

## WHO CAN I CALL FOR HELP?

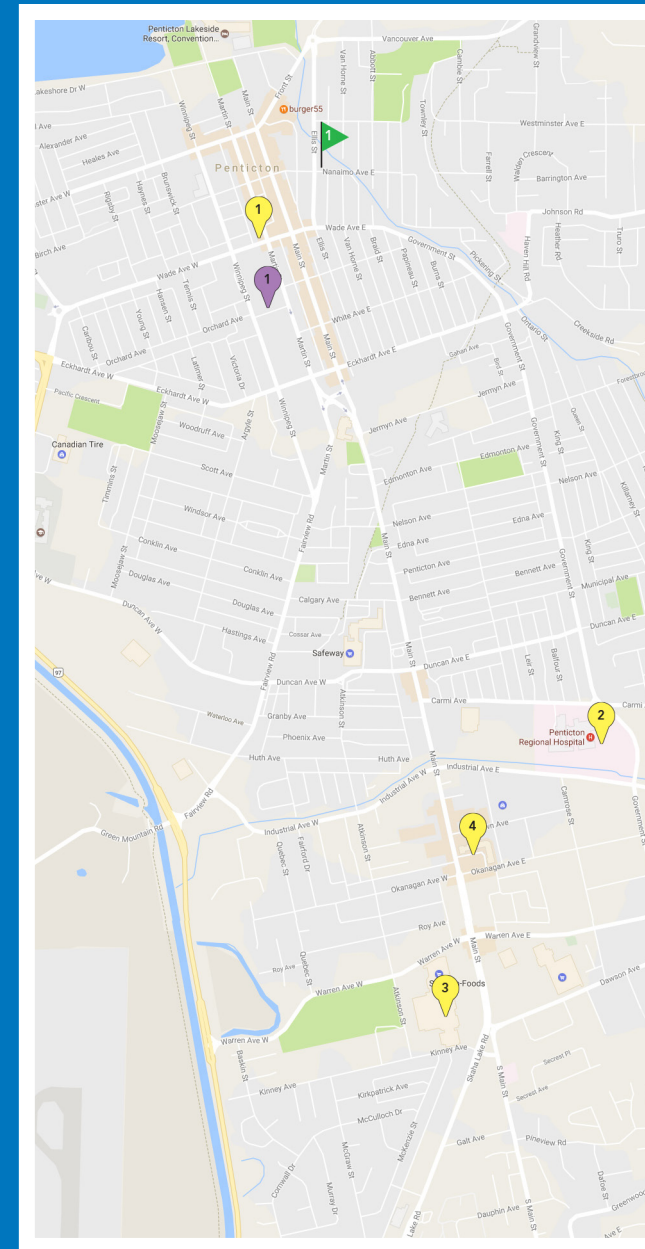
<b>Crisis Line</b>	<b>24/7 telephone crisis intervention service</b>	<b>1.800.784.2433</b>
911 *Police, Fire, or Ambulance	Emergency telephone number	911
Employment & Income Assistance	Mon-Fri: 9am - 4pm	1.866.866.0800
HealthLinkBC	To speak with a registered nurse, dietitian or pharmacist. Have your Care Card number ready.	811
VictimLink BC	24/7 information and referral to services available for people who are victims of crime and abuse.	1.800.563.0808
Penticton Health Center	Interior Health- counselling services	250.770.3434 740 Carmi Ave
RCMP Victim Services	Provides emotional support and services to victims of crime or tragedy who may or may not have reported the crime	250.770.4713 1168 Main St
Mental Health Support Line	24/7 emotional support, information and resources specific to mental health	310.6789 (no area code needed)
South Okanagan Women in Need Society	24/7 crisis line – support, resources, information. Safe, confidential shelter for women who have experienced abuse or are at risk of abuse	1.877.723.3911
Okanagan Nation- Emergency Transition House	Emergency Transition House for women and children fleeing domestic violence and abuse	250.493.4902 1.877.493.4909

