

## EMPLOYMENT

Aboriginal Training & Employment Centre	554-4556
BC Employment Standards	1-800-663-3316
Central Interior Trades & Apprenticeship Centre	434-9261
CFDC of Thompson Country (SE)	828-8772
CFDC of Central Interior First Nations	828-9833
Employment Insurance	1-800-206-7218
Employ Youth Program	372-5025
Excel Personnel (Placement Agency)	374-3853
GT Hiring Solutions	374-7748
Hire Power—Targeted Wage Subsidy	372-8890
Kamloops Immigrant Services	372-0855
Kamloops Work Search Centre (South)	372-3803
Kamloops Work Search Centre (North)	376-3111
Labour Ready	376-9116
LifeWorks (Seasons Consulting)	314-0377
Metis Nation BC Employment & Training	851-9263
Pathways Program (Vision 21)	314-9565
Regional Metis Employment Services	376-9263
Service Canada (Kamloops Office)	372-2515
Service Canada Centre for Youth (Summer Only)	372-2515 x2550
Shuswap Training & Employment Program	778-471-8200 x 201
Social Insurance Numbers	1-800-206-7218
Open Door Group	377-3670
Thompson Training Access Centre	372-0222
TRU Student Employment Centre	371-5627
TRU Education & Skills Training Program	828-5290
Volunteer Kamloops	372-8313
Worksafe BC (Formerly WCB)	1-888-967-5377
Youth Employment Strategy	1-800-935-5555

## GOVERNMENT

Birth Certificate	828-4540
BC Identification	851-3700
Service BC	1-800-663-7867
Government Agent	828-4540
Ministry of Social Development	1-866-866-0800
Service Canada	372-2515

## HEALTH

ASK Wellness Centre	376-7558
BC NurseLine	811
BC Medical Plan (Low income)	1-800-663-7100
<b>Clinics</b>	
Northshore Treatment Centre Ltd	554-4265
Summit Medical Clinic	374-9800
Urgent Care Clinic	371-4905
Eating Disorders	377-6500
Health Canada General Inquiries	1-866-225-0709
HIV & STD Information Line	1-888-488-7444
Nutrition Information	1-800-667-3438
New Life Mission Dental Clinic	778-471-5878
New Life Mission Drop in Clinic	434-9898
Public Health Unit	851-7300
Royal Inland Hospital	374-5111
Street Services	314-0771
Urban Native Health Centre	376-1296
Youth Clinic	851-7300

## HOUSING / SHELTER

ASK Wellness Centre	376-7558
BC Housing Registry	1-800-257-7756
BC Tenants Hotline	1-800-665-1185
Elizabeth Fry Society	374-2119
Emerald Hostel	372-3031
Emerald House Emergency Shelter for Women	828-1121
Emerald on Third	374-1090
Homefinders Kamloops	374-5363
Interior Community Services	554-3134
John Howard Society	434-1700
Kamloops Emergency Social Services	374-4476
Kamloops Native Housing	376-6332
Kamloops Housing Inventory	372-9933
Kamloops Safe Housing Society	851-2770
New Life Mission	372-9898
Sahali Housing Co-op	374-2712
Tenants Resource & Advisory Centre	1-800-665-1185
Youth Safe House	314-0771
Y Women's Emergency Shelter	374-6162



## IMMIGRANT / TRAVELLING ABROAD

Citizenship Classes	372-0855
Francophone Association	376-6060
Kamloops Immigrant Services	372-0855
Kamloops Multicultural Society	376-8427
Passport Canada	1-800-567-6868
Citizenship & Immigration Canada	1-888-242-2100
Travel Assistance (Abroad)	1-800-267-6788

## LEGAL SERVICES

Adult Probation	828-4008
Advocacy Access Program (Disabilities)	1-800-663-1278
BC Employment Standards	1-800-663-3316
Community Legal Assistance	1-888-685-6222
Crimestoppers	1-800-222-8477
Dial-A-Law BC	1-800-565-5297
Elizabeth Fry Advocacy & Legal Aid	374-1900
John Howard Society	434-1700
Kamloops & District Labour Council	374-7310
Kamloops Family Justice Centre	828-4688
Kamloops Immigrant Services	372-0855
Lawyer Referral Service	1-800-663-1919
Ombudsman	1-800-567-3247
Pro-Bono Services	372-9898
Victim Link	1-800-563-0808
Youth Probation	371-3600

