

## HELP WHERE CAN I CALL FOR HELP?



Income Assistance	*130-1640 Dilworth Drive, Kelowna *3685 Hoskins Road, West Kelowna *Online: <a href="http://www.gov.bc.ca/eia">www.gov.bc.ca/eia</a>	1.866.866.0800 (After Hours) 1.866.660.3194
3rd Party Financial Assistance Worker	Partners in Employment, Resources & Services (STRIDE) 200-389 Queensway Ave	250.762.3494
Non-emergency health information	To speak to a nurse, pharmacist or dietitian	811
<b>Crisis Line</b>	Telephone crisis intervention service	<b>250.763.9191</b>
Elizabeth Fry Society	Relationship abuse & sexual assault services	250.763.4613
VictimLink (24 hour)	Victims of sexual & family violence; all crimes	1.800.563.0808
Police-Based Victim Witness Services	All crimes	250.470.6242
Outreach Workers	*Ki-Low-Na Friendship Centre *Kelowna Gospel Mission *H.O.P.E Outreach (for women)	250.859.4929 / 250.859.1031 (cells) 250-862-3733 / 250.763.3737 250.864.0399
Youth Outreach Workers (Reconnect)	Outreach, support, advocacy, referrals & mediation	250.868.8541 ext.4 (office) 250.869.4433 / 250.870.7231 (cells)
Living Positive Resource Centre	101-266 Lawrence Ave <b>5</b>	250.862.2437
Mental Health Advocate	Okanagan Advocacy & Resource Society	250.979.0201
Kelowna Women's Resource Centre	Mon-Thurs, 9am-3pm <b>12</b>	250.762.2355
John Howard Society	Information, crisis intervention & referrals	250.763.1331
Provincial Crisis & Information Referral Societe Inform'Elles	Service for French women	1.888.800.7322 (RFCB ) or 1.604.736.6974



## WHERE CAN I GET MEDICAL ATTENTION?

Outreach Urban Health Services Clinic open: Mon-Fri 10am-4pm STD / HIV testing, needle exchange, immunization (public health nurses); wound care and health assessments (continuing care nurses); A & D worker, social workers, mental health and public health worker; nurse and physician in attendance. Street Service Delivery: Mon-Fri 4pm-5pm	<b>3</b>	250.868.2230	455 Leon Ave
Kelowna General Hospital		250.862.4000	2268 Pandosy St
Options for Sexual Health - Kelowna (Mon & Thurs, 6pm-9pm)	<b>10</b>	250.868.7700	1340 Ellis St.
Options for Sexual Health - West Kelowna (2nd & 4th Tues ea month, 6-8:30pm)		250.712.6400	3500 Carrington Rd
Okanagan Aboriginal AIDS Society (Living Positive)	<b>5</b>	250.862.2481	101-266 Lawrence Ave
Lakeland Medical Clinic (Walk-In Clinic, Downtown)	<b>15</b>	250.862.3113	6-515 Harvey Ave
Rutland Medical Centre		250.862.5915	25-590 W Hwy 33



## WHERE CAN I GET HELP WITH MENTAL HEALTH EMERGENCIES?

Mental Health Centre (Call for info about Psychiatric services)		250.868.7788
Crisis Line		250.763.9191
Aboriginal Services, Ki-Low-Na Friendship Society	<b>2</b>	250.763.4905
Outreach Urban Health Services	<b>3</b>	250.868.2230



Kelowna  
Community  
Resources

Nov 2010

# Street Survival Guide

Updated quarterly. For the current version see [www.kcr.ca](http://www.kcr.ca) or contact:

**Kelowna Community Resources  
Community Information & Volunteer Centre**  
120-1735 Dolphin Avenue, 250-763-8008 ext. 24 or 25  
Email: [informkelowna@kcr.ca](mailto:informkelowna@kcr.ca)



Please phone the organizations listed in the Guide for dates, times, and additional information before visiting the location. This Guide is updated every 3 months from the date above and is NOT a full list of all services available.

Compiled by Community Information & Volunteer Centre, a program of Kelowna Community Resources (KCR). The listing of an organization or service in this Guide is not an endorsement and the exclusion of a service does not imply a lack of approval.



### WHERE CAN I FIND A WARM BED?



NOW Canada Society Alexandra Gardner Safe Centre	250.763.2262	Safe house for women & their children	
Kelowna Women's Shelter	250.763.1040	For women fleeing abusive situations	
Kelowna's Gospel Mission <b>1</b>	250.763.3737	Men over 19 yrs, register throughout the day	251 Leon Ave
Family Den	250.763.4905	Call for information	



