

YOUTH SERVICES

Boys and Girls Club.....554-5437
480 Kenora Rd
•Outreach workers available to provide support, regarding education and life skills coaching

Help Line for Youth and Children (ages 4-19)
.....310-1234 or 1-800-668-6868

Safe Spaces.....371-3086
•Call for location. Provides counselling, resources and referrals to gay, lesbian or transgendered youth

Kamloops Street Services & Youth Safe House
.....314-0771
•Call for location. Provides meals and shelter, support, referrals, showers, clothing and laundry services to youth ages 13-18 years only

Youth Club House.....374-0440
Youth Line.....828-2642
857 Seymour Street (after 4:30 pm)
•Provides a safe place for youth hosting activities, workshops & assistance with health & wellness

Youth Health Clinic.....851-7300
Lansdowne Village Mall (lower level)
•Confidential assistance with health issues, appointments with doctors, emergency contraception and pregnancy test available to youth up to age 25. Phone to make an appointment

Service Canada Centre for Youth.....372-2515
317 Seymour Street (Ext 2550)
•Summer Employment Centre for Students and Youth (May-August)



IDENTIFICATION

BC Identification.....851-3700
937 Concordia Way

Kamloops Government Agent.....828-4540
Suite 250-455 Columbia Street

LEGAL SERVICES

Legal Aid.....314-1900
•Outreach workers available to provide referrals or information on / about legal matters

ABORIGINAL RESOURCES

Aboriginal Training & Employment Centre
.....554-4556
144 Briar Avenue
•Drop-in or make an appointment

Interior Indian Friendship Centre.....376-1296
125 Palm Street
•Offers a variety of programs, including one-on-one counseling, referrals to treatment, resources

Interior Metis Child & Family Services.....554-9486
E3-750 Cottonwood Avenue
•Outreach workers available to assist with advocacy, referrals, personal care items, some meals and cultural workshops

Kamloops Native Housing Society.....376-6332
101-1139, 12th Street

White Buffalo Aboriginal Health Society & Resource Centre.....554-1176
517A Tranquille Rd
•Services for *anyone* seeking assistance with addictions, health issues, education, employment, child-care and more

More community resources are available. Please check out our additional brochures or ask a staff member for assistance!

- ★ Kamloops Work Search Centres
- ▲ New Life Mission
- ☀ Kamloops Food Bank
- H Royal Inland Hospital
- ☀ Kamloops ASK Wellness Centre

Map taken from www.expedia.ca/website 06/06/07



An Easy Guide to Kamloops Immediate Services

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A compilation organized by TQM Consulting in association with The Kamloops Work Search Centres
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SHELTERS (MEN ONLY)

Kamloops Safe Housing Society.....851-2720
•Housing services provided for men in recovery.
Call for location

Emerald Hostel.....372-3031
207 West Victoria Street
•Offers temporary shelter, meals and shower facilities

New Life Mission.....372-9898
181 West Victoria Street
•Offers respite, meals, programs, and can assist with long term housing. Dentist and barber services available weekly

ASK Wellness Centre.....376-7558
433 Tranquille Road
•Offers assistance with Outreach Services, support and housing issues

SHELTERS (WOMEN ONLY)

ASK Wellness Centre.....376-7558
•Available to assist women with Outreach Services, support and housing issues, particularly those working in the sex trade

Emerald House.....828-1121
•Call for location

Y Emergency Shelter.....374-6162
•Call for location. Provides a safe house for women and children 24 hours a day

INCOME ASSISTANCE

Income Assistance.....1-866-866-0800
•May provide short-term emergency housing and financial assistance

FOOD / HOT MEALS

Kamloops Food Bank.....376-2252
171 Wilson Street
•Free food hampers available Mon-Fri

Men's Christian Hostel.....372-3031
207 West Victoria Street
•Hot meals available, phone for times

New Life Mission.....372-9898
181 Victoria Street
•Hot meals, clothing and other services available

Salvation Army.....554-1611
533 Tranquille Rd

*Please see the Kamloops
Community Meal List for more details*

FINDING A JOB

Kamloops Work Search Centres
North - 353 Tranquille Road.....376-3111
South - 623 Victoria Street.....372-3803
•Employment advisors available by appointment, or self-directed drop-in services and resources accessible to anyone looking for work

Labour Ready.....376-9116
392 Tranquille Road
•Temporary work placement agency

Service Canada.....1-800-622-6232
317 Seymour Street
•Federal government office providing online job search and resources support. Information regarding EI eligibility, benefits and Social Insurance Numbers are also available

CRISIS SERVICES (WOMEN ONLY)

Elizabeth Fry Society.....374-2119
827 Seymour Street
•Walk-ins or referrals available for women who are in crisis and require assistance with mental health issues, addictions, housing needs or are in conflict with the law

Sexual Assault Counselling Centre.....372-0179
627B Victoria Street
•Counsellors available to women who may have experienced sexual assault and / or abuse

Y Women's Emergency Shelter & Outreach Services.....374-6162
•Call for location

MEDICAL ATTENTION

Emergency Services.....911

Royal Inland Hospital.....374-5111
311 Columbia Street

Walk In Clinics

Urgent Care Clinic.....371-4905
5-910 Columbia Street West

North Shore Treatment Centre.....554-4265
700 Tranquille Road

Summit Medical Clinic.....374-9800
4-1380 Summit Drive

AFFORDABLE CLOTHING

Cost Savers Thrift Store.....376-3361
185 Royal Ave

Kamloops Food Bank.....376-2252
171 Wilson Street

Kamloops Hospice Association.....376-1335
Thrift Shop, #40—1800 Tranquille Rd

Kamloops United Church.....372-3020
421 St. Paul Street

Penny Pinchers Thrift Store.....376-4131
800 Fortune Drive

St. Vincent de Paul Thrift Store.....554-0098
168 Briar Avenue

Salvation Army.....376-1110
533 Tranquille Road

Thrift City (New Life Mission).....372-2273
342 Seymour Street

Westside Baptist Church Thrift Shop
2833 Westside Road.....579-8361

ADDICTIONS

Alanon / Alcoholics Anonymous.....374-2456
•Call for nearest local meetings

ASK Wellness Centre.....376-7558
Street Outreach number.....851-5949
433 Tranquille Road
•Awareness, education and support provided

Community Mental Health and Addictions
235 Lansdowne Street (Downtown).....377-6500
126 King Street (North Shore).....376-7855
•Support for individuals who have addictions

EMOTIONAL SUPPORT

ASK Wellness Centre.....376-7558
433 Tranquille Road
•Outreach workers available to talk to on a one-to-one basis

BC Mental Health Information Line
.....1-800-555-8222

People in Motion.....376-7878
182 Tranquille Rd
•Phone to speak with a service provider who is able to respond to anyone who is suffering from abuse, neglect or self-neglect

LifeWorks.....376-3615
726 Sydney Ave
•Offers one-to-one counselling or group sessions to individuals receiving Income Assistance

Mental Health Emergency Response Team
.....377-6500
After hours emergency number.....377-0088
•Please call if you are feeling stressed, depressed or suicidal.

New Life Mission.....434-9898
346 Seymour Street
•Provides drop-in counselling services