

PREGNANCY

PREGNANCY TEST

- Walk-in Clinics listed under health issues (visits are confidential)
- Street Clinic (confidential visit) 250 376-7558
- Youth's own Doctor
- Youth Clinic 250 851-7954

PREGNANCY HEALTH & WELL BEING

- Baby's Head Start Program (free vitamins/counselling) 250 554-3134
- Youth's own Doctor
- Walk-in Clinics listed under HEALTH ISSUES (list of doctors taking new patients)
- Teen Pre-natal Classes 250 554-3134
- Ministry of Children and Family Development (social worker/referral to safe home) 250 554-5800

FAMILY PLANNING / COUNSELLING / HEALTH CARE

- Healthy Beginnings Program (parenting group support) 250 554-3134
- Families First (in-home support for first time parents) 250 554-3134
- First Steps Program (academic/life/parenting skills and daycare) 250 376-9119
- Early Intervention (in-home support in parenting) 250 554-3134
- Ministry of Children and Family Development (social worker) 250 554-5800

EDUCATION

- School District #73 (classroom or home schooling) 250 374-0679
- Kamloops Learning Centre (alternative schooling) 250 554-3438
- Four Directions Storefront School (Aboriginal cultural awareness/alternative school) 250 376-8061
- First Steps Program (academics/life skills/counselling for young mothers) 250 376-9119
- Thompson Rivers University/Counselling 250 828-5000 / 828-5023
- Community Kitchens (budgeting, nutrition, cooking, canning,

freezing) 250 554-3134

- NOVA (learning conflict resolution) 250 554-3134
- Big Brothers & Sisters (emotional & life skill development/peer support) 250 374-6134
- Boys & Girls Club Two Roads Program (complete high school courses) 250 554-5437
- Street School 250 318-9455
- Interior Métis Child & Family Services 250 554-9486

SKILLS / TRAINING / WORK SEARCH

- Student / Youth Employment Centre (summer only)
- Interior Indian Friendship Society (career planning) 250 376-1296
- HRDC Human Resources Development Canada 250 372-2515
- Two Roads Program (life skills/resume building) 250 554-5437
- North Kamloops Work Search Centre 250 376-3111
- South Kamloops Work Search Centre 250 372-3803
- Aboriginal Employment Services (holistic employment Counselling) 250 554-4556
- Social Insurance Number (application or replacement card) 1-800-206-7218

RECREATION (FREE)

- Native Youth Awareness Centre (variety of activities) 250 376-1617
- YETI -Youth Enrichments, Triumphs and Innovations (variety of activities) 250 554-5437
- Library (Northshore/Southshore) 250 554-1124 / 372-5145
- Churches listed under FOOD/HOT MEAL section offer drop-in recreation
- TKO -Teens of Kamloops Organization (youth driven music/event organizing) 250 828-3477
- Youth Clubhouse 250 374-0440
- Nights Alive (weekend fun) 250 554-5437
- Kamloops Indian Band Youth Group 250 828-9700
- Interior Indian Friendship Society 250 376-1296

• Air Cadets (friendship/fun/adventure/challenges-fee negotiable) 250 376-4939

• Interior Métis Child & Family Services (on going exciting activities) 250 554-9486

19 YEARS OLD AND OVER

(SERVICES TO MEET BASIC NEEDS)

Many of the above resources, that offer services to youth, also offer services to those 19 and over or refer to similar resources that are age appropriate -give us a call for more info 250 314-0771

- Emergency Services (fire, ambulance, police) 911
- Women's Shelter (women/women with children) 250 374-6162
- New Life Mission (addictions recovery centre for men) 250 372-9898
- Men's Hostel (shelter, meals, showers, tub to hand wash laundry) 250 372-3031
- Phoenix Detox Centre 250 374-4364
- Street Clinic (needle exchange/health info/condoms) 250 376-7558
- KURT -Kamloops Urgent Response Team (mental health crisis) 250 377-0088
- Provincial After Hours (after hours emergency worker) 1-800-663-9122, (Day) 1-866-866-0800
- Victim Link (crisis line) 1-800-563-0808
- Suicide/Distress Line 1-800-784-2433
- House of Ruth (emergency shelter) 250 376-5621
- Kamloops Safe Housing Society (safe affordable transitional housing) 851-2720

CREATED BY:
INTERIOR COMMUNITY SERVICES

SPONSORED BY: THE ROTARY CLUB OF
KAMLOOPS DAYBREAK

PRINTED BY:
OVERLAND PRESS (1990) LTD.



YOUTH RESOURCE LIST

If you need any information on the following Kamloops resources, call **Kamloops Street Services 314-0771.**

If you do not have use of a phone and do not have pay phone money, call the program collect.

Sponsored by: The Rotary Club of Kamloops Daybreak



SUICIDE AND CRISIS INTERVENTION / HELP

- Emergency Services (Fire, Ambulance, Police) - 911
- **Children's Zenith Help Line (across BC) 250 310-1234**
- **Kids Help Line (across Canada) 1-800-668-6868**
- KURT - Kamloops Urgent Response Team (crisis counselor) 250 377-0088 After Hours 4:30P.M.-1:00 A.M. 372-2278
- Kamloops Street Services (safety, counselling, info, referral) 250 314-0771
- Parkview (skill building/mental health assessment) 250 376-7855
- Suicide/Distress Line 1-800-784-2433

SHELTER

- Kamloops Street Services (Youth House) (free shelter) 250 314-0771
- Ministry of Children and Family Development (social worker) 250 554-5800
- Children & Youth Mental Health 250 371-3648

FREE FOOD / HOT MEALS

- Kamloops Street Services 250 314-0771
- Kamloops Food Bank 250 376-2252
- Interior Indian Friendship Society 250 376-1296
- New Life Mission 250 372-9898
- St. Paul's Cathedral 250 372-3912
- Salvation Army 250 554-1611
- The Society of St. Vincent De Paul 250 554-0050

