

## YOUTH SERVICES

**Boys and Girls Club**.....554-5437  
Outreach Workers available to provide support, regarding education and life skills coaching.

**Help Line for Youth and Children** (age 4-20+) .....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

**Youth Street Services**.....314-0771  
1286 River Street  
Provides meals and shelter, support, referrals, showers, clothing and laundry services to youth ages 13-19 years only

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

**Youth Health Clinic**.....851-7954  
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.

**Service Canada Centre for Youth**.....372-2515  
317 Seymour Street (Ext 302)  
Summer Employment Centre for Students and Youth. (May—August)



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## IDENTIFICATION

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

**Kamloops Government Agency**.....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 Employment Services**.....554-4556  
144A Briar Avenue  
Drop-in or make an appointment.

**Interior Indian Friendship Centre**.....376-1296  
125 Palm Street  
Offers a variety of programs, including 1-1 counselling or referrals to detox / treatment Available.

**Interior Metis Child & Family Svcs**.....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, 12st Street

**White Buffalo Aboriginal Health & Resource Society**.....554-1176  
S-211 750 Cottonwood Avenue  
Services for *anyone* seeking assistance with addictions, health issues, education, employment, childcare and more.

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

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Kamloops Work Search Centres  
The New Life Mission  
Kamloops Food Bank  
Royal Inland Hospital  
Kamloops ASK Wellness Centre

\*\*Map taken from [www.expedia.ca/](http://www.expedia.ca/) website 06/06/07

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# 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 February 2009

## SHELTERS (MEN ONLY)

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

**Men's Christian Hotel**.....372-3031  
207 West Victoria Street  
Offers temporary shelter, meals and shower facilities

**The 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

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

## SHELTERS (WOMEN ONLY)

**House of Ruth**.....376-5621  
Call for location. Provides meals and shelter to women only

**The 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

**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  
346 Seymour Street  
\*\*Outreach Services are located at 181 Victoria Street

**\*\*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 Centre**.....372-0179  
627B Victoria Street  
Counsellors available to women who may have experienced a sexual assault and / or abuse

## MEDICAL ATTENTION

**Emergency Services**.....911

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

### Walk In Clinics:

**Urgent Care Clinic**.....371-4905  
#4-910 Columbia Street (near the Superstore)

**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  
517B Tranquille Road

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

**Kamloops Hospice Association**.....376-1335  
Thrift Shop, Briar Avenue

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

**Penny Pinchers Thrift Store**.....374-4012  
9—1800 Tranquille Road

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

**Salvation Army**.....554-1611  
533 Tranquille Road

**Thrift City (New Life Mission)**.....554-2235  
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  
433 Tranquille Road  
Awareness, education and support provided

**Interior Health Addiction Intake Program**  
.....851-7450  
519 Columbia Street  
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**  
.....1-800-661-2121

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

**LifeWorks**.....314-0377  
622 Tranquille Road  
Offers one-to-one counselling or group sessions to individuals receiving Income Assistance

**Mental Health Emergency Response Team**  
519 Columbia Street.....851-7450  
(behind the Courthouse)  
After hours emergency number.....377-0088  
Please call if you are feeling stressed, depressed or suicidal

**The New Life Mission**.....372-9898  
Provides drop-in counselling services