## WHERE CAN I GET MEDICAL HELP?

Martin Street Outreach Centre	Provides primary care services for people with mental health and substance issues. Clinic Hours: Mon-Wed 8:30am-4:40pm & Thurs-Fri 8:30am-noon.	1	250.770.3696 437 Martin St
Penticton Regional Hospital	Emergency Department provides high-level, specialty medical care in emergency situations.	2	250.492.4000 550 Carmi Ave
Peach City Medical Walk-In Clinic	Located at the mall. Provides Comprehensive Primary Care. Clinic Hours: Mon-Wed: 8am – 6pm; Thu-Fri: 9am-5pm; Sat: 9am - 1pm.	3	250.276.5050 166 2111 Main St
Apple Plaza Walk-In Clinic	Clinic Hours: Mon-Fri: 9am-6pm; Sat, Sun, Statutory Holidays: 10am-4pm; Wheelchair accessible.	4	250.493.5228 862 1848 Main St.

## WHERE CAN I FIND A WARM BED?

Salvation Army Compass House	Emergency Shelter provides assistance and counselling for men and women. Blankets available when full.	1	250.490.9521 123 Nanaimo Ave E
South Okanagan Safe Home Project	Women in crisis can spend a maximum of 10 days in a community member's home.		1.877.723.3911 1.800.814.2033
Hostel International- Penticton	Cheap room rates- not free		250.492.3992 464 Ellis St.
Critter Aid	Shelter for pets where owners are in transition		250.494.5057 113-437 Martin St
SPCA	Shelter for pets where owners are in transition		250.493.0136 2200 Dartmouth Dr



# HELP IS HERE

Penticton Resource Guide  
**SPRING 2017**



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### WHERE CAN I GET HELP WITH MY DRUG/ALCOHOL PROBLEM?

Alcohol and Drug Information and Referral Line		1.800.663.1441
Alcoholics Anonymous	Call or visit <a href="https://bcyukonaa.org">https://bcyukonaa.org</a> for meeting times & locations.	250.490.9216
Narcotics Anonymous	Call or visit <a href="http://www.soascna.ca.meetings.php">http://www.soascna.ca.meetings.php</a> for meeting times & locations	1.855.852.5687
Discovery House (Penticton Recovery Resource Society)	Men's recovery home for men suffering from drug & alcohol addiction.	250.490.3076
Pathways Addiction Centre	Addictions services for youth through seniors	250.492.0400 1-996 Main Street
Penticton Mental Health	Mental Health & Substance Use Services Hours: Mon-Fri: 8:30am - 4:30pm	250.770.3555 117 - 437 Martin St.


### WHERE CAN I STOCK UP ON FOOD?

Penticton Salvation Army Community Food Bank	Emergency food hampers, clothing & household items. ID Required	250.492.4788 2399 Main Street
Summerland Food Bank & Resource Centre	Food, info, referrals. Hours: Mon-Fri: 9-12:30 & 1-4:30	778.516.0015 13204 Henry Ave
Food Banks BC (Keremeos, Oliver, & Osoyoos)	Call for hours and specific details for rural locations.	1.855.498.1798
Society of St. Vincent de Paul	Food and emergency help. Food hampers are delivered Mondays, Wednesdays & Saturdays after 8:30 a.m. Note: Two days advance notice is required.	250.492.2082 250.490.2796 1296 Main St.
Meals on Wheels	Meals delivered to people who cannot go grocery shopping easily. Mondays, Wednesdays and Fridays (approx \$6/meal)	250.492.9095 550 Carmi Ave
Christmas Food Hampers	Provided by Society of St. Vincent de Paul	250.490.0694

### WHERE CAN I FIND OUT ABOUT LONG-TERM HOUSING?

BC Housing	Social housing for low income families, seniors, and people on disability pension.	250.487.2530 1.800.834.7149 290 Nanaimo Ave W
Penticton & District Society for Community Living	Social housing programs for low income adults, families, seniors and people with disabilities	250.490.0200 180 Industrial Ave W
Aboriginal Housing Management Association	Quality, affordable, culturally sensitive housing for Aboriginal people in BC	1.888.921.2462
South Okanagan Brain Injury Society	Provides life skills, outreach and support to help people with acquired brain injuries overcome barriers to housing	250.490.0613 2-996 Main St

