

## COMMUNITY RESOURCES IN CENTRAL OKANAGAN

### Urgent Services



Police Ambulance Fire	 911	
Crisis Line	 1888-353-2273	
Suicide Crisis Line	 988	
Women's Help Line	 250-763-1040	

### Mental Health



 CMHA	 250-861-3644	
 Foundry	 236-420-2803	

## COMMUNITY RESOURCES IN CENTRAL OKANAGAN

### Food Support



 <p>Central Okanagan Food Bank</p>	 250-763-7161	
 <p>Salvation Army</p>	 250-765-3450	
 <p>Mamas 4 Mamas</p>	 236- 420-0075	
 <p>Family Hub</p>	 250-826-6264	
 <p>Food Support Program</p>	 250-763-0456	
 <p>Meal &amp; Grocery Program</p>	 250 762 3311	

## COMMUNITY RESOURCES IN CENTRAL OKANAGAN

### English Classes



 <b>LINC</b> <small>Linguistic Instruction                      Northwest Coast</small> LINC	 250-763-4905	
 Okanagan College	 250-762-5445 ext. 4469	
 Project Literacy	 250-762-2163	
 Evangel Church	 250-762-0682	
 The Immigrant Education Society	 403-235-3666	
 Queen's School of English	 613-533-2472	

## COMMUNITY RESOURCES IN CENTRAL OKANAGAN

### Thrift Stores Clothes & Affordable Items






 <p>Salvation Army (Rutland)</p>	 778-478-7000	
 <p>Salvation Army (West Kelowna)</p>	 250-768-1850	
 <p>SHARE Society</p>	 250-763-8117	
 <p>Kelowna Women's Shelter Thrift Store</p>	 250-762-8561	
 <p>ReStore Habitat for Humanity</p>	 778- 755-4346	
 <p>Value Village</p>	 250- 491-1356	
 <p>Once Upon A Child</p>	 778- 484-0083	

## COMMUNITY RESOURCES IN CENTRAL OKANAGAN

### Thrift Stores Clothes & Affordable Items









 Value Village West Kelowna	 236- 261-5714	
 Mission Thrift Store	 250-860-4791	
 Frock & Fellow	 250- 763-6645	
 Second Time Around	 250-762-9341	
 Gospel Mission Thrift Store	 778-753-2210	
 Kelowna MCC Thrift Shop	 (250) 765-7838	

## COMMUNITY RESOURCES IN CENTRAL OKANAGAN

### Employment

 Work BC	 778-738-0225	
 Dress for Success	 250-899-0936	
 KCR	 250-763-8008	

### Financial Literacy

 Launch Okanagan	 778-363-4954	
 CPA Financial Literacy Program	 250-899-0936	

## COMMUNITY RESOURCES IN CENTRAL OKANAGAN

### Well Being



 The Bridge	 911	
 Well-Being BC	 1888-353-2273	

### Shelters

 Kelowna Gospel Mission	 250-763-3737	
 Turning Points Richter	 778-212-1401	
 Cornerstone Services	 250-317-6678	
 Bay Ave Shelter	 236-420-0899	

## COMMUNITY RESOURCES IN CENTRAL OKANAGAN

### Benefits

 <p>Government of Canada / Gouvernement du Canada</p> <p>Canada Child Benefit</p>	 1-800-387-1193	
 <p>Government of Canada / Gouvernement du Canada</p> <p>Employment Insurance</p>	 (800) 529-3742	
 <p>BRITISH COLUMBIA</p> <p>Canada Child Benefit</p>	 866-866-0800	

### Housing

 <p>BRITISH COLUMBIA</p> <p>BC Housing</p>	 1-800-387-1193	
 <p>BRITISH COLUMBIA</p> <p>Residential Tenancy Branch</p>	 1-800-387-1193	
 <p>TRAC</p> <p>Free legal education &amp; advocacy for BC tenants</p> <p>Tenant Resource and Advisor</p>	 1-800-665-1185	

## COMMUNITY RESOURCES IN CENTRAL OKANAGAN




### Immigration Advocacy



 Immigration and Refugee Legal Clinic	 250-717-8716	
 Migrant Workers Centre	 604-669-4482	
 Legal Aid BC	 1866-577-2525	
 BC Refugee Hub	 N/A	

### Translation & Interpretation



 KCR	 1866-577-2525	
--	---	---

## COMMUNITY RESOURCES IN CENTRAL OKANAGAN

### Recreation



 YMCA	 250-491-9622	
 Parkinson Activity Center	 250-899-0936	
 H2O	 250-491-9622	
 Kelowna Minor Football Association	 N/A	
 Okanagan FC	 N/A	
 Kelowna Minor Basketball	 778-363-1909	

## COMMUNITY RESOURCES IN CENTRAL OKANAGAN

### Recreation



 COMBA	 N/A	
 Kelowna Minor Hockey	 250-861-5677	
 Energyplex	 250- 765-4486	
 Scandia	 250-765-2355	
 Play Area Indoor Recreation Inc	 778- 478-8888	