

**MEDICAL SERVICES & CLINICS**

<b>Health Link BC</b>	8-1-1 or TTY 7-1-1
<b>BC Nurse Line</b>	1-866-215-4700 TTY 1-866-889-4700
<b>Shuswap Lake General Hospital</b>	
601 10th Street NE	250-833-3600
<b>Salmon Arm Health Centre</b>	
851 16th Street NE	250-833-4100
<b>Shuswap Home Health &amp; Community Care</b>	
Unit #2 - 2770 10th Avenue NE	250-832-6643
<b>Salmon Arm Walk In Clinics</b>	
<b>Shuswap Saturday Clinic</b> (various offices) <a href="http://shuswapSaturdayclinic.ca">shuswapSaturdayclinic.ca</a>	1-888-686-3006 9am-2pm
<b>Mt. Ida Medical Centre</b>	250-833-1990
200 Trans Canada Highway SW	
Mon - Th 9:am - 5:pm / Fri 9:am -4pm	
<b>Salmon Arm Medical Clinic</b>	250-832-6092
581 Hudson Avenue NE	
Mon - Fri 9am in person to book a day appointment or 4pm in person to book an evening appointment	
<b>Walmart Clinic</b>	778-489-0942
2991-10th Avenue SW Monday - Friday 9:30am-3pm	
<b>Sicamous Community Health Centre</b>	
#160- 200 Main Street, Sicamous	250-836-2817
<b>Sicamous Health Unit</b>	
#10 1133 Eagle Pass Way	250-836-4835
<b>Sorrento &amp; Area Community Health Centre</b>	
Unit #1 1250 Trans Canada Hwy	250-675-2167
<b>North Shuswap Health Centre - Scotch Creek</b>	
#2 3874 Squilax Anglemont Road	250-995-0660
<b>South Shuswap Health Services- Blind Bay</b>	
#10 2417 Golf Course Drive	250-675-3661
<b>Enderby Community Health Centre</b>	
707 3rd Avenue	250-838-2450

**INDIGENOUS COMMUNITY SUPPORT**

<b>Adams Lake Indian Band</b>	250-679-8841
<b>Little Shuswap Lake Band</b>	250-679-3203
<b>Neskolith Indian Band</b>	250-679-3295
<b>Splatsin First Nation</b>	250-838-6496
<b>Metis Nation BC</b>	1-800-940-1150
<b>Hope for Wellness Helpline</b>	1-855-242-3310
<b>Rise Up Indigenous Wellness</b>	250-833-8046
875 Lakeshore Drive SW <a href="mailto:indigenou-riseup@gmail.com">indigenou-riseup@gmail.com</a>	

**FOOD SECURITY****Salmon Arm****Good Food Box** 250-832-4127 / 250-832-3534

Pre-order 2nd Thurs./Mon from Shuswap Family Resource Centre or Seniors Resource Centre. Pick-up 3rd Thurs/month at Saint Joseph's Catholic Church (60-1st Street SE) church parking lot on 2nd Street

**The Market at the Lighthouse** 250-832-9194

441-3rd Street SW

Monday-Friday 9am-12:30pm

- Visit the Market daily as needed

**Second Harvest Food Bank** 250-833-4011Back of Salmar Classic Theatre on Ross Street  
Wednesdays 10am-6pm (winter hours)**Food with Friends Community Potluck**  
[foodwithfriends2020@gmail.com](mailto:foodwithfriends2020@gmail.com)

121 Shuswap St SW (back of church) Hot lunch: Monday, Tuesday, Thursday, &amp; Friday 12pm -1pm

**First United Church Lunch Program** 250-832-3860

450 Okanagan Ave E Wednesdays 11:00am -1:00pm

**Sorrento****Sorrento Food Bank** 250-253-3663

2804 Arnheim Road Wed 9:00am-3:00pm

**Sicamous****Eagle Valley Community Support Society**

1214 Shuswap Avenue 250-836-3440

**Enderby****FED Enderby food bank** (3rd Fri of the month)

Call for appointment 250-938-3114

**Harvest Hut** (parking lot Maud St)

Mondays 9:00am -12:00pm June to Thanksgiving

**Kings Table Soup Kitchen**125 George Street Wed 4:00pm - 7:00pm  
[ashtoncreekchristianfellowship@gmail.com](mailto:ashtoncreekchristianfellowship@gmail.com)**7th Day Adventist Church**

Accepting calls for help 250-558-3624

**North Shuswap**North Shuswap Food Security Program  
Pre-register for food hampers  
[northshuswapfood@gmail.com](mailto:northshuswapfood@gmail.com) 250-212-9952**COMMUNITY SUPPORTS****March of Dimes Brain Injury Society** 250-515-1827

