



PENTICTON STREET SURVIVAL GUIDE

Where can I get help with an ALCOHOL/ DRUG ADDICTION?

AL-ANON 250-490-9272 / 1-888-425-2666 (Toll Free)

24 Hours | Help for Families and Friends of Alcoholics.

ALCOHOLICS ANONYMOUS 250-490-9216

24 Hours | Helping others to recover from alcoholism.

ALCOHOL/DRUG INFO & REFERRAL LINE 1-800-663-1441

24 Hours | Information & referral services for any kind of substance abuse.

DISCOVERY HOUSE..... 250-490-3076

397 Wade Avenue West

24 Hours | Long term recovery home. Someone will be there to answer the phone 24 hrs a day to provide more information.

PENTICTON REGIONAL HOSPITAL..... Emergency- 911

..... Emergency Room- 250-492-4000

550 Carmi Avenue

24 Hours | After Hours Help for Drugs and Alcohol.

Where Can I Receive YOUTH SERVICES?

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT

..... 250-770-2200

1274 Main Street

Monday - Friday 8:30am – 4:30pm

PENTICTON & DISTRICT COMMUNITY RESOURCES ..250 492-5814

.....Direct Line: 250 487-3362

330 Ellis Street

Making a difference in the community since 1966.

Where can I find service for MEN?

DAD'S SUPPORT GROUP 250-490-3504

1203 Main Street

6:00pm - 8:00pm (Every other Wednesday)

PENTICTON & AREA WOMEN'S CENTRE..... 250-493-6822

..... Toll Free 1-866-493-6822

209-304 Martin Street

Monday - Thursday 1:00pm - 4:00pm

Information, referrals, and Legal Advocacy.

SOUTH OKANAGAN VICTIM ASSISTANCE SOCIETY . 250-493-0800

..... 1-888-493-5355

204 - 304 Martin Street

Monday -Thursday 8:30am - 4:30pm

Trauma and Abuse Counselling.

Where can I get help with an ALCOHOL/ DRUG ADDICTION? continued....

NARCOTICS ANONYMOUS 1-877-234-5890

24 Hours | Aiding others to recover from addiction.

PATHWAYS ADDICTION RESOURCE CENTRE..... 250-492-0400

1 - 996 Main Street | Monday-Friday 8:30am-12noon, 1:00pm-4:30pm

To promote the well being of people affected by, or at risk of developing alcohol, drug and related problems.

YOUTH URBAN OUTREACH ALCOHOL & DRUG COUNSELLING

.....250-770-3555 (office) or 250-488-5974 (cell)

740 Carmi Avenue (Penticton Health Unit)- third floor

8:30am - 4:30pm Monday to Friday

For youth 12-18 who are homeless or street involved and would like counselling for drugs and alcohol.

Free or inexpensive CLOTHES / PERSONAL SUPPLIES?

FREE SHELF - Penticton and Area Women's Centre
.....250-493-6822 or 1-866-493-6822 (Toll Free)

209 - 304 Martin Street

Monday – Thursday Drop-in-Hours 1:00pm - 4:00pm

Personal care items such as toothbrushes, deodorant, shampoo,
menstrual products, diapers, etc, for women, men & babies.

SALVATION ARMY THRIFT STORE.....250-492-3946

318 Ellis Street

Monday - Saturday 9:00am - 5:00pm

SALVATION ARMY THRIFT STORE.....250-492-4788

2399 South Main Street

Monday - Saturday 9:00am - 5:00pm

Where can I find service for WOMEN? continued...

CHILD & YOUTH MENTAL HEALTH 250-487-4422

740 Carmi Avenue

8:30am - 4:30pm

WOMEN AGAINST VIOLENCE AGAINST WOMEN..... 1-877-392-7583

A toll-free, confidential 24-hour Crisis Line providing support.

Where can I find service for WOMEN?

SOUTH OKANAGAN WOMEN IN NEED SOCIETY.....250-493-4366
.....(Transition House) 250-493-7233

246 Martin Street

Counselling, advocacy, transition house & support programs.

