

Ashcroft

CRS DIRECTORY

2016 edition

Directory connecting Ashcroft residents
with a variety of non-profit resources.

www.ashcroftersdirectory.ca

Ashcroft and Area Community Resources Society

THE PURPOSE

"The purpose of this Society shall be to coordinate, develop and implement programs, services and resources for the general benefit of the entire community and surrounding area."
(From the Constitution)

HISTORY

In 1983, members of various government agencies and volunteer groups in Ashcroft and area formed the "Interagency Fellowship" to solve a variety of community problems at the grassroots level. This committee soon discovered that many resources were already available in the community. By coming together monthly to share information and coordinate efforts new creative approaches to satisfy community needs also began to occur.

In July 1987, the Interagency Fellowship became a registered non-profit society as a way to expand the activities of the group and to provide tax receipts for donations from community sources.

PROJECTS

The Ashcroft and Area Community Resources Society often acts as a "Think Tank" assessing community needs and initiating new community services.

Each Christmas the Ashcroft and Area Community Resources Society acts as an umbrella organization to coordinate the Christmas Food Hamper Project. It also acts as an umbrella organization to the CRS Community Health and Wellness Fair.

2016 DIRECTORS

Chair: Shirley Dobson
Vice Chair: Jan Boys
Secretary: Shirley Holowchuk
Treasurer: Christine Webster

**Meetings – 2nd Monday of each month except July and August. Location: South Cariboo
Elizabeth Society Office, 601 Bancroft Street, Ashcroft, BC**

**ASHCROFT AND AREA
COMMUNITY RESOURCES SOCIETY (CRS)
ashcroftcrs@gmail.com
P.O. Box 843 Ashcroft, B.C. V0K 1A0
Phone: 250-453-9656**

The annual membership fee in the Community Resource Society is \$2.00. Please return this form with your \$2.00 if you wish to become a member. The membership fee for the year is June 1 to May 31 of the following year.

Name: _____

Telephone: _____

Address: _____

Yes, I would like to become a volunteer in my community.

I am already volunteering in my community.

Membership: \$ _____

Thank you for your support.

COMMUNITY RESOURCES SOCIETY (CRS)
DIRECTORY 2016
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BUSINESS ASSOCIATIONS

BC Chamber of Commerce

Phone: 604-683-0700

www.bcchamber.org

Email: bccc@bcchamb.org

The BC Chamber of Commerce was established to develop a true cross section of the British Columbia business community, and effectively present these options to the government as well as promote trade and commerce and improve the economic and human well being of the people of British Columbia and Canada.

Cache Creek Chamber of Commerce

P.O. Box 460

Cache Creek, BC V0K 1H0

Phone: 250-457-9668

Fax: 250-457-9669

Email: jade@coppervalley.bc.ca

Cache Creek Info Centre

1270 Stage Rd

Cache Creek, BC V0K 1A0

Phone: 250-457-7661

Fax: 250-457-7662

Email: cachecreekinfo@telus.net

www.exploregoldcountry.com

Clinton & District Economic Development Society

P.O. Box 16

Clinton, BC V0K 1K0

Phone: 250-459-2261

250-459-2284

Email: rmbfenn@gmail.com

Community Futures Sun Country

P.O. Box 1480

203 Railway Avenue

Ashcroft, BC V0K 1A0

Phone: 250-453-9165

Toll Free: 1-800-567-9911

Fax: 250-453-9500

Email: vision@cfsun.ca

www.cfsun.ca

Offers free and confidential business counselling, business financing and access to One-Stop business registry. A resource library of books and information is also available to borrow. Community Futures Sun Country, a lender of Vision, in partnership with Western Economic Diversification Canada.

Gold Country Communities Society

P.O. Box 933

Cache Creek, BC V0K 1H0

The Gold Country Communities Society is a non-profit organization founded in 1991, promoting tourism in 12 areas of the southern interior of B.C. The purpose of this society is to promote and pursue economic development, tourism, and the necessary technology to improve the economy of our member communities.

Phone: 1-877-453-9467

Email: info@exploregoldcountry.com

www.exploregoldcountry.com

CHILDREN AND YOUTH

Help Line for Children

24/7 availability for reporting of child abuse or neglect.

Phone: 310-1234

Toll Free: 1-800-663-9122

www.safekidsbc.ca/helpline.htm

Kid's Help Phone

1100-1200 West 73rd Ave

Vancouver, BC V6P 6G5

Phone: 1-800-668-6868

Email: bc@kidshelpphone.ca

www.kidshelpphone.ca

Ashcroft Early Learning Preschool Program

Located in Ashcroft Elementary School

**Phone: 250-453-9647 (Caroline)
250-457-1642**

Email: cvpaulos@telus.net

Licensed quality program for children and toddlers ages 18 months to 5 years. Program runs September thru June.