FREE CLOTHING / TOILETRIES

- Kamloops Street Services 250 314-0771
- Kamloops Food Bank 250 376-2252
- Thrift Shops in yellow pages of phone book (low cost items)

FREE SHOWERING AND LAUNDRY FACILITIES

- Kamloops Street Services 250 314-0771
- Interior Indian Friendship Society 250 376-1296

PETS

- Kamloops Street Services (info on pet care /food / refer to shelter) 250 314-0771

•Kamloops Food Bank –Food/care items 250 376-2252

RE-CONNECTING WITH FAMILY / RETURNING HOME

- Kamloops Street Services (Kamloops Reconnect) (support / long distance calls) 250 314-0771
- Ministry of Children and Family Development (social worker) 371-3600 / 554-5800
- Native Youth Awareness 250 376-1617
- Interior Métis Child & Family Services 250 554-9486
- Operation 'Go-Home' (Greyhound) 1-800-668-4663

CULTURE CONNECTION

- Kamloops Immigrant Services 250 372-0855
- Native Youth Awareness 250 376-1617
- Interior Métis Child & Family Services 250 554-9486

SEXUALITY

- Safe Spaces (gay/lesbian/bisexual/2 spirited/questioning youth group) 250 371-3086
- Kamloops Street Services (counselling/support/referral) 250 314-0771
- Prideline BC (info/referral/peer support) 1-800-566-1170
- GALA (info/referral) 250 376-7311

LEGAL ISSUES / ADVOCACY

- Elizabeth Fry Society (support/outreach/advocacy) 250 374-2119
- John Howard Society (counselling/outreach) 250 434-1700
- Legal Services Society of BC 250 314-1900
- Kamloops Street Services (advocacy/referral) 250 314-0771
- Ombudsman (advocacy) 1-800-567-3247
- Tenants Rights Action Coalition (renting/landlord issues) 1-800-665-8779
- Victims Information Line (support/referral) 1-800-563-0808
- Immigrant Services (support/advocacy/referral) 250 372-0855
- Office for Children and Youth (info/advocacy) 1-800-476-3933
- Interior Indian Friendship Centre (Youth Mentoring and Native

Outreach) 250 376-1296

- Interior Métis Child & Family Services 250 554-9486

- Youth Probation 250 371-3600
- Adult Probation 250 828-4008
- BC Human Rights Coalition 1-877-689-8474
- Birth Certificate (new application or replacement) 250 828-4540
- BC I.D. Card (new application or replacement) 250 851-3700

ALCOHOL / DRUGS USE / MISUSE

- Alcohol & Drug Information & Referral Service 1-800-663-1441
- Phoenix Detox Centre 250 374-4634
- Interior Indian Friendship Society (info/counselling/referral) 250 376-1296
- Street Clinic (needle exchange/health info/referral) 250 376-7558
- Kamloops Street Services (info/counselling/needle exchange/referral) 250 314-0771
- Raven Program (info/addictions counselling) 250 374-4634
- Provincial Treatment Programs for Addictions (24 hrs.) 1-800-663-1441

- Alcoholics Anonymous/Alanon (youth welcome) 250 374-2456

SEXUAL/PHYSICAL/EMOTIONAL ABUSE

- Children's Zenith Help Line (crisis line across BC) 310-1234
- Kamloops Sexual Assault Counselling Centre 250 372-0179
- Kids Help Line - Across Canada (info/support/referral) 1-800-668-6868
- R.C.M.P. (Kamloops) 250 828-3000

- Emergency Services (Fire, Ambulance, Police) Dial 911

- Ministry of Children and Family Development (social worker) 250 371-3600/554-5800

- Interior Indian Friendship Society (counselling/support/info/referral) 250 376-1296

- Kamloops Street Services (counselling/support/info/referral) 250 314-0771

- Victim Link (crisis line) 1-800-563-0808

- Victim Services (day) 250 828-3223 (eves.) 828-3000

HEALTH ISSUES

- Urgent Care Clinic 250 371-4905
- HIV and STD Info Line 1-800-661-4337
- Aids Society of Kamloops 250 376-7558
- Walk-in Clinics: North Shore Urgent Care Clinic 250 554-4265 Summit 250 374-9800
- Royal Inland Hospital 250 374-5111
- Street Clinic (info/HIV testing/condoms/needle exchange) 250 376-7558
- Interior Indian Friendship Society (info/support/condoms) 250 376-1296
- Kamloops Street Services (info/counselling/needle exchange/referral) 314-0771
- Eating Disorders (anorexia/bulimia info/counselling) 250 851-7450
- KURT - Kamloops Urgent Response Team (mental health crisis line and outreach) 250 377-0088
- Ministry of Employment & Income Assistance (\$ help for prescription) 1-866-866-0800
- Parkview (skill building/mental health assessment) 250 376-7855
- Youth Clinic (STD testing/health info) 250 851-7954
- BC Medical Plan (low income=lower fees) 250 828-4540
- Nutrition Information 1-800-667-3438
- **BIRTH CONTROL / MORNING AFTER PILL**
- Kamloops Street Services (info/referral/condoms) 250 314-0771
- Native Outreach (info/referral/condoms) 250 376-1617
- Street Clinic 376-7558
- Youth Clinic (the pill/depo shot/free morning after pill/health info) 250 851-7954
- Youth's own Doctor (may have free BC pills/morning after pill)
- Walk-In Clinics listed under HEALTH ISSUES (free morning after pill)
- Royal Inland Hospital (free morning after pill) 250 314-2289
- Local Pharmacy (free for morning after pill without a prescription)

(continued)