### WHERE CAN I GET A WARM MEAL OR A CUP OF COFFEE?

Soupateria	Free lunch Monday-Sunday 11:30am-12:30pm. Wheel chair friendly	 250.492.2415 150 Orchard Ave
God's Kitchen	Tuesday 9-11am	Grace MB Church 74 Penticton Ave

### WHERE CAN I FIND CLOTHES, SHOES OR A COAT?

Care Closet	Monday-Saturday 10am-4pm	250.493.8115 574 Main St
I.O.D.E. Thrift Shop	Monday-Saturday 1pm-4pm?	250.493.9149 464 Main St
Salvation Army Thrift Store (Ellis location)	Monday-Saturday 9am-5pm	250.492.3946 318 Ellis Street

Salvation Army Thrift Store (South Main location)	Monday-Saturday 9am-5pm	250.493.4788 2399 South Main St
Take A Second Look		250.493.8949 2018 Main St
Value Village	Monday-Saturday 9am-9pm, Sunday 10am-6pm	250.490.9701 101 Rosetown Ave
Vineyard Church Free Store	Tuesday, Wednesday & Thursday mornings 10am-12pm and Wednesday Evenings 7pm-9pm	250.492.0845 102 - 1825 Main St
St. Saviour's Free Store	Open on the 2nd and 3rd Fridays of each month and is open from 11:00 am until 1:00 pm. The store is in the Parish Hall (next door to the Soupateria).	150 Orchard Ave

### WHERE CAN I FIND A PUBLIC WASHROOM?

City Hall	8:30am-4:30pm	No needle box	171 Main St
Okanagan Lake Park	Open year round 7am-Dusk	Needle box	Lakeshore Dr just East of the Lakeside Resort
Gyro Park	Open June-Sept. 7am-Dusk.	Needle box	Lakeshore Dr & Between Main & Martin
Rotary Park	Open year round 7am-Dusk.	Needle box	Lakeshore & Martin St
Lakawana Park	Open year round 7am-Dusk	No needle box	Lakeshore & Power St
Skaha Lake Park	Open year round 7am-Dusk	No needle box	Skaha Lake Rd and Parkview St
Communiy Centre	Monday- Friday 6am-8pm Wkds 12pm-4pm	No needle box	325 Power St
Marina Way	Open May long weekend - September long 6am-Dusk	No needle box	Marina Way next to the Yacht Club

### OTHER PENTICTON RESOURCES

Service Canada	Monday-Friday 8:30am-4:00pm	1.800.622.6232 101-386 Ellis St
Service BC	Monday-Friday 8:30am-4:30pm	250.487.4200 40 Calgary Ave
Work BC Employment Services	Monday, Tuesday, Friday 8:30am-4pm; Wednesday 10am-4pm; Friday 8:30am-4pm	250.770.5627 50 Calgary Ave
Veterans Affairs Canada	Provides services for Veterans and their families	1.866.522.2122 60 Nanaimo Ave W
Access Society	Helps with landlords, income assistance, disability applications, employment insurance, getting legal information, debts, family, health, income taxes. Drop-In Hours: Mon-Thurs 1pm-4pm. Phone-In Hours: Mon-Thurs 9am-4pm. Or by appointment.	250.493.6822 1.866.493.6822 209-304 Martin St
Penticton & District Community Resources Society	Childcare & Support Services, Community Living Services, Youth & Family Services, Harm Reduction	250.492.5814 330 Ellis St
South Okanagan Immigrant & Community Services	Settlement services for immigrants and refugees. Language and employment training. Help navigating Canada's social services, health system, etc.	250.492.6299 508 Main St
South Okanagan Seniors Wellness Society	Information & Referral Services, Elder Abuse Awareness, Better at Home Program, Cooking Up Connection, Out and About Hours: Mon-Fri 9am-4pm	250.487.7455 330 Ellis St
Penticton Transit		250.492.5602

Phone each organization in the Guide for dates, times and additional information before visiting the location.  
This Guide is NOT a full list of all services available, nor intended as an endorsement of services.