open 24/7  
**Freedom Session** Spiritually based 12 step program  
Enderby Evangelical Chapel.....250-838-6165  
**IH Mental Health & Substance Use Services** 1440 14th Ave Vernon  
Counselling and/or treatment services to adults and youth with a history of misusing substances. Intake: Monday–Friday 9am-12pm  
Addictions: Monday–Friday 1pm-3pm  
Enderby Health Unit.....250-838-2450  
Salmon Arm.....250-833-4103  
**Alcoholics Anonymous** –St. Andrews United Church, 1110  
Belvedere Street Enderby Friday 8 pm to 9pm  
**Live in Balance Alcohol & Drug Services**  
First Nations Friendship Centre 2902 29th Ave. Vernon  
.....250-542-5311  
**Harm Reduction Supplies**  
Enderby Health Unit.....250-838-2450  
Salmon Arm 851 16th ST.....250-833-4100  
**Spallumcheen Band A & D Counsellor**.....250-838-6496  
**Okanagan Indian Band A&D Programs**.....250-542-5094  
**Vernon Treatment Centre** .....250-542-6151  
#3 2810 48th Ave 2 week intensive program  
**Problem Gambling Support Group Help Line** ..1-888-795-6111  
**Detoxification Centres:**  
**Bridgeway**.....250-763-0456  
**Phoenix** 922 3rd Ave. Kamloops.....1-877-318-1177

## FREE COMPUTER USE

- Okanagan Regional Library–Enderby Branch** 514 Cliff Ave  
OPEN Tues. & Wed. 10-5, Fri. 10-8, Sat 10-4.....250-838-6488  
**Enderby Chamber of Commerce** 700 Railway Ave 250-838-6727

## HIGHSCHOOL COMPLETION

- A.L. Fortune** 2 afternoons/week 500 Bass Ave, Enderby  
.....250-838-6431

## CALL FOR HELP

- RCMP (Emergency only) 911**  
Enderby Detachment (non-emergency)  
606 Granville Street .....250-838-6818  
**RCMP VICTIMS ASSISTANCE Crisis Line 24/7**.....250-545-2339  
**Crimestoppers Tip Line**.....1-800-222-8477  
**Ministry of Social Development & Social Innovation**  
Emergency After hours assistance.....1-866-660-3194  
**Needle PICK UP**  
Find a needle and don't know what to do?  
Call Enderby RCMP Detachment.....250-838-6818

## EMPLOYMENT RESOURCES

- Nexus Work BC Employment Services Centre**.....250-838-2324  
#2-904 Maud St. Mon-Fri 9-4 Job board, resume help, phone, etc.  
**Salmon Arm Service Canada Center** 191 Shuswap St  
.....1-800-622-6232  
**Work BC SA 101**– 310 Hudson Ave NE.....250-804-4770  
**Job Listings** — www.jobbank.gc.ca

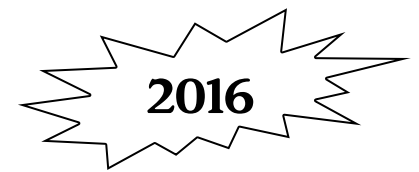
## LEGAL INFORMATION

- FREE Legal drop-in Clinic** .....Ext 209 250-542-3555  
Wed 9-12, 1-3:30 (1st come 1st serve) (income assistance, disabilities, residential tenancy act) (Legal advocate)  
**Pro Bono Law clinic** 102-3301-24th Ave Vernon Thurs eves  
.....1-877-762-6664 .....250.542.1185  
**Legal Aid** Suite E3105 31 Ave, Vernon.....250-545-3666  
Tuesdays in Enderby or Salmon Arm call for appt  
**Legal Aid Vancouver**.....1.866.577.2525  
legalaid.bc.ca familylaw.lss.bc.ca aboriginal.legalaid.bc.ca

## BUS INFORMATION

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

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



# ENDERBY SURVIVAL GUIDE OF SERVICES



Compiled by the Enderby & District Community Resource Centre. Please contact us if you find any errors or omissions in this brochure.

Please note that the inclusion of an organization does not indicate its endorsement by the Enderby & District Community Resource Centre nor does its exclusion imply lack of approval.