Support, integration, advocacy &amp; outreach

**Community Living BC**

#202 -351 Hudson Avenue NE 250-832-1718

**Shuswap Association for Community Living**

# 03 &amp; 301 - 371 Hudson Avenue NE 250-832-3885

**Shuswap Hospice Society**

Suite 4-781 Marine Park Drive 250-832-7099

**Seniors Resource Centre**

320A-2nd Avenue NE 250-832-7000

**Shuswap Immigrant Services**

371 Hudson Avenue NE 250-804-2726

**Community Futures Shuswap**

160 Harbour Front Drive NE 250-803-0156

**Aspiral Youth Partner (BGCO)**

120-6th Street NE 778-489-8151

**Safe Society**

250-832-9616

**Shuswap Children's Association**

240A Shuswap Street NE 250-833-0164

**Shuswap Family Resource & Referral Centre**

681 Marine Park Drive 250-832-2170

**Malakwa Resource Centre**

3994 Malakwa Road or 250-53-7964

**Okanagan College - Salmon Arm Campus**

2552 10th Ave NE 250-832-2126

**Enderby & District Resource Community Centre**

1106 Belvedere Street 250-838-9446

**Eagle Valley Community Support Society- Sicamous**

1214 Shuswap Ave, Sicamous 250-836-3440

**Shuswap Better at Home**

1214 Shuswap Avenue, Sicamous 250-253-2749

**Sorrento Centre**

1159 Passchendaele Road 250-675-2421

**Red Cross Friendly Calls Program** 1-833-979-9779Weekdays 9am-5pm  
[revelstokelife.ca](http://revelstokelife.ca)online health and social services  
directory for Revelstoke**GOVERNMENT SERVICES****Service Canada Center** 1-800-622-6232

191 Shuswap Street NW 8:30am - 4:00pm M-F

**Service BC**

850 A 16 Street NE 250-832-1611

**Ministry of Social Development & Social Innovation**

850 B 16 Street NE 1-866-866-0800

**Community Integration Specialist**

Outreach Services 250-241-2848

**Ministry of Child & Family Development**

550 Lakeshore Drive E 250-832-1719

Prov. Centralized Screening (MCFD) 1-800-663-9122

**MUNICIPAL SERVICES****City of Salmon Arm**

500 2nd Avenue NE 250-803-4000

**City Of Enderby**

619 Cliff Avenue 250-838-7230

**District of Sicamous**

446 Main Street 250-836-2477

**Columbia Shuswap Regional District**

555 Harbourfront Drive NE 250-832-8194

**CMHA LEARNING STUDIO****Open House** 778-946-0207

433 Hudson Ave. (entrance off of 4th street NE)

Mon-Fri 9am-12pm (join us for afternoon programming)

**LEGAL SUPPORTS****Legal Aid Salmon Arm**

Tuesdays 9am- noon 250-545-3666

**Community Legal Assistance Society (CLAS)**

Free assistance from a lawyer 1-888-685-6222

**Legal Advocate Program (Shuswap Family Centre)** 250-832-2170

M-Th 9am-4pm, Fri 9am-12pm

**Native Courtworker & Counselling Association of BC**

250-550-0417

**Parents Legal Centre**

623 Victoria Street, Kamloops 250-434-0663

**Neighbour Link Shuswap** 250-832-3272

Mon, Wed, Fri 12:00pm - 4:00pm

Re-homing used furniture and appliance & referrals to Western  
Canada Society for Access Justice

## EMERGENCY CRISIS SUPPORT

**R.C.M.P /Ambulance/ Fire (Emergency Only) 9-1-1**

### Local Police:

Salmon Arm 1980-11th Avenue NE 250-832-6044  
Sicamous 1125 Paradise Avenue 250-836-2878  
Sorrento/Chase 226 Shuswap Avenue 250-679-3221  
Enderby 602 Granville Street 250-838-6818

### Local Support:

RCMP Victim Services Program 250-832-4453  
Salmon Arm Women's Shelter 250-832-9616

### 24/7 Support

**Interior Crisis Line** 1-888-353-CARE (2273)

**988 Suicide Crisis Helpline** 9-8-8

**Kid's Help Phone** 1-800-668-6868 or Text 686868

**KUU-US (Indigenous Crisis Line)** 1-800-588-8717

**Racist Incident Helpline- M-F 9-5pm** 1-833-457-5463

## TREATMENT & SUPPORT

**Mental Health Support Line** 310-6789

Resource finder in your community 2-1-1

### **Alcohol & Drug Information and Referral Service**

BC Toll Free 1-800-663-1441

**Alcoholics Anonymous Shuswap** 1-855-339-9631

**Narcotics Anonymous** 1-866-778-4772

**Gambling 24 hour Helpline** 1-888-795-6111

**Virtual Addiction Medicine Clinic** [interiorhealth.ca/VAM](http://interiorhealth.ca/VAM)

**Opioid Treatment Access Line 9-4pm** 1-833-804-8111

## MENTAL HEALTH & SUBSTANCE USE SERVICES

### Salmon Arm

#### **Adult Mental Health Intake**

851 16th Street NE 250-833-4102

#### **Substance Use Intake**

851 16th Street NE 250-833-4102

#### **Salmon Arm OAT Clinic**

851 16th St. NE Tues - Fri 8:30am - 3:30pm. Closed 12-1pm for lunch. 250-833-4177