### WHERE CAN I FIND SOME CLOTHES?



FREE Clothing Bank (Kelowna's Gospel Mission) <b>1</b>	250.763.3737	Tues, Wed, Thurs; call for hours	251 Leon Ave
Helping Hands Thrift Store Kelowna's Gospel Mission <b>1</b>	250.862.2404	10am-5pm, Mon-Sat	259A Leon Ave
Salvation Army Family Thrift Store Community Life Centre	250.765.3450	Mon-Wed 8am-6pm; Thur-Fri 8am-8pm; Sat 9am-5pm	200 Rutland Rd S
First United Church Thrift Store <b>8</b>	250.762.3311	Sep-Jun: Wed & Thurs, Fri 10am-3pm	721 Bernard Ave
SHARE <b>13</b>	250.763.8117	Mon-Sat 9:30am-4:30pm	581 Gaston Ave
Kelowna Women's Shelter Thrift Store <b>6</b>	250.762.8561	Mon-Sat 10am-4:30pm	527 Lawrence Ave
Adventist Community Services	250.860.5096	Tues & Wed 10am-12noon	130 Gertsmar Rd
Pro Life Thrift Store	250.762.9266	Wed-Sat 10am-4pm	1159 Sutherland Ave
Rutland Hospital Auxiliary Thrift Shop	250.765.2859	Mon-Sat 9am-4pm	140 Dougall Rd N



### WHERE CAN I FIND HELP GETTING A JOB?

Global Transition Consulting Inc <b>16</b>	250.762.0731	103-1635 Abbott St
GT Hiring Solutions <b>17</b>	250.763.6339	30-565 Bernard Ave
Centre francophone de services à l'emploi de l'Okanagan <b>7</b>	250.712.9213	702 Bernard Ave
Labour Unlimited	250.717.0502	1787 Harvey Ave
Labour Ready <b>18</b>	250.762.9675	513B Lawrence Ave
T.R.A.D.E.S. <b>19</b>	250.712.0003	1652 Pandosy St
Ki-Low-Na Friendship Society <b>2</b>	250.763.4905	442 Leon Ave
Career Contact Centre for Youth - YMCA-YWCA (Ages 15-30) <b>20</b>	250.717.2561	575 Lawrence Ave



### WHO DO I APPROACH TO REPORT A BAD DATE?

Kelowna Women's Resource Centre (Mon-Thur 10am-3pm) <b>12</b>	250.762.2355	1492 St Paul St
Elizabeth Fry Mon-Fri 8:30am-12noon; 1pm-4:30pm	250.763.4613	104-347 Leon Ave
Crisis Line (24/7)	250.763.9191	
Kelowna Downtown Association - Patrol	250.470.9058 (cell)	200-287 Bernard Ave



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



Kelowna's Gospel Mission <b>1</b>	250.763.3737	For men, women and families, daily breakfast 7am-7:45am; lunch 12noon-12:45pm; dinner 4:30pm-5:15pm. Coffee & snacks 10am and 3pm daily	251 Leon Ave
First United Church <b>8</b>	250.762.3311	Coffee & snacks Tues & Thurs 10am-11am	721 Bernard Ave
The Ladies Haven	250.868.2238	Free meal for women & children; Tues & Wed 9:30am-1pm	1305 W Hwy 33
Metro Central <b>14</b>	250.765.6622	Sunday 9am worship, breakfast & coffee; Tue to Thurs 8:30am-4:30pm, coffee & snacks.	430 Harvey Ave.
Ki-Low-Na Friendship Society <b>2</b>	250.763.4905	Mon to Fri-Coffee 9:30am; Saturday Breakfast 8:30am	442 Leon Ave



### WHERE CAN I GET GROCERIES?

Kelowna Community Food Bank <b>9</b>	250.763.7161	1265 Ellis St
The Salvation Army Community Life Centre	250.765.3450	200 Rutland Rd S
Society of St. Vincent de Paul Helping families in emergency crisis	250.762.2577	
Rutland Community Food Centre (Houses Of Mercy) Tues 6:00pm-8:00pm (ID & Proof of Rutland Residency)	250.762.9559 Ext 220	905 Badke Rd
St. Michael and All Angels Cathedral Office Groceries once a month for those in crisis	250.762.3321	608 Sutherland Ave



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



Crossroads Treatment Centre Society	250.860.4001	Withdrawal management, residential treatment, supportive housing & out-patient	123 Franklyn Rd
Kelowna Alcohol and Drug Services	250.868.7788	Office hours Mon-Fri, 8am-4:30pm	1340 Ellis St, 2nd Flr
Outreach Urban Health Services <b>3</b>	250.868.2230	Clinic open: Mon-Fri 10am-4pm. *See listing under Medical Attention for additional details	455 Leon Ave
Alcoholics Anonymous (AA)	250.763.5555	Narcotic's Anonymous (NA)	250.718.7990
Ki-Low-Na Friendship Society <b>2</b>	250.763.4905	Mon-Fri 8:30am-4:30pm	442 Leon Ave
Cocaine Anonymous	8-9 pm 8-9 pm	Wednesday: 1st United Church Saturday: Crossroads Treatment Centre	Bernard & Richter 123 Franklyn Rd.



### WHERE CAN I SHOWER, GET A HAIRCUT or DO LAUNDRY?



Kelowna's Gospel Mission	250.763.3737	Access to <u>showers &amp; laundry</u> facilities for men, women & families, 7 days/week, 10am-11:45am & 3pm-4:15pm; <u>haircuts</u> Mon and Thurs; pls call for times	251 Leon Ave
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