Cache Creek Preschool Program

1260 Cariboo Hwy.

Cache Creek, BC V0K 1H0

Phone: 250-457-6248

Fax: 250-457-9111

Email: ccpreschool@live.ca

Quality preschool program for 3 to 5 year olds (must be potty trained) with morning sessions September through June. There are fees attached to this program, however, financial assistance is available to those demonstrating need. The curriculum covers 7 areas: reading, printing, science, social studies, art, art history, social development, and music. Lessons are creatively designed to promote rich advancement learning.

Child and Youth Mental Health Clinician

PO Box 850

611 Railway Ave

Ashcroft, BC V0K 1A0

Phone: 250-453-2109

Fax: 250-453-2125

Children's Therapy and Family Resource Centre

801 McGill Road

Kamloops, BC

V2C 6R1

Phone: 250-371-4100

Fax: 250-371-4120

Email: info@kamloopschildrentherapy.org

The Children's Therapy & Family Resource Centre is an accredited, non-profit agency owned and operated by the Thompson Nicola Family Resource Society. We provide therapy for children with an identified need(s) (up to age 19) and support these children, their families and the communities in which they live.

Families First**Phone: 250-457-7033**Email: tdougherty68@hotmail.com

Parenting support for families who are prenatal or families with their youngest child being three months of age or younger in Ashcroft, Cache Creek and surrounding areas. They are funded by the Ministry of Children and Family Development. Program is offered through Interior Community Services. Along with prenatal and parenting support they also provide vouchers for milk, orange juice, eggs, fresh fruit and vegetables. They also provide prenatal vitamins. Program is free. Ask about Infant Massage.

Healthy Beginnings**Phone: 250-457-7033**

Fax: 250-459-7034

Email: tdougherty68@hotmail.com

A parent-child weekly drop-in group for parents/caregivers of children, birth to six years of age. It is funded by Community Action Plan for Children (CAPC) and is offered through Interior Community Services. Snack, craft supplies and toys are all provided. This program is free.

Interior Community Services (ICS)

765 Tranquille Road

Kamloops, BC

V2B 3J3

Phone: 250-554-3134

Toll Free: 1-877-376-3660

Fax: 250-376-3040

Email: adm@interiorcommunityservices.bc.cawww.interiorcommunityservices.bc.ca

Enriching lives of individuals and families by providing integrated family support, individual life skills development, and safe, nurturing home environments designed to assist people to live to their potential in the community.

Kamloops Infant Development Society (KIDS)

801 McGill Road

Kamloops, BC

V2C 6R1

Phone: 250-371-4140

Fax: 250-371-4120

Email: info@kamloopsinfantdevelopment.cawww.kamloopsinfantdevelopment.ca

For children from birth to three years of age who are experiencing or are at risk for developmental delays. Funded by the Ministry of Children and Family Development. It is free of charge and completely confidential. Serves Kamloops and Greater Kamloops, including Savona, Cache Creek, Ashcroft, Clinton, Pritchard, Chase, Sun Peaks, Heffley Creek, and Logan Lake.

La Leche League Canada
Kamloops, BC

Phone: 250-579-8299
250-819-8551

Email: lllkamloops@gmail.ca
www.lllc.ca

All La Leche League Canada Leaders are volunteers. They are experienced breastfeeding mothers who have been accredited to provide up-to-date breastfeeding information, encouragement and support.

Make Children First Committee
PO Box 828
Cache Creek, BC V0K 1H0

Phone: 250-453-9794
Email: deannahorsting123@msn.com

Serving Ashcroft, Cache Creek, and Clinton This committee looks at determining needs of families and children aged birth to six, providing support to parents and early childhood programs, and increasing awareness about early childhood development.

Interior Health Public Health
Kamloops Public Health Services
519 Columbia Street
Kamloops, BC

Phone: 250-851-7300
www.interiorhealth.ca

Public Health (Ashcroft)

Communicable disease services include immunization, investigation, and education. Family Health Services include work with prenatal and new mothers, babies, education regarding growth, development, nutrition, safety, healthy behaviours and parenting.

Phone: 250-453-1940

Representative for Children and Youth
400-1019 Wharf Street
Victoria, BC V8W 2Y9

Phone: 250-356-6710
Fax: 250-356-0837
Toll Free: 1-800-476-3933
Email: rcy@rcybc.ca
www.rcybc.ca

Supports children, youth, and families who need help in dealing with child and youth services and advocates for changes in the system itself. Responsibilities of the Representative include

advocating for children and youth, protecting their rights and improving the system for the protection and support to children and youth, particularly those who are most vulnerable.