#### **Child & Youth Mental Health**

550 Lakeshore Drive NE 250-832-1719  
Drop-in Tues 9am-4pm/Thurs 1-4pm

## HOUSING



**BC Housing** 1-800-257-7756

Subsidized Housing listings: [www.bchousing.org](http://www.bchousing.org)

**CMHA Housing** 250-832-8477  
Ext 121

### **Marshlands Shelter**

341 Fraser Ave NW  
24/7, Intake hours 4pm-10:30pm 250-517-8169

**CMHA Homeless Outreach Drop-in** 250-804-5867

● SA Library Saturdays 1:00pm -3:00pm

● CMHA Learning Studio- Wednesdays 2:30pm-4:00pm

**Salmon Arm Women's Shelter** 250-832-9616

For women fleeing abuse

## SHOWER , LAUNDRY & CLOTHING



**The Café at the Lighthouse** 250-832-9166

441-3rd Street SW (side door)

Shower/Laundry/coffee/snacks Mon-Fri 9am– 12:30pm

**Human Connection Hub (Safe Society)** 250-832-9616

Free Shopping Days: Monday 3:30pm- 5pm and  
Wednesday 2pm-3:30pm

## THRIFT STORES



### Salmon Arm

**Churches Thrift Store** 250-832-8234

461 Beatty Ave

Mon 11am - 5pm, Tues - Fri 10am - 5pm & Sat 10am - 4:30pm

**CMHA Thrift Shoppe** ext 107 250-832-8477

433 Hudson Avenue NE

Open Hours: Mon - Fri 10am - 3pm & Sat 10am - 2pm

Donation drop-off times: Monday and Thursday 10am - 3pm & Saturdays: 10am - 2pm

### Sicamous

United Church Thrift Shop 250-836-4390

705 E. Trans-Canada Frontage Road

Wed - Sat 10:00am - 3:00pm

### Enderby

**Twice But Nice** 250-838-6822

702 Cliff Avenue

Tues – Fri 9:00am - 3:50pm Sat 10:00am - 2:00pm

## TRANSPORT



**Rider Express** [riderexpress.ca](http://riderexpress.ca) 1-833-583-3636

Westgate Public Market 2090 10th Ave SW

To Vancouver: everyday To Calgary: everyday

**E Bus** [myebus.ca](http://myebus.ca) 1-877-769-3287

To/From Vancouver daily at Centenoka Mall 5th Street SW

**South Shuswap Rides** [southshuswaprides.ca](http://southshuswaprides.ca)

M-F 9:00am - 5:00pm 250-463-4341

**Shuswap Transit System** 250-832-0191

Handy Dart (register first) \$1.75

Fixed Route \$1.25 Senior \$1.50 Adult \$1.25 Student

Regional Service: Zones: (children 5 & under are free)

1- \$1.75 2- \$2.25 3- \$2.75 4- \$3.25

## EMPLOYMENT



### **Salmon Arm Work BC**

101 - 310 Hudson Avenue NE 250-804-4770

Job Listings: [www.jobbank.gc.ca](http://www.jobbank.gc.ca)

### **Shuswap Immigrant Services Society Employment Counsellor**

101 - 371 Hudson Avenue NE 250-804-2726

### **Sicamous Work BC**

1217 C Shuswap Avenue 250-836-2655

### **Enderby Work BC**

904 Maud Street 250-838-2324

## LIBRARIES



### **Salmon Arm Branch**

285-1151 10th Avenue SW 250-832-6161

### **Enderby Branch**

514 Cliff Avenue 250-838-7230

### **Sicamous Branch**

#2 - 446 Main Street 250-836-4845

### **South Shuswap Branch - Blind Bay**

#1 - 2425 Golf Course Drive 250-675-4818

## LGBTQ2SIA+

### **Essie's Place**

[www.essiesplace.org](http://www.essiesplace.org) 672-572-1300

### **Qmunity**

<https://qmunity.ca/> (604) 684-5307 ext. 100

February 2026

# SHUSWAP SURVIVAL GUIDE

If you would like help  
navigating services contact

CMHA Service Navigator:

Denise Butler 778-946-0190  
Or email: [denise.butler@cmha.shurev.ca](mailto:denise.butler@cmha.shurev.ca)

Complied by:

CMHA Shuswap-Revelstoke  
433 Hudson Ave N.E. Box 3275  
Salmon Arm, BC V1E 4S1  
Tel: 250-832-8477  
Fax: 250-832-8410

[www.shuswap-revelstoke.cmha.bc.ca](http://www.shuswap-revelstoke.cmha.bc.ca)

[www.facebook.com/CMHAshuswaprevelstoke/](https://www.facebook.com/CMHAshuswaprevelstoke/)



Canadian Mental  
Health Association  
Shuswap-Revelstoke  
*Mental health for all*

Please note that inclusion of an organization does not  
indicate its endorsement by CMHA, nor does its exclusion  
imply lack of approval.

Contact CMHA to update any changes of service.