

## 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	<b>911</b>
Employment & Income Assistance	Mon-Fri: 9am - 4pm	<b>1.866.866.0800</b> 254 Haynes St
HealthLinkBC	To speak with a registered nurse, dietitian or pharmacist. Have your Care Card number ready.	<b>811</b>
VictimLink BC	24/7 information and referral to services available for persons who are victims of crime and abuse.	<b>1.800.563.0808</b>
Penticton Health Center	Interior Health- counselling services	<b>250.770.3434</b> 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	<b>250.770.4713</b> 1168 Main St
Mental Health Support Line	24/7 emotional support, information and resources specific to mental health	<b>310.6789</b> (no area code needed)
South Okanagan Women in Need Society (SOWINS)	24/7 crisis line – support, resources, information. Safe, confidential shelter for women who have experienced abuse or are at risk of abuse.	<b>1.800.814.2033</b>
Okanagan Nation-Emergency Transition House	Emergency Transition House for women and children fleeing domestic violence and abuse	<b>250.493.4902</b> <b>1.877.493.4909</b>

## WHERE CAN I FIND A WARM BED?

Compass House Shelter	Emergency Shelter provides assistance and counselling for men and women. Blankets available when full.	<b>236.422.2449</b> 1714 Main St	<b>1</b>
South Okanagan Safe Home Project	Women in crisis can spend maximum 10 days in a community member's home.	<b>1.877.723.3911</b> <b>1.800.814.2033</b>	
Critter Aid	Shelter for pets where owners are in transition	<b>250.494.5057</b> 113-437 Martin St	
SPCA	Shelter for pets where owners are in transition	<b>250.493.0136</b> 2200 Dartmouth Dr	

## WHERE CAN I GET MEDICAL HELP?

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

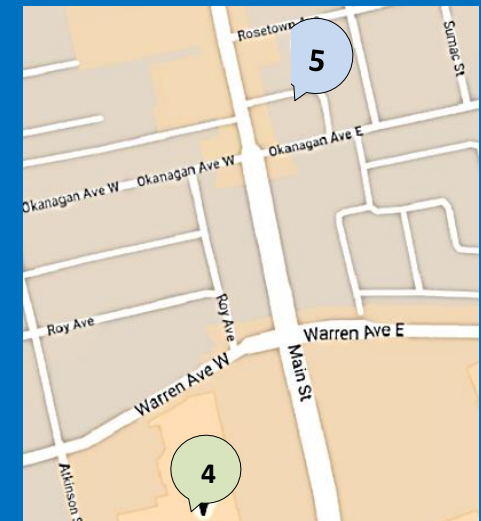
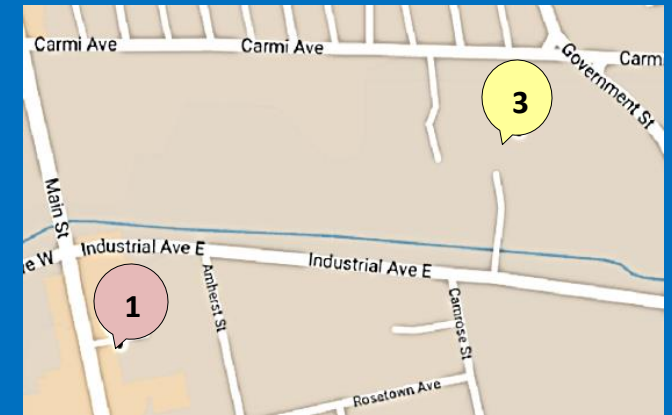
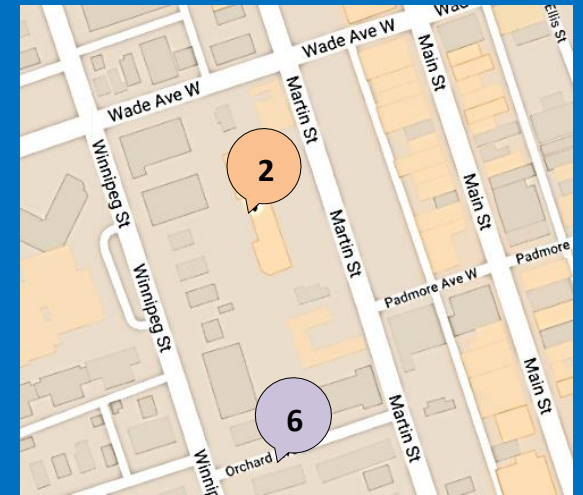
## WHERE CAN I GET A WARM MEAL OR CUP OF COFFEE?

