

COMMUNITY ASSOCIATIONS, SOCIETIES, PROGRAMS AND CENTRES

ADOPTIVE Families Association of BC Toll Free.....1-877-236-7807	CANADIAN Red Cross Toll Free.....1-800-565-8000	Salmon Arm250-832-6643	PROBLEM Gambling Helpline Toll Free.....1-888-795-6111
ADULT Addictions Centre Vernon250-549-5737	CAREER Tech Achievement Centre 3107 29 Ave Vernon250-542-5748	HOSPICE Society - North Okanagan Vernon250-503-1800	PROVINCIAL Family & Child Affairs After Hours Switchboard Toll Free.....1-800-663-9122
AIDS Testing Information & STD / HIV Information Line Toll Free.....1-800-661-4337	CHILDREN'S Wish Foundation of Canada Toll Free.....1-800-267-9474	HOSPICE Support Revelstoke250-837-5523	RED Cross Loan Cupboard Salmon Arm250-832-6553
ALCOHOLICS Anonymous Vernon250-545-4933	CONNECTIONS Career Centre 3105 33 St Vernon250-545-5705	Salmon Arm250-832-7099	Vernon250-545-3111
ALZHEIMER Resource Centre - North & Central Okanagan Toll Free.....1-800-634-3399	CREDIT Counselling Society of BC Toll Free.....1-888-527-8999	INTERIOR Provincial Exhibition Assn (IPE) 3371 Pleasant Vly Rd Armstrong.....250-546-9406	REVELSTOKE Awareness & Outreach Program Revelstoke.....250-837-6030 www.povnet.org/node/1271
ALZHEIMER Society of BC Toll Free.....1-800-667-3742	CRISIS Assistance Society Vernon250-545-8074	JUVENILE Diabetes Research Foundation Toll Free.....1-877-287-3533 www.jdrfr.ca	REVELSTOKE Community Connections Volunteer Centre Revelstoke.....250-837-2920 www.community-connections.ca
Dementia Helpline.....1-800-936-6033 www.alzheimerbc.org	CRISIS Line Toll Free.....1-888-353-2273	LAW Referral Toll Free.....1-800-663-1919	ST JOHN Ambulance Vernon250-545-4200
ARTHRITIS Answers Line Toll Free.....1-800-321-1433	DIABETES Resource Centre Toll Free.....1-888-874-9333	LITERACY BC Toll Free.....1-800-663-1293	SCHUBERT'S Centre Armstrong.....250-549-4201
BC Bereavement Foundation Toll Free.....1-877-779-2223	DIAL-A-DIETITIAN Toll Free.....1-800-667-3438	LUPUS Society Toll Free.....1-866-585-8787 www.bclupus.org	SENIOR Citizen's Centre Society Enderby.....250-838-7541
BC Coalition To Eliminate Abuse of Seniors (BC CEAS) Toll Free.....1-866-437-1940	DIAL-A-LAW Toll Free.....1-800-565-5297	MEALS On Wheels Revelstoke250-837-3147	SENIORS Activity Centre Armstrong.....250-546-1118
BC Epilepsy Society Toll Free.....1-866-374-5377 www.epilepsy.ca	DISABILITY Resource Centre Vernon250-545-9292	Vernon250-503-3706	Fletcher's Senior's Resource Centre Salmon Arm250-832-7000
BC Paraplegic Association Toll Free.....1-877-324-3611	FAMILY Services Resource Society Salmon Arm250-832-2170	MEMORIAL Society of BC Toll Free.....1-888-816-5902 www.memorialsocietybc.org	Halina's Senior's Centre Vernon250-542-2877
BC Persons with AIDS Society Toll Free.....1-800-994-2437	FAMILY Support & Information Centre Mental Illness.....250-260-3233	MISSING Children Society of Canada Toll Free.....1-800-661-6160	Shuswap Lake Senior Citizens Salmon Arm250-832-3015