South Cariboo Elizabeth Fry Society

601 Bancroft Street
Ashcroft, BC V0K 1A0

Phone: 250-453-9656

Fax: 250-453-2034

Email: scelizfry@telus.net

Facebook: South Cariboo Elizabeth Fry Society

Family Support worker program, Parenting program, Community Works Service/Case Aid program, Intensive Support and Supervision program, Children Who Witness Abuse, program, Youth Mental Health Support program, Food Bank, Breaking Barriers to Employment program, Legal Aid Applications.

Registered Speech Language Pathologist

School District #74 and MCFD
PO Box 828
Cache Creek, BC V0K 1H0

Phone: 250-457-6227

Fax: 250-457-9111

Email: sjohnson@sd74.bc.ca

Facebook: Gold Trail Speech Language Program

Providing general information, assessment, consultation and treatment of speech, language, fluency and voice disorders in children from birth to age 18. Parents can refer their child directly. Professionals may refer a child with parental consent.

StrongStart BC – Free Preschool Program

Phone: 250-453-9177

Provides school-based early learning services for adults and their young children, aged birth to five, at no cost of families. Both children and adults can benefit from Strong Start BC early learning programs – children have access to high quality learning environments and benefit from social interactions while the adults who accompany them learn new ways to support learning, both at the program and at home. Runs with the school year (Sept. – Jun.); please call for current hours.

YMCA – YWCA of Kamloops

400 Battle Street,
Kamloops, BC V2C 2L7

Phone: 250-372-7725

Fax: 250-372-3023

Email: ccooper@kamloopsy.org
www.kamloopsy.org

Youth Against Violence Line

Phone: 1-800-680-4264

Text: 604-836-6381

TTY: 604-875-0885

Email: info@youthagainstviolenceline.com
www.youthagainstviolenceline.com

24/7 – anonymous – confidential – in your language.

Kelty Resources Centre

Phone: 1-800-665-1822

Crisis Line: 310-6789

www.keltymentalhealth.ca

A provincial resource centre working to link children, youth, and their families with appropriate resources in all areas of mental health and addictions. In addition, they also serve the resource needs of adults with eating disorders.

Youth Justice-Youth Probation

Kamloops

210-1165 Battle Street,
Kamloops, BC V2C 2N4

Phone: 250-371-3607

Lillooet

514 Main Street
Lillooet, BC V0K 1V0

Phone: 250-256-2710

Probation Officer services Lillooet, Ashcroft, Lytton (Based on demand – Shalath/Spences Bridge)

CHURCHES & RELIGIOUS ORGANIZATIONS

Please call individual churches for adult/youth/children's programs

Anglican

PO Box 246, 501 Brink Street
St. Alban's Anglican Church
Ashcroft, BC V0K 1A0

Phone: 250-453-9909

Catholic Churches & Institutions

Immaculate Heart of Mary Shrine
PO Box 250, 1566 Stage Road
Cache Creek, BC V0K 1H0

Phone: 250-457-9930
Fax: 250-457-9206
Email: info@rcdk.org
www.rcdk.org

St. Gerard Catholic Church
PO Box 250, 512 Brink Street
Ashcroft, BC V0K 1A0

Phone: 250-453-2355

St. Peter's Roman Catholic Church
1011 Kelly Lake Road
Clinton, BC V0K 1K0

Phone: 250-459-2105

Evangelical Free Church

Sage Hills Evangelical Free Church
PO Box 228, 1244 Mesa Vista
Ashcroft, BC V0K 1A0

Phone: 250-453-9033

Pentecostal

Pentecostal Church
PO Box 879, 1551 Stage Road
Cache Creek, BC V0K 1H0

Phone: 250-457-6463

Bethel Pentecostal Tabernacle
PO Box 238, 308 Dewdney Ave.
Clinton, BC V0K 1K0

Phone: 250-459-7707

Seventh Day Adventist

Seventh Day Adventist Church

Phone: 250-453-9278
Email: kareldr@telus.net

409 Bancroft Street
Ashcroft, BC V0K 1A0

www.ashcroft22.adventistchurchconnect.org

United Church of Canada

Zion United Church
PO Box 1449, 401 Bancroft St.
Ashcroft, BC V0K 1A0

Phone: 250-453-9511

Email: zuc@coppervalley.bc.ca

CONSUMER SERVICES

BC Housing

Interior Region
290 Nanaimo Ave. West
Penticton, BC V2A 1N5

Toll Free: 1-800-834-7149

Phone: 250-493-0301

Fax: 250-492-1080

Email: InteriorRegion@bchousing.org
www.bchousing.org

BC Housing provides a range of housing options to help British Columbians in greatest need access safe, affordable housing.