## TRANSPORTATION

Busline (Schedule)	376-1216
Greyhound Bus	374-1212
HandyDART	376-7525
Kami Cabs	374-5151
Kamloops Driver's Licensing	851-3700
Yellow Cab	374-3333

## SENIORS

BC Centre for Elder Advocacy & Support	1-866-437-1940
Cariboo Manor	579-9350
CSI Kamloops	554-4145
Elder Abuse Program	828-0600
Glenfair Seniors' Housing	554-3134 x 205
Kamloops Adult Learners Society	819-5153
SAFER (Shelter Aid for Elderly Renters)	1-800-257-7756
Senior Citizens Housing Society	376-3653
Seniors Outreach Services	828-0600



# Kamloops Resource List

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A compilation organized  
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## ABORIGINAL

Aboriginal Training & Employment Centre (ATEC)  
..... 554-4556  
Aboriginal Health .....314-2100 x3776  
CFDC of Central Interior First Nations.. 828-9833  
Indian & Northern Affairs Canada (INAC).....  
.....1-800-567-9604  
Interior Indian Friendship Society..... 376-1296  
Interior Metis Child & Family Services.... 554-9486  
Kamloops Native Housing Society..... 376-6332  
Secwepemc Cultural Education Society  
.....778-471-5789  
Shuswap Nation Tribal Council.....778-421-8700  
Tk'emlups Indian Band..... 828-9700  
White Buffalo Aboriginal Health Society &  
Resource Centre..... 554-1176

## ABUSE

Children Who Witness Abuse..... 376-7800  
Helpline for Children..... 310-1234  
Kamloops R.C.M.P..... 828-3000  
Kamloops Sexual Assault Centre..... 372-0179  
Kids Helpline.....1-800-668-6868  
Y Willowtree Services..... 376-7800  
Youth Against Violence.....1-800-680-4264

## ADDICTIONS

Alanon / Alcoholics Anonymous..... 374-2456  
Alcohol & Drug Information & Referral Services  
.....1-800-663-1441  
ASK Wellness Centre..... 376-7558  
Ask Wellness Centre Street Outreach.... 851-5949  
Gambling Helpline.....1-888-795-6111  
House of Ruth (women only).....376-5621  
Interior Indian Friendship Society's Alcohol & Drug  
Counsellor..... 376-1296  
Mental Health & Addictions Services..... 851-7450  
Mothers for Recovery..... 377-6890  
Narcotics Anonymous..... 320-5032  
New Life Mission Residential Support Recovery  
Program..... 434-9898  
Phoenix Centre..... 374-4634  
Raven Program..... 374-4634  
Sage Health Centre..... 374-6551  
Salvation Army Addiction Referrals..... 554-1611  
Smoker's Health Line.....1-877-455-2233  
TRU Mental Health & Addictions Counsellor  
..... 828-5023

## CHILDREN, YOUTH & FAMILY SERVICES

Baby's Head Start Program..... 554-3134  
Big Brothers & Sisters of Kamloops..... 374-6134  
Boys & Girls Club..... 554-5437  
Child & Youth Mental Health..... 371-3648  
Child Care Resources & Referral..... 372-7791  
Child Care Subsidy Program.....1-888-338-6622  
Family Tree Family Centre.....377-6890  
Interior Community Services..... 554-3134  
Interior Indian Friendship Society Family Programs  
..... 376-1617  
Interior Metis Child & Family Services..... 554-9486  
Make Children First..... 554-3134  
Ministry of Children & Family Development371-3600  
Nobody's Perfect (YMCA)..... 372-7791  
Parent & Child Mother Goose Programs  
.....554-3134 x582  
Parent Helpline.....1-800-668-6868  
Pregnancy Care Centre.....376-4646  
Secwepemc Child & Family Services..... 314-9669  
Supported Child Development (Special Needs  
Children)..... 371-4100  
Vista Community Services..... 314-6810  
Youth Clubhouse..... 374-0440  
Youth Health Clinic..... 851-7300  
Youth Safe House & Street Services..... 314-0771  
Youth Safe Spaces..... 371-3086  
Y Child Interactive Play & Learn Centres... 372-7791



