

# COMMUNITY ASSOCIATIONS, SOCIETIES, PROGRAMS AND CENTRES

**ADOPTEE Families  
Association of BC**  
Toll Free..... 1-877-236-7807

**ADULT Addictions Centre**  
Vernon ..... 250-549-5737

**AIDS Testing Information &  
STD / HIV Information Line**  
Toll Free..... 1-800-661-4337

**ALCOHOLICS Anonymous**  
Vernon ..... 250-545-4933

**ALZHEIMER Resource Centre  
- North & Central Okanagan**  
Toll Free..... 1-800-634-3399

**ALZHEIMER Society of BC**  
Toll Free..... 1-800-667-3742

Dementia Helpline..... 1-800-936-6033  
www.alzheimerbc.org

**ARTHRITIS Answers Line**  
Toll Free..... 1-800-321-1433

**BC Bereavement Foundation**  
Toll Free..... 1-877-779-2223

**BC Coalition To Eliminate  
Abuse of Seniors (BC CEAS)**  
Toll Free..... 1-866-437-1940

**BC Epilepsy Society**  
Toll Free..... 1-866-374-5377

www.epilepsy.ca

**BC Paraplegic Association**  
Toll Free..... 1-877-324-3611

**BC Persons with AIDS Society**  
Toll Free..... 1-800-994-2437

**BC Safe School Centre**  
Toll Free..... 1-888-224-7233

**BC Senior Games Society**  
Victoria ..... 250-385-3610

www.bcseniorgames.org

**BC SPCA - Society for  
Prevention of Cruelty to Animals**

Salmon Arm ..... 250-832-7376

Emergencies..... 250-833-2801

www.shuswapspca.com

Vernon ..... 250-549-7297

Emergencies..... 250-558-9383

**BC Transplant Society  
- Organ Donation**

Toll Free..... 1-800-663-6189

**BIG Brothers / Big Sisters  
of the Okanagan**

Vernon ..... 250-545-7568

**BREAST Screening  
Mammography Program of BC**

Toll Free..... 1-800-663-9203

**BUS Passes For Seniors**

Toll Free..... 1-866-866-0800

Press #4, Then Press #3

**CANADIAN Avalanche Association**  
www.avalanche.ca

**CANADIAN Bible Society**

Toll Free..... 1-800-465-2425

**CANADIAN Cancer Society**

Toll Free..... 1-888-939-3333

www.bc.cancer.ca

**CANADIAN Mental Health  
Association**

Revelstoke ..... 250-814-2241

Salmon Arm ..... 250-833-4100

Or ..... 250-833-4103

Vernon ..... 250-542-3114

Information Line..... 1-800-661-2121

**CANADIAN National Institute  
For The Blind (CNIB)**  
Toll Free..... 1-800-563-2642

**CANADIAN Red Cross**  
Toll Free..... 1-800-565-8000

**CAREER Tech  
Achievement Centre**  
3107 29 Ave Vernon ..... 250-542-5748

**CHILDREN'S Wish Foundation  
of Canada**

Toll Free..... 1-800-267-9474

**CONNECTIONS Career Centre**  
3309C 31 Ave Vernon ..... 250-545-5705

**CREDIT Counselling  
Society of BC**

Toll Free..... 1-888-527-8999

**CRISIS Assistance Society**  
Vernon ..... 250-545-8074

**CRISIS Line**  
Enderby Help Line..... 250-838-0880

Vernon Help Line ..... 250-545-2339

**DIABETES Resource Centre**  
Toll Free..... 1-800-268-4656

**DIAL-A-DIETITIAN**  
Toll Free..... 1-800-667-3438

**DIAL-A-LAW**  
Toll Free..... 1-800-565-5297

**DISABILITY Resource Centre**  
Vernon ..... 250-545-9292

**FAMILY Services  
Resource Society**

Salmon Arm ..... 250-832-2170

Vernon ..... 250-545-3390

**FAMILY Support &  
Information Centre**

Mental Illness..... 250-260-3233

**55 ALIVE - The Mature  
Driver Course**

Toll Free..... 1-877-501-5006

**FOOD Banks**

Armstrong..... 250-546-3465

Enderby..... 250-838-6048

Lumby..... 250-547-2225

Revelstoke ..... 250-837-2920

Salmon Arm ..... 250-832-9194

Sicamous..... 250-836-3440

Vernon ..... 250-549-4111

Canadian Association of Food Banks  
Toll Free..... 1-877-535-0958

www.cafb-acba.ca

**GIRL Guides of Canada**  
Toll Free..... 1-800-565-8111

www.bc-girlguides.org

**HEALTH & Seniors  
Information Line**

Toll Free..... 1-800-465-4911

**HEALTH Insurance of BC**

Toll Free..... 1-800-663-7100

**HEART & Stroke Foundation  
of BC & Yukon**

Main Information Line  
