

## FAMILY SERVICES

Birth Certificate.....	828-4540
BC Identification.....	851-3700
Interior Community Services.....	554-3134
Kamloops Family Justice Centre.....	828-4688
Ministry of Children & Family Dev.....	371-3600
Secwepemc Child & Family Services.....	314-9669
Vista Community Services.....	314-6810

## GOVERNMENT

Enquiry BC.....	1-800-663-7867
Government Agent.....	828-4540
Ministry of Human Resources.....	1-866-866-0800
Service Canada.....	372-2515

## HEALTH

ASK Wellness Centre.....	376-7558
BC NurseLine.....	1-866-215-4700
BC Medical Plan (Low income).....	828-4540
Child & Youth Mental Health.....	371-3648

### Clinics

Northshore Treatment Centre Ltd.....	554-4265
Summit Medical Clinic.....	374-9800
Urgent Care Clinic.....	371-4905
Eating Disorders.....	851-7450
HIV & STD Information Line.....	1-800-661-4337
Kamloops Brain Injury Association.....	372-1799
Kamloops Urgent Care Clinic.....	371-4905
Mental Health Information Line... ..	1-800-661-2121
Nutrition Information.....	1-800-667-3438
Royal Inland Hospital.....	374-5111
Schizophrenia Society.....	374-5939
Service Canada Health Info.....	1-866-225-0709
Street Services.....	314-0771
Youth Clinic.....	851-7954



## HOUSING / SHELTER

BC Housing.....	1-800-257-7756
BC Tenants Hotline.....	1-800-665-1185
SAFER (Shelter Aid for Elderly Renters) .....	1-800-257-7756
Elizabeth Fry Society.....	374-2119
Glenfair Seniors' Housing.....	828-0913
John Howard Society.....	434-1700
Interior Community Services.....	554-3134
Kamloops Native Housing.....	376-6332
Kamloops Street Services Safe House....	314-0771
Men's Christian Hostel.....	372-3031
New Life Mission.....	372-9898
Sahali Housing Co-Op.....	374-2712
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.....	372-5751
Passports.....	1-800-567-6868
Service Canada Immigration.....	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.....	374-8477
Elizabeth Fry Society.....	374-2119

Family Justice Centre.....	828-4688
John Howard Society.....	434-1700
Kamloops Immigrant Services.....	372-0855
Law Foundation of BC.....	1-800-565-5297
Lawyer Referral Service.....	1-800-663-1919
Legal Services Society.....	314-1900
Ombudsman.....	1-800-567-3247
Poverty Advocate.....	374-2119
Pro-Bono Services.....	372-9898
Tenants Rights Action Coalition..	1-800-665-1185
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
Motor Vehicle Branch.....	828-4540
Yellow Cab.....	374-3333

## YOUTH

Boys & Girls Club.....	554-5437
Kamloops Indian Band Youth Group....	828-9700
Native Youth Awareness Centre.....	376-1296
Safe Spaces.....	371-3086
TKO-Teens of Kamloops Organization..	828-3477
Youth Clubhouse.....	374-0440
Youth Health Clinic.....	851-7954
Youth Street Services.....	314-0771



# Kamloops Resource List

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## ABORIGINAL

Aboriginal Employment Services.....554-4556  
 CFDC of Central Interior First Nations..828-9833  
 Indian & Northern Affairs Canada  
 ..... 1-800-567-9604  
 Interior Indian Friendship Society..... 376-1617  
 Interior Metis Child & Family Services. 554-9486  
 Kamloops Indian Band..... 828-9700  
 Kamloops Native Housing Society..... 376-1296  
 Native Youth Awareness Centre..... 376-1617  
 Secwepemc Cultural Education Society. 828-9779  
 White Buffalo Aboriginal Health Society  
 & Resource Centre..... 554-1176  
 Children Who Witness Abuse ..... 374-2111

## ABUSE

Helpline for Children..... 310-1234  
 Kamloops R.C.M.P..... 828-3000  
 Kids Helpline..... 1-800-668-6868  
 Alanon / Alcoholics Anonymous..... 374-2456  
 Y Willowtree Services.....376-7800  
 Youth Against Violence.....1-800-680-4264

## ADDICTIONS

Alcohol & Drug Information & Referral Services  
 ..... 1-800-663-1441  
 Interior Indian Friendship Society's Alcohol &  
 Drug Counsellor..... 376-1296  
 ASK Wellness Centre..... 376-7558  
 Gambling Helpline..... 1-888-795-6111  
 House of Ruth (women only)..... 376-5621  
 Kamloops Integration Project..... 851-5949  
 Narcotics Anonymous..... 1-800-414-0296  
 Phoenix Centre..... 374-4634  
 Raven Program..... 374-4634  
 Sage Health Centre..... 374-6551  
 Smoker's Health Line..... 1-877-455-2233

## CHILD CARE / CHILDREN

Baby's Head Start Program..... 554-3134  
 Big Brothers & Sisters of Kamloops.....374-6134  
 Child Care Resources & Referral..... 372-7791  
 Child Care Subsidy Program..... 1-888-338-6622  
 Make Children First..... 554-3134  
 Ministry of Children & Family Dev..... 371-3600