PENTICTON & AREA WOMEN'S CENTRE250-493-6822
..... 1-866-493-6822 Toll Free

209-304 Martin Street

Monday - Thursday 1:00pm - 4:00pm

SOUTH OKANAGAN VICTIM ASSISTANCE SOCIETY ..250-493-0800
..... Counseling 250-493-5355

204 - 304 Martin Street | Monday -Thursday 8:30am - 4:30pm

Information, Counselling, and Support through the Criminal Justice System.

Free or inexpensive CLOTHES / PERSONAL SUPPLIES? continued...

ST. ANN'S ROMAN CATHOLIC CHURCH 250-492-3169

1296 Main Street

Saturday 10:00am - 2:00pm

Free clothing.

W.I.N.G.S THRIFT STORE 250-770-9799

456 Main Street

Monday - Saturday 9:30am - 5:00pm

VINEYARD CHURCH FREE STORE..... 250-492-0845

#102 - 1825 Main Street

Free clothes and blankets.

Call for times.

Where can I get a CUP OF COFFEE or TEA, WARM MEAL, or GROCERIES?

COMMUNITY KITCHEN250-493-0512 Ext. 119

For individuals and families on a limited income

OOKNAKANE FRIENDSHIP CENTRE250-490-3504

1203 Main Street

Monday - Friday 8:30am - 4:00pm | Free Coffee

MINISTRY OF EMPLOYMENT AND INCOME ASSISTANCE

..... 1-866-660-3914

After hours emergency for accommodation, food vouchers and transportation

SALVATION ARMY250-492-4788

2399 South Main Street | Monday-Friday 8:30am - 4:00pm | Food Bank

Where can I find help for UNPLANNED PREGNANCY? continued...

PENTICTON & AREA WOMEN'S CENTRE..... 250-493-6822

..... 1-866-493-6822 Toll Free

209 - 304 Martin Street | Monday - Thursday 1:00pm - 4:00pm

Information about pregnancy options

PENTICTON HEALTH CENTRE 250-770-3434

740 Carmi Avenue | Monday - Friday 8:30am - 4:30pm

Free. Confidential. Birth control counselling & referrals; pregnancy testing; HIV testing; pap smears, STD, testing & treatment.

“WON’T GET WEIRD” 1-800 Sex Sense... 1-800-739-7367

Questions about sex, contraception, sexually transmitted infections (STIs), pregnancy and pregnancy options including parenting, adoption and abortion information, sexual orientation, sexual assault.

Where can I find help for UNPLANNED PREGNANCY?

CRISIS PREGNANCY CENTRE 1-800-665-0570

Provides information on adoption, abortion and parenting.

FACTS OF LIFE LINE 1-800-739-7367

A confidential phone line with information about sexuality, birth control, relationships, AIDS, STD's and pregnancy options.

HOPE PREGNANCY AND ADOPTION SERVICES 1-800-916-4673

Help and counselling for the stress and confusion of an unintended pregnancy.

POSITIVELY PREGNANT GROUP 250-493-0512 ext.118

1295 Manitoba Street

Offers support, prenatal information and nutritious snacks.

PREGNANCY OPTIONS TELEPHONE SERVICE

..... **Toll free 1-888-875-3163**

Helps women make informed choices about unintended pregnancies.

*Where can I get a CUP OF COFFEE or TEA, WARM MEAL, or GROCERIES?
continued....*

SOCIETY OF ST. VINCENT DE PAUL250-492-2082

Food hampers.

SOUPATERIA ST. SAVIOR'S CHURCH.....250-492-2415

150 Orchard Avenue

7 days a week 11:30am - 12:30pm

Phone Service from 8:00am to 1:00pm

Free lunch.

VINEYARD CHURCH250-492-0888

#102 - 1825 Main Street

Free coffee.

**Where can I go to get EMPLOYMENT / EDUCATION
ASSISTANCE / COMMUNICATIONS?**

FOOTPRINTS TO TECHNOLOGY..... 250-492-5289

RR#2 Site 50 Comp 25

Pre-Employment Program for people with physical disability.