## CLOTHING / FOOD

Church of Cleopas..... 579-9321  
Church of the Nazarene..... 372-0633  
E. Fry Community Closet.....374-2119 x204  
Family Tree Family Centre.....377-6890  
Kamloops Food Bank..... 376-2252  
Kamloops United Church..... 372-3020  
Mommy & Me (Children & Maternity)..... 376-1914  
Mulberry Bush (Children & Maternity)..... 374-2501  
New Life Mission Clothing & Meal Program..434-9898  
Sacred Heart Cathedral..... 372-2581  
Salvation Army Mobile Kitchen..... 554-1611

Salvation Army Thrift Store..... 376-1110  
St. Paul's Cathedral..... 372-3912  
St. Vincent de Paul Help Office.....554-0050  
Thrift City..... 372-2273  
Thrift Seller..... 374-0487

## COUNSELLING

Family Therapy Centre..... 376-3511  
Interior Community Services..... 554-3134  
Kamloops Centre for Therapy..... 828-1613  
LifeWorks..... 314-0377  
Nova Conflict Resolution Centre..... 554-3134  
Thompson Nicola Assessment & Resource  
Service..... 372-2262

## DISABILITIES

Advocacy Access Program.....1-800-663-1278  
BC Coalition of People with Disabilities  
.....1-800-663-1278  
BC Human Rights Coalition.....1-877-689-8474  
BC Paraplegic Association.....1-800-689-2477  
BC Schizophrenia Society.....319-7667  
Canadian Hard of Hearing Association  
.....1-866-888-2442  
Canadian Mental Health Association..... 374-0440  
Canadian National Institute of the Blind.....374-8080  
Child & Youth Mental Health.....371-3648  
Children's Therapy & Family Resource Centre  
..... 371-4100  
Chronic Disease Self Management Program  
.....1-866-902-3767  
Home & Community Care..... 851-7900  
Insight Support Services..... 554-0085  
Kamloops Brain Injury Association..... 372-1799  
Kamloops Mental Health ..... 851-7450  
Kamloops Society for Community Living... 374-3245  
Mental Health Information Line.....1-800-661-2121  
Open Door Group..... 377-3670  
People in Motion..... 376-7878  
Service Canada Disability Benefits  
(choose option #3).....1-800-277-9914  
SMART Options..... 851-2542  
Thompson Community Services..... 828-1508  
Thompson Rivers University Disability Services  
..... 828-5023



## EDUCATION & TRAINING

Academy of Learning..... 372-5429  
COPE (Career Orient. & Prep for Women)  
..... 371-5533  
Education Savings Grants.....1-888-276-3624  
First Steps Program..... 376-9119  
Four Directions Store Front School..... 376-8061  
Kamloops Adult Learners Society..... 819-5153  
MECA (Men's Education & Career Alternatives)  
..... 828-5290  
National Student Loan Service Centre  
.....1-888-815-4514  
Partner Assisted Learning..... 852-3091  
School District #73..... 374-0679  
Sprott Shaw Community College..... 314-1122  
Street School..... 318-9455  
St. John Ambulance..... 372-3853  
Sylvan Learning Centre..... 851-3829  
Thompson Career College..... 372-8211  
Thompson Nicola Training..... 374-0058  
Thompson Rivers University (TRU)..... 828-5000  
TNRD Library (North)..... 554-1124  
TNRD Library (South)..... 372-5145  
TRU—Continuing Studies..... 828-5039  
Twin Rivers Education..... 554-3438

## EMERGENCY ASSISTANCE

Emergency Services (Fire, Ambulance, Police)  
.....911  
Aboriginal Suicide Critical Incident Response  
Team..... 554-1176  
Children's Helpline..... 310-1234  
Kids Helpline.....1-800-668-6868  
Kamloops Mental Health Intake..... 377-6500  
Kamloops R.C.M.P. Victim Services..... 828-3223  
Kamloops Sexual Assault Centre..... 372-0179  
Kamloops Street Services..... 314-0771  
Kamloops Urgent Response Team..... 377-0088  
Red Cross..... 372-2334  
Royal Inland Hospital..... 374-5111  
Safe Harbour..... 372-0855  
Salvation Army..... 554-1611  
St. Vincent de Paul Society..... 554-0050  
Suicide / Distress Line.....1-800-784-2433  
Y Women's Emergency Shelter..... 374-6162