**Enderby & District Community Resource Centre**  
Saint Andrew's United Church  
1110 Belvedere Street (basement)  
PO Box 1001, Enderby, BC V0E 1V0  
250-838-9446 [edcomrc@telus.net](mailto:edcomrc@telus.net)  
[www.edcrc.ca](http://www.edcrc.ca)

**OPEN: Mon-Wed 10am-3pm**

## GROCERIES

**FED Enderby** food bank (3rd Fri /mo.) Call for appt...250-938.3114  
**Armstrong Food Bank** 3459 Pleasant Valley Rd.....250-546-3465  
**Vernon Food Bank** 3303 32nd Ave.....250-549-4111  
**Neighbourlink** (Vernon)...(Tues-Fri 9-1).....250-558-5527  
**Second Harvest Food Bank** (Salmon Arm).....250-833-4011  
**Salvation Army Food Bank** (Salmon Arm).....250-832-9194  
**Churches Thrift Store** 461 Beatty Ave. Salmon Arm. Bread, rolls & donuts Monday-Saturday 10am-4:30pm.....250-832-8234  
**Harvest Hut** (parking lot Maud St) Mon 9-noon Jun to Thanksgiving

## WARM MEAL & COFFEE

**Soup Kitchen** 7th Day Adventist Church Vernon St Enderby  
Every Wed 5:30-6:30pm.....250.838.2028  
**Saturday Free Lunch** (Vernon) All Saints Anglican Church  
3205 27th St. 11am-1pm.....250-542-3179  
**Upper Room Mission** (Vernon) 3403 27th Ave.....250-549-1231  
Mon-Fri meals @ 9am, noon, & 4pm  
**Vernon Alliance Church** 2601 43rd Ave.....250-545-7105  
Mon 3pm-5pm & Thurs 9:30-11:30am  
**Sonlight Soup Kitchen** (Salmon Arm) 121 Shuswap St. SW  
Free Lunch Mon & Fri 11am-1pm.....250-832-8068  
**Salvation Army** (Salmon Arm) 191 2nd Ave. NE.....250-832-9194  
Free Lunch Wednesdays 11:30am-1pm

## WARM BED

**Gateway Shelter** (Vernon) 2800 33rd St.  
Women's Floor:.....250-260-2786, Men's Floor:.....250-260-2792  
**Vernon Women's Transition House**.....250-542-1122  
**John Howard Society Men's Shelter**.....250-542-4041  
2307 43rd St, Vernon. Register at 4pm  
**Vernon Youth Safe House** (ages 13-18).....250-260-7077  
Only closed Mon-Fri 4:30-7pm, Sat-Sun noon-8pm  
safehouse@fnfc.ca  
**Salmon Arm Women's Safe House** Open 24hrs.  
safesociety@shaw.ca.....250-832-9616  
**Salmon Arm Emergency Shelter**.....250-832-9194  
November–March 441 3rd St SW

## SHOWER & LAUNDRY

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

## BLANKETS, CLOTHING, ETC.

**Twice But Nice Thrift Store** 702 Cliff Ave Tues-Sat....250-838-6822  
**Bargain Bin** 3445 Pleasant Valley Rd Armstrong.....250-546-8813  
Tuesday-Friday 10am-4pm, Saturday 9:30am-3pm  
**Kindale Thrift Store**  
Armstrong: 2725 Patterson Ave. Mon-Sat 9:30am-4pm....250-546-3005  
Salmon Arm: 885 Lakeshore Dr SW Mon-Sat 9:30-4:30.....250-832-1308  
**Upper Room Mission** 3403 27th Ave Vernon...M-F 9-5...250-549-1231  
**Canadian Mental Health Georgettes** .....250-542-3114  
3100 28th St Vernon  
**Vernon Alliance Church** 2601 43rd Ave.....250-545-7105  
Mon 3-5, M & Th 9:30-11:30am Free clothing, footwear, soup, haircuts  
**Churches of Salmon Arm Used Goods Society**  
461 Beatty NW.....Mon-Sat.....250-832-8234  
**CMHA Thrift Shop** 433 Hudson Ave NE Salmon Arm.....250-832-8477