OKANAGAN COLLEGE ADULT LITERACY... 250-492-4305 ext. 3227

583 Duncan Avenue West

Adult academic & career preparation literacy tutoring

OOKNAKANE FRIENDSHIP CENTRE250-490-3504

1203 Main Street

Monday – Friday 8:30am - 4:00pm

Aboriginal literacy & employment service

PACE Penticton Area Cooperative Enterprises250-770-2284

205 Martin Street

Training / Employment Assistance

**Where can I find help for SEXUALLY TRANSMITTED
INFECTIONS (STI's)?**

AIDS HELP LINE 1-800-665-2437

STI & AIDS INFO LINE 1-800-661-4337

Information and Referrals concerning all forms of sexually transmitted infections.

STI CLINIC FREE & CONFIDENTIAL 250-770-3434

740 Carmi Avenue

Call to book an appointment.

Where can I get MENTAL HEALTH help or information? continued...

CANADIAN MENTAL HEALTH ASSOCIATION..... 250-493-8999

2852 Skaha Lake Road
Monday - Friday 8:00am - 4:00pm
Clubhouse & Advocacy Programs.

MENTAL HEALTH ADVOCATE..... 250-770-2284

205 Martin Street
By Appointment.

MENTAL HEALTH INFORMATION LINE 1-800-661-2121

24 Hours

RCMP 250-492-4300

Mental health crisis.

UNITY HOUSE CLUBHOUSE 250-493-6327

2852 Skaha Lake Road
Requires a referral.

Where can I go to get EMPLOYMENT / EDUCATION ASSISTANCE / COMMUNICATIONS? continued...

STRIDE 250-490-8696

104 - 483 Main Street
Pre-Employment Program

Open Door Group..... 250-493-4070

203 - 3115 Skaha Lake Rd
Employment Services

WORK ZONE..... 250-493-0225

101 - 575 Main Street
Mon - 9am-4pm - Tues/Thurs 9am-7pm - Wed 10am-4pm - Fri - 9am-4pm
Assists people of all ages in their search for employment. Access to computers, internet and print material.

Where can I go to get EMPLOYMENT / EDUCATION ASSISTANCE / COMMUNICATIONS? continued...

YMCA - YWCA..... 250-770-7873

246 Martin Street, Suite 201
Jumpstart - Employment Essentials

PENTICTON & DISTRICT SOCIETY FOR COMMUNITY LIVING
..... 250-493-0312

180 Industrial Avenue West
Help for persons with intellectual disability.

Where can I get MENTAL HEALTH help or information?

SUICIDE LINE 1-800-784-2433
24 Hours

PENTICTON REGIONAL HOSPITAL... Non-emergency 250-492-4000
24 Hours

PENTICTON MENTAL HEALTH CARE(Adult) 250-770-3555
.....(Youth) 250-770-3535

740 Carmi Avenue | 8:30am-4:30pm
Daytime urgent response.

BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY 250-493-7338
205 Martin Street

Monday 3:00pm - 7:00pm | Tuesday -Thursday 10:00am - 2:00pm

Where Can I get HEALTH RELATED ATTENTION? continued...

SOUTH OKANAGAN SIMILKAMEEN BRAIN INJURY SOCIETY

.....250-490-0613

..... 1-877-490-0909 Toll Free

2 - 996 Main Street

Support for those with brain injuries. Call or come by to set up an appointment for Tuesdays or Thursdays.

BC NURSES LINE 811

24 Hours

Information about health topics and symptoms and provides health services and resources.

Where can I call for HELP/ RESOURCES?

EMERGENCY- RCMP, AMBULANCE, FIRE..... 911

24 Hours

ANOTHER CHANCE MINISTRY - 'PASTOR PETER.....250-493-1631

87 Martin Street

Sunday Breakfast 6:30am - 9:00am

On the streets of Penticton Tuesday and Thursday mornings.

HOMELESS OUTREACH PROGRAM.....250-490-0613

..... 1-877-490-0909 (Toll Free)

2 - 996 Main Street

Monday - Friday 8:30am - 4:30pm

Connects people to housing, income assistance, and community-based social and health services.