Toll Free..... 1-888-473-4636

Vernon ..... 250-558-5815

Okanagan / Kootenay..... 1-866-432-7833

**HOME Support Services**

Revelstoke ..... 250-837-2021

Salmon Arm ..... 250-832-6643

**HOSPICE Society  
- North Okanagan**  
Vernon ..... 250-503-1800

**HOSPICE Support**

Revelstoke ..... 250-837-5523

Salmon Arm ..... 250-832-7099

**INTERIOR Provincial  
Exhibition Assn (IPE)**

3371 Pleasant Vly Rd  
Armstrong..... 250-546-9406

**JUVENILE Diabetes  
Research Foundation**

Toll Free..... 1-877-287-3533

www.jdrf.ca

**LAW Referral**  
Toll Free..... 1-800-663-1919

**LITERACY BC**  
Toll Free..... 1-800-663-1293

**LUPUS Society**  
Toll Free..... 1-866-585-8787

www.bclupus.org

**MEALS On Wheels**

Revelstoke ..... 250-837-3147

Salmon Arm (Ext 211)..... 250-833-3636

Vernon ..... 250-503-3706

**MEMORIAL Society of BC**  
Toll Free..... 1-888-816-5902

www.memorialsocietybc.org

**MISSING Children Society  
of Canada**

Toll Free..... 1-800-661-6160

**MULTIPLE Sclerosis Society  
of Canada**

Toll Free..... 1-800-268-7582

www.mssociety.ca

**NARCOTICS Anonymous**  
Vernon ..... 250-549-7002

**NORTH Okanagan  
Child Care Society**

Vernon ..... 250-558-9963

**NORTH Okanagan Employment  
Enhancement Society  
(NOEES)**

Vernon ..... 250-545-0585

www.noees.com

**NORTH Okanagan  
Handicapped Association**

Vernon ..... 250-542-7605

**OKANAGAN Boys and Girls Clubs**  
www.boysandgirlsclubs.ca

Armstrong Boys & Girls Club  
3385 Pleasant Valley Rd  
Arm V0E 1B0..... 250-546-1852

Armstrong Boys & Girls Club  
Community Service Centre  
3459 Pleasant Valley Rd  
Arm V0E 1B0..... 250-546-3465

Vernon Boys & Girls Club  
3300 37 Ave Vern V1T 2Y5 ..... 250-542-3121

**OKANAGAN Science Centre**  
2704 Hwy 6 Vernon V1T 5G5 ..... 250-545-3644

www.okscience.ca

**PARENTS Support Services  
Society of BC**

Toll Free..... 1-800-665-6880

**PROBLEM Gambling Helpline**

Toll Free..... 1-888-795-6111

**PROVINCIAL Family  
& Child Affairs**  
After Hours Switchboard  
Toll Free..... 1-800-663-9122

**RED Cross Loan Cupboard**

Salmon Arm ..... 250-832-6553

Vernon ..... 250-545-3111

**REVELSTOKE Awareness  
& Outreach Program**

Revelstoke ..... 250-837-6030

www.povnet.org/node/1271

**REVELSTOKE Community  
Connections Volunteer Centre**

Revelstoke ..... 250-837-2920

www.community-connections.ca

**ST JOHN Ambulance**  
Vernon ..... 250-545-4200

**SCHUBERT'S Centre**  
Vernon ..... 250-549-4201

**SENIOR Citizen's Centre Society**  
Enderby ..... 250-838-7541

**SENIORS Activity Centre**  
Armstrong ..... 250-546-8307

Fletcher's Senior's Resource Centre  
Salmon Arm ..... 250-832-7000

Halina's Senior's Centre  
Vernon ..... 250-542-2877

Shuswap Lake Senior Citizens  
Salmon Arm ..... 250-832-3015

**SENIOR'S Outreach**  
#106-2402 27 Ave Vernon..... 250-545-3717

**SENIORS Supplement**  
Toll Free..... 1-866-866-0800

**SHELTER Aid For  
Elderly Renters (SAFER)**

Toll Free..... 1-800-257-7756

**SHUSWAP Family Planning Clinics  
- Options For Sexual Health**

Salmon Arm ..... 250-833-9999

**SPARC of BC**  
Parking Permits for Persons  
with Disabilities ..... 604-718-7744

**TENANT Resource  
& Advisory Centre (TRAC)**

Toll Free..... 1-800-665-1158

**VOLUNTEER BC**  
Vancouver ..... 604-873-5877

www.volunteerbc.ca

**WESTERN Institute For The Deaf  
& Hard of Hearing**

Toll Free..... 1-888-736-7391

TTY..... 1-888-736-2527

**WOMEN'S Emergency Shelter**

Revelstoke ..... 250-837-1111

Salmon Arm ..... 250-832-9616

**WOMEN'S Enterprise  
Society of BC**

Toll Free..... 1-800-643-7014

www.womenenterprise.ca

**WOMEN'S Transition House**  
Vernon ..... 250-542-1122