## OTHER SUPPORT SERVICES

**Enderby & District Community Resource Centre**.....250-838-9446  
\* Children's programs \* Senior's programs \* Resource & Referral  
**Aspiral Youth Partners** .....250-832-0108  
Youth Outreach, Parents & Teens: Resolving Conflict  
**BC Nurse Line** .....8-1-1  
**Community Dental Access Centre**.....778-475-7779  
3107 C 31st Ave Vernon, Tue 9am-1pm & Wed 2pm-5pm  
**John Howard Outreach Services** .....ext 210.. 250.542.3555  
**Options For Sexual Health** 1440 14th Ave Vernon  
Tuesday & Thursday 6pm-11pm.....250-549-5721  
**Sexually Transmitted Infections/HIV Information**  
www.smartsexresource.com .....1-604-707-5603  
**Vernon Alliance Church**.....250-545-7105  
Flu clinic, Haircuts, Tax help  
**Brain Trust Canada** #120 4412 27th St. Vernon.....250-307-6064  
**North Okanagan Brain Injury Society** .....250-833-1140  
**Enderby Evangelical Chapel**.....250-838-6165  
Spiritual counselling, youth programs  
**Enderby Welcome Wagon**.....250.838.6333  
**Women's Outreach Worker**.....  
.....providing mobile support services to women.....250.542.1185

## HOUSING

**BC Housing**.....604-433-171.....or.....1-866.465.6873  
Subsidized housing listed at: www.bchousing.org  
**Shuswap Independent Living (SILA)** .....250-832-9726  
**Vernon Native Housing Society** .....250-542-2834  
Housing society for Aboriginal & Non-aboriginal people.  
**CMHA Housing** .....250-832-8477  
Subsidized housing for those w/ physical/mental disabilities.  
**Kekuli Centre** 2905 28th Ave Vernon.....250-542-1264

## MEDICAL ATTENTION

**Enderby Community Health Centre**.....250-838-2450  
707 3rd Ave. Open Monday-Friday 8:30am-4:30pm  
Dr & Nurse practitioner services, lab, Seniors Mental Health services  
diabetic education, speech therapy  
**Enderby Medical Centre Walk-in Clinic** .....250-838-9494  
802 George St Open Monday to Friday 9am-4pm  
**Enderby Public Health Nurse**.....250.838.2464  
immunizations, referrals, prenatal/postpartum support  
**Flu Information Line**.....250.546.4723  
**Street Nurse Outreach Enderby** At Enderby Food Bank 3rd Fri ea.  
month from 10am-12pm in the St Andrews United Ch...250-545-3572  
**Shuswap Lake General Hospital**.....250-833-3600  
601 10th St. NE Salmon Arm  
**Mt Ida Medical Walk-In** 200 TCH SW Salmon Arm.....250-833-1990  
**Salmon Arm Walk-in Clinic** 581 Hudson Ave NE  
9am-8pm Mon-Fri and 9am-2pm Sat.....250-832-6092  
**Walk-In Clinic @ Walmart** Salmon Arm.....250.832.3377  
Mon-Fri 9-5 Sat 11-3  
**Vernon Jubilee Hospital** 2101 32nd St.....250-545-2211  
**North Okanagan Health Unit**.....250-549-5700  
1440 14th Ave Vernon  
**Downtown Primary Care Centre** .....250-541-1097  
3306A 32nd Ave Vernon Free Dr and Nurse practitioner services  
**Health Outreach Nurse** (North Okanagan).....250.306.2692

## HELP LINES

**CRISIS LINE & REFERRAL** (24hours).....1-888-353-2273  
**Women's Emergency Shelter** .....250-832-9616  
**Children's Help Line** (24 hours).....250-310-1234  
**Pregnancy Support Centre**.....250-833-9959  
**BC Poison Control Centre**.....1-800-567-8911  
**Ministry of Social Development & Social Innovation**  
.....1-866-866-0800  
Afterhours:.....1-866-660-3194  
Emergency Food/Shelter:.....1-800-663-9122  
**Canadian Mental Health**.....1-800-661-2121  
**Health Link BC**.....8-1-1.....TTY: 7-1-1  
24 hour confidential access to registered nurses