Nobody's Perfect (YMCA)..... 372-7791  
 Parent—Child Mother Goose Programs  
 ..... 554-1040  
 Parent Helpline..... 1-888-603-9100  
 Supported Child Care (Special Needs Children)  
 ..... 371-4100



## CLOTHING / FOOD

Church of Cleopas..... 579-9321  
 Costsavers Thrift Store..... 376-3361  
 Kamloops Food Bank..... 376-2252  
 Kamloops Hospice Association.....376-1335  
 Kamloops United Church.....372-3020  
 Mint Condition Boutique..... 828-0551  
 Mommy & Me.....376-1914  
 Mulberry Bush.....374-2501  
 Penny Pinchers Thrift Store..... 376-4012  
 Salvation Army Thrift Store..... 376-1110  
 Simply the Best Thrift Store.....377-8335  
 Shabby Shack.....828-1184  
 St. Paul's Cathedral..... 372-3912  
 St. Vincent de Paul Thrift Store.....554-0098  
 Sacred Heart Cathedral..... 372-2581  
 Salvation Army.....554-1611  
 Thrift City.....372-2273  
 Thrift Sellar..... 374-0487  
 Value Village..... 374-6609

## COUNSELLING

Interior Community Services..... 554-3134  
 Kamloops Centre for Therapy..... 828-1613  
 Sexual Assault Counselling Centre.... 372-0179  
 Thompson Nicola Assessment & Resource  
 Service..... 372-2262

## DISABILITIES

BC Human Rights Coalition..... 1-877-689-8474  
 BC Paraplegic Association..... 851-0882  
 BC Schizophrenia Society..... 372-5788  
 Canadian Hard of Hearing Association. .851-9724

Canadian Mental Health Association.... 374-0440  
 Canadian National Institute of the Blind 374-8080  
 Children's Therapy & Family Resource Centre  
 ..... 371-4100  
 Kamloops & District Canadian Hard of Hearing  
 Association.....374-7511  
 Kamloops Brain Injury Association.....372-1799  
 Kamloops Mental Health Centre.....851-7450  
 Kamloops Society for Community Living 374-3245  
 Kamloops Urgent Response Team..... 377-0088  
 People in Motion.....376-7878  
 People's Voice Coalition..... 554-4280  
 Service Canada Disability Benefits  
 .....1-800-277-9914  
 SMART Options..... 851-2542  
 THEO BC.....377-3670  
 Thompson Community Services.....828-1508

## EDUCATION & TRAINING

Academy of Learning.....372-5429  
 Canada Student Loans.....1-888-815-4514  
 COPE (Career Orient. & Prep for women)  
 .....371-5533  
 Education Savings Grants.....1-800-276-3624  
 First Steps Program..... 376-9119  
 Four Directions Store Front School.... 376-8061  
 Kamloops Adult Learners Society..... 571-5002  
 Kamloops Learning Centre..... 554-3438  
 MECA (Men's Education & Career Alternatives  
 ..... 371-5728  
 School District #73..... 374-0679  
 Sprott Shaw Community College.....314-1122  
 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  
 TRU—Continuing Education..... 828-5039  
 Twin Rivers Education..... 554-3438  
 Two Roads Program..... 554-5437  
 TNRD Library (North)..... 554-1124  
 TNRD Library (South)..... 374-8866



## EMERGENCY ASSISTANCE

Emergency Services..... 911  
 (Fire, Ambulance, Police)  
 Children's Helpline..... 310-1234  
 Kids Helpline..... 1-800-668-6868  
 Kamloops Urgent Response Team..... 377-0088  
 Kamloops Mental Health Intake..... 851-7450  
 Kamloops Street Services..... 314-9771  
 Kamloops R.C.M.P. Victim Services... 828-3223  
 Red Cross..... 372-2334  
 Royal Island Hospital.....374-5111  
 Salvation Army..... 376-1754  
 St. Vincent de Paul Society..... 554-0050  
 Suicide / Distress Line..... 1-800-784-2433  
 Y Women's Emergency Shelter..... 374-6162

## EMPLOYMENT

Aboriginal Employment Services.....554-4556  
 BC Employment Standards... 1-800-663-3316  
 BC Worksafe (Formerly WCB).. 1-888-967-5377  
 CFDC of Thompson Country (SE)..... 828-8772  
 CFDC of Central Interior First Nations.828-9833  
 Employ Youth Program.....372-5025  
 Employment Insurance..... 1-800-206-7218  
 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  
 Maturity Works..... 851-2791  
 Pathways Program (Vision 21)..... 314-9565  
 Regional Metis Employment Services 851-9263  
 Service Canada..... 372-2515  
 Service Canada Centre for Youth (Summer Only)  
 ..... 374-5627  
 Shuswap Training & Employment.... 554-4556  
 Social Insurance Numbers..... 1-800-206-7218  
 THEO BC..... 377-3670  
 Thompson Training Access Centre.... 372-0272  
 TRU Student Employment Centre..... 371-5627  
 TRU Transition to Education or Employment  
 (Tree)..... 828-5369  
 Volunteer Kamloops..... 372-8313  
 Youth Employment Strategy.... 1-800-935-5555