Where can I call for HELP/ RESOURCES? continued...

SUICIDE LINE **1-800-SUICIDE**
..... **(1-800-784-2433)**

24 Hours

VICTIMLINK (For Victims of Crime) **1-800-563-0808**

24 Hours

Multilingual Support and Referrals to local services.

SOUTH OKANAGAN VICTIM ASSISTANCE SOCIETY . 250-493-0800
..... **1-888-493-5355**

204 - 304 Martin Street

Monday -Thursday 8:30am - 4:30pm

Information, Support and Counselling for Survivors of Abuse.

POISON CONTROL **1-800-567-8911**

24 Hours

Where Can I get HEALTH RELATED ATTENTION? continued...

HEALTH INFORMATION LINE **1-800-465-4911**

Ministry health programs.

PENTICTON HEALTH CENTRE **250-770-3434**

740 Carmi Avenue

Monday to Friday 8:30am - 12 noon; 1:00pm - 4:30pm

Clean needles, syringes and supplies.

PENTICTON HEALTH CENTRE **250-770-3434**

740 Carmi Avenue

Tuesday, Wednesday, Thursday 1:00pm - 4:30pm - by appointment

Sexual Health Clinic- testing, treatment, pregnancy testing, birth control.

PHARMACARE **1-800-663-7100**

Low income prescription drug support.

Where Can I get HEALTH RELATED ATTENTION?

PENTICTON REGIONAL HOSPITAL Emergency 911
.....Emergency Room 250-492-4000

550 Carmi Avenue | 24 Hours

PEACH CITY MEDICAL & URGENT CARE CENTRE 250-276-5050

740 Carmi Avenue

Monday - Friday 9:00am - 5:00pm - Saturday 9:00am - 1:00pm

LIVING POSITIVE RESOURCE CENTRE..... 1-800-616-2437

101 - 266 Lawrence Ave. Kelowna

Monday -Thursday 9:00am – 4:00pm

Provides services for HIV, AIDS, and Hepatitis C. Worker in Penticton every second Wednesday.

BRITISH COLUMBIA MEDICAL SERVICE PLAN

..... 1-800-663-7100 Toll free

Where can I call for HELP/ RESOURCES? continued...

LIVING POSITIVE RESOURCE CENTRE..... 1 800 616 2437

101 - 266 Lawrence Avenue Kelowna | Monday-Thursday, 9am – 4pm

Provides services for HIV, AIDS, and Hepatitis C. Worker in Penticton every second Wednesday.

MINISTRY OF HOUSING AND SOCIAL SERVICES 1-800-663-9122

One-time-use funding for emergency night's stay

PENTICTON & AREA WOMEN'S CENTRE..... 250-493-6822

..... Toll-free 1-866-493-6822

209 - 304 Martin Street | Mon - Thurs Drop-in-Hours 1:00pm - 4:00pm

Free Fax Machine, Photocopier, Phone or Internet in crisis situations.

PENTICTON & DISTRICT COMMUNITY RESOURCES

..... 250 492-5814 Direct Line: 250 487-3362

330 Ellis Street,

Making a difference in the community since 1966.

Where can I find HOUSING or a WARM BED?

SOUTH OKANAGAN WOMEN IN NEED SOCIETY.....250-493-7233
..... **1-800-814-2033 (Toll Free)**

218 - 246 Martin Street | 24 Hours

Women's Transition House Provides shelter for up to 14 abused women and children.

SALVATION ARMY COMPASS HOUSE.....250 490-9521
24 Hours | Transition House

OKANAGAN NATION TRANSITION EMERGENCY HOUSE
..... **250-493-4902**
..... **1-877-493-4909 (Toll Free)**

24 Hours

Providing a safe and secure environment for Aboriginal women and children who are experiencing abuse.

Where can I find HOUSING or a WARM BED? continued...

SOUTH OKANAGAN SIMILKAMEEN BRAIN INJURY SOCIETY
..... **250-490-0613**
..... **1-877-490-0909 (Toll Free)**

2 - 996 Main Street

Homeless Outreach services available to assist in looking for housing.