

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/ 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