BC Safe School Centre Toll Free.....1-888-224-7233	55+ BC Games Victoria.....778-426-2940 www.55plusbcgames.org	MULTIPLE Sclerosis Society of Canada Toll Free.....1-800-268-7582 www.mssociety.ca	SENIOR'S Outreach #106-2402 27 Ave Vernon....250-545-3717
BC SPCA - Society for Prevention of Cruelty to Animals Salmon Arm250-832-7376	FOOD Banks Armstrong.....250-546-3465	NARCOTICS Anonymous Toll Free.....1-855-444-2262	SENIORS Supplement Toll Free.....1-866-866-0800
Find Us On Facebook	Enderby.....250-938-3114	NORTH Okanagan Child Care Society Vernon250-558-9963	SHELTER Aid For Elderly Renters (SAFER) Toll Free.....1-800-257-7756
Vernon250-549-7297	Lumby.....250-547-2225	NORTH Okanagan Employment Enhancement Society (NOEES) Vernon250-545-0585 www.noees.com	SHUSWAP Family Planning Clinics - Options For Sexual Health Salmon Arm250-833-4100
Emergencies250-938-5406	Revelstoke250-837-2920	OKANAGAN Boys and Girls Clubs www.boysandgirlsclubs.ca	SPARC of BC Parking Permits for Persons with Disabilities Toll Free.....1-888-718-7794
BC Transplant Society - Organ Donation Toll Free.....1-800-663-6189	Salmon Arm250-832-9194	Armstrong Boys & Girls Club 3385 Pleasant Valley Rd Arm V0E 1B0.....250-546-3465	TENANT Resource & Advisory Centre (TRAC) Toll Free.....1-800-665-1185
BIG Brothers / Big Sisters of the Okanagan Vernon250-545-7568	Or250-833-4011	Community Service Centre 3459 Pleasant Valley Rd Arm V0E 1B0.....250-546-9900	VOLUNTEER BC Vancouver604-379-2311 www.volunteerbc.bc.ca
BREAST Screening Mammography Program of BC Toll Free.....1-800-663-9203	Sicamous.....250-836-3440	Vernon Boys & Girls Club 3300 37 Ave Vern V1T 2Y5....250-542-3121	WESTERN Institute For The Deaf & Hard of Hearing Toll Free.....1-888-736-7391
BUS Passes For Seniors Toll Free.....1-866-866-0800	Canadian Association of Food Banks Toll Free.....1-877-535-0958 www.cafb-acba.ca	OKANAGAN Science Centre 2704 Hwy 6 Vern V1T 5G5....250-545-3644 www.okscience.ca	TTY.....1-888-736-2527
Follow Instructions	GIRL Guides of Canada Toll Free.....1-800-565-8111 www.bc-girlguides.org	PARENTS Support Services Society of BC Toll Free.....1-855-474-9777	WOMEN'S Emergency Shelter Revelstoke250-837-1111
CANADIAN Avalanche Association www.avalanche.ca	HEALTH & Seniors Information Line Toll Free.....1-800-465-4911		Salmon Arm250-832-9616
CANADIAN Bible Society Toll Free.....1-800-465-2425	HEALTH Insurance of BC Toll Free.....1-800-663-7100		WOMEN'S Enterprise Society of BC Toll Free.....1-800-643-7014 www.womenenterprise.ca
CANADIAN Cancer Society Toll Free.....1-888-939-3333 www.bc.cancer.ca	HEART & Stroke Foundation of BC & Yukon Main Information Line Toll Free.....1-888-473-4636		WOMEN'S Transition House Vernon250-542-1122
CANADIAN Mental Health Association Revelstoke250-814-2241	Vernon250-558-5815		
Salmon Arm250-833-4100	Okanagan / Kootenay.....1-866-432-7833		
Or250-833-4102	HOME Support Services Revelstoke250-837-2021		
Vernon250-542-3114			
Information Line.....1-800-661-2121			
CANADIAN National Institute For The Blind (CNIB) Toll Free.....1-800-563-2642			