Souperateria	Free lunch Monday-Sunday 11:30am-12:30pm. Wheel chair friendly	<b>250.492.2415</b> 150 Orchard Ave	<b>6</b>
God's Kitchen	Tuesday 9-11am	<b>Grace MB Church</b> 74 Penticton Ave	
Ooknakane Friendship Centre	Monday-Thursday	<b>250.490.3504</b> 146 Ellis Street	

# HELP IS HERE

## Penticton Resource Guide

2019/20



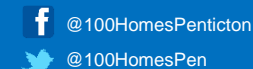
100 More Homes Penticton is a collection of community leaders coming together to provide housing and supports to over 100 vulnerable people in Penticton.

Our vision is to work collaboratively with shared goals & priorities, to prevent – and eventually end – homelessness in Penticton.



Serving the Okanagan, Columbia, Shuswap and Similkameen

Follow us:



## WHERE CAN I STOCK UP ON FOOD?

Penticton Salvation Army Community Food Bank	Emergency food hampers, clothing & household items. ID Required	<b>250.492.4788</b> 2399 Main Street
Summerland Food Bank & Resource Centre	Food, info, referrals. <u>Hours:</u> Mon-Fri: 9-12:00 & 1-4:00	<b>778.516.0015</b> 13204 Henry Ave
Food Banks BC (Keremeos, Oliver, & Osoyoos)	Call for hours and specific details for rural locations.	<b>1.855.498.1798</b>
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.	<b>250.492.2082</b> <b>250.490.2796</b> 1296 Main St.
Meals on Wheels	Meals delivered to people who cannot go grocery shopping easily. Mondays, Wednesdays and Fridays (approx \$6/meal)	<b>250.492.9095</b> 550 Carmi Ave
Christmas Food Hampers	Provided by Society of St. Vincent de Paul	<b>250.490.0694</b>
Oasis United Church	Once a month hampers. Mondays & Fridays 10-12	<b>250.770.0782</b> 2964 Skaha Lake Road
Ooknakane Friendship Centre	Monday-Thursday, Food hampers	<b>250.490.3504</b> 146 Ellis Street
Penticton Alliance Church	Small hampers at Native Band. 2 <sup>nd</sup> Tuesday of each month	<b>250.493.7136</b>

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

Care Closet	Monday-Saturday 10am-4pm	<b>250.493.8115</b> 574 Main St
I.O.D.E. Thrift Shop	Monday-Saturday 1pm-4pm	<b>250.493.9149</b> 464 Main St
Salvation Army Thrift Store (Ellis location) (South Main location)	Monday-Saturday 9am-5pm	<b>250.492.3946</b> 318 Ellis Street <b>250.493.4788</b> 2399 South Main St
Take A Second Look	Monday-Saturday 9am-7pm; Sunday 10am-6pm	<b>250.493.8949</b> 2018 Main St
Value Village	Monday-Saturday 9am-9pm; Sunday 10am-6pm	<b>250.490.9701</b> 101 Rosetown Ave
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 GET HELP WITH MY DRUG/ALCOHOL PROBLEM?

Alcohol and Drug Information and Referral Line		<b>1.800.663.1441</b>
Alcoholics Anonymous	Call or visit <a href="https://bcyukonaa.org">https://bcyukonaa.org</a> for meeting times & locations.	<b>1.866.760.2411</b>
Narcotics Anonymous	Call or visit <a href="http://www.soasna.ca.meetings.php">http://www.soasna.ca.meetings.php</a> for meeting times & locations	<b>1.855.852.5687</b>
Discovery House (Penticton Recovery Resource Society)	Men's recovery home for men suffering from drug & alcohol addiction.	<b>250.490.3076</b>
Ooknakane Friendship Centre Mental Health & Addictions	Drop in Thursdays 9-12pm Referral forms Monday-Friday 8:30am-4pm	<b>250.490.3504</b> <b>146 Ellis Street</b>
Pathways Addictions Resource Centre	Substance use and addictions services for youth to seniors	<b>250.492.0400</b> 1-996 Main Street
Penticton Mental Health	Mental Health & Substance Use Services <u>Hours:</u> Mon-Fri: 8:30am - 4:30pm	<b>250.770.3555</b> 740 Carmi Ave

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.



@100HomesPenticton  
 @100HomesPen

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

BC Housing	Social housing for low income families, seniors, people on disability pension, and those experiencing homelessness	<b>250.493.0301</b> <b>1.800.834.7149</b> 451 Winnipeg St
ASK Wellness	Fairhaven House & Burdock House	info@askwellness.ca <b>1.800.661.7541</b> <b>250.376.7558</b>
Penticton & District Society for Community Living (PDSCL)	Social housing programs for low income adults, families, seniors and people with disabilities	<b>250.490.0200 ext. 211</b> 431 Winnipeg St
Aboriginal Housing Management Association	Providing quality, affordable, culturally sensitive housing to Aboriginal people in BC	<b>1.888.921.2462</b>
South Okanagan Brain Injury Society (SOSBIS)	Provides housing outreach information support to the general public and programs for people with brain injury.	<b>250.490.0613</b> 2 - 996 Main St

## 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-9pm	Needle box	Lakeshore Dr just East of the Lakeside Resort
Gyro Park	Open May - October. 7am-9pm	Needle box	Lakeshore Dr & Between Main & Martin
Rotary Park	Open year round 7am-9pm	Needle box	Lakeshore & Martin St
Lakawana Park	Open year round 7am-9pm	No needle box	Lakeshore & Power St
Skaha Lake Park	Open year round 7am-9pm	No needle box	Skaha Lake Rd and Parkview St
Marina Way	Open May long weekend - September long weekend 7am-9pm	No needle box	Marina Way next to the Yacht Club

## OTHER PENTICTON RESOURCES

Service Canada	Monday-Friday 8:30am-4:00pm	<b>1.800.622.6232</b> 101-386 Ellis St
Service BC	Monday-Friday 9:00am-4:00pm; closed at lunch	<b>250.487.4200</b> 40 Calgary Ave
Work BC Employment Services	Monday, Tuesday, Thursday, Friday 8:00am-4:30pm; Wednesday 8am-7pm;	<b>1-833-313-0547</b> 174-1848 Main St.
Veterans Affairs Canada	Provides services for Veterans and their families	<b>1.866.522.2122</b> 60 Nanaimo Ave W
Access Society	Helps with landlords, income assistance, disability applications, employment insurance, getting legal information, debts, family, health, income taxes. <u>Drop-In Hours:</u> Mon-Thurs 1pm-4pm. <u>Phone-In Hours:</u> Mon Thurs 9am-4pm. Or by appointment.	<b>250.493.6822</b> <b>1.866.493.6822</b> 209-304 Martin St
Foundry Penticton	Offers physical and mental health supports for youth, including: counselling services, substance use, primary care, housing, legal, and employment support. <u>Drop in Hours:</u> Tuesday & Thursday, 1-5pm	<b>778-646-2292</b> 501 Main Street
OneSky Community Resources (formerly PDCRS)	Childcare & Support Services, Community Living Services, Youth & Family Services, Harm Reduction	<b>250.492.5814</b> 330 Ellis St
Ooknakane Friendship Centre	Harm reduction supplies & training, computer & phone use, cultural programs, family night dinners, elders lunches, Family Outreach and Foster parent programs	<b>250.490.3504</b> <b>146 Ellis Street</b>
South Okanagan Immigrant & Community Services	Settlement services for immigrants and refugees. Language and employment training. Help navigating Canada's social services, health system, etc.	<b>250.492.6299</b> 340 Ellis St
South Okanagan Seniors Wellness Society	Information & Referral Services, Elder Abuse Awareness, Better At Home Program, Cooking Up Connection, Out and About <u>Hours:</u> Mon-Fri 9am-4pm	<b>250.487.7455</b> 330 Ellis St
SOWINS Mobile Outreach SOWINS SAFEst	Harm reduction supplies, naloxone, referrals, personal items etc. Harm reduction supplies, naloxone, referrals, personal items etc. Support for sex workers, drop-in centre	<b>250.809.7054</b> <b>236.422.1488</b>
YMCA Jumpstart to Employment Essentials	14-week program for learning how to build resume, earning certificates & getting hands-on work experience.	<b>250.770-7873</b> 203-501 Main St
Penticton Similkameen Transit		<b>250.492.5602</b>