Consumer Protection BC

307-3450 Untown Blvd.,
Victoria, BC V8Z 0B9

Toll Free: 1-888-564-9963

Fax: 250-920-7181

Email: info@consumerprotectionbc.ca
www.consumerprotectionbc.ca

Consumer Protection BC promotes a marketplace that is fair to both consumers and businesses. If you have any questions about your rights as a consumer we can help.

Credit Counselling Society of BC

400-88 Sixth Street
New Westminster, BC V3L 5N3

Toll Free: 1-888-527-8999

Email: info@nomoredebts.org
www.nomoredebts.org

The Credit Counselling Society is a registered, nonprofit service for consumers. Since opening in 1996, we have helped over a quarter million people across Canada learn how to solve debt problems, manage money better and use credit responsibly.

Employment and Assistance Appeal Tribunal

PO Box 9994 Stn. Prov. Govt.
Victoria, BC V8W 9R7

Toll Free: 1-866-557-0035

Fax: 1-877-356-9687

Email: info@eaat.ca
www.eaat.ca

ENQUIRY BC

Government Services BC

Toll Free: 1-800-663-7867

TTY: 1-800-661-8773

Email: EnquireBC@gov.bc.ca

If you are having difficulty accessing a government service, call Enquiry BC to assist you in contacting the government program, service, and/or person you need to speak to.

Health Link BC

Phone: 8-1-1

TTY: 7-1-1

Email: healthlinkbc@gov.bc.ca

www.healthlinkbc.ca

Provides access to specially trained registered nurses to discuss symptoms and receive confidential non-emergency health information and advice. Tele-nursing services are available 24-7 anywhere in the province of British Columbia.

Health and Seniors Information Line

Phone: 1-800-465-4911

www.seniorsbc.ca

A “one-stop” location to obtain information on both health and non-health related federal and provincial government programs and series for BC seniors. The line also provided BC residents with information about health services, the health care system and interpretation of a wide variety of health media releases, legislation policies, programs and services. Translation services in 130 languages.

Human Rights Coalition (BC)

300-1140 West Pender St.

Vancouver, BC V6E 4G1

Phone: 604-622-1100

Toll Free: 1-855-685-6222

Fax: 604-689-7611

Email: info@bchcr.net

www.bchrc.net

The BC Human Rights Coalition is a charitable non-profit community based organization that seeks to promote and strengthen human rights throughout BC and Canada.

Medical Services Plan of BC

PO Box 9035 Stn. Prov. Govt.

Victoria, BC V8W 9E3

Toll Free: 1-800-663-7100

Email: mспенquiries@hibc.gov.bc.ca

www.gov.bc.ca/msp

Ombudsman

Second Floor, 947 Fort St

Victoria, BC

Toll Free: 1-800-567-3247

Fax: 250-387-0198

www.bcombudsmanperson.ca

The Office receives inquiries and complaints about the practices and services provided by public bodies (provincial government ministries, crown corporations, government boards, health authorities, schools and school districts, universities and colleges, municipal and regional governments, and self-regulating professions.) and is responsible for ensuring that these practices and services are fair, reasonable and equitable.

Pharmacare

Toll Free: 1-800-663-7100

www.pharmacare.moh.hnet.bc.ca

Public Guardian and Trustee of BC

Phone: 604-660-4444

700 – 808 West Hastings St.
Vancouver, BC V6C 3L3

Toll Free: 1-800-663-7867
Fax: 604-660-0374
Email: mail@trustee.bc.ca
www.trustee.bc.ca

Upholds an adult's right to self determination and provides support and protection of those vulnerable. Operates under provincial law to protect the legal rights and financial interests of children, to provide assistance to adults who need support for financial and personal decision making and to the administrator the estates for deceased and missing persons where there is no one else able to do so.

Representative for Children and Youth

400, 1019 Wharf St.
Victoria, BC V8W 2Y9

Phone: 250-356-6710
Toll Free: 1-800-476-3933
Fax: 250-356-0837
Email: rcy@rcybc.ca
www.rcybc.ca

Supports children, youth, and families who need help in dealing with child and youth services and advocates for changes in the system itself. Responsibilities of the Representative includes advocating for children and youth, protecting their rights and improving the system for the protection and support to children and youth, particularly those who are most vulnerable.

EDUCATION/SCHOOLS

School District #74 (Gold Trail)

Administration Office
PO Bag 250, 400 Hollis Road
Ashcroft, BC V0K 1A0

Phone: 250-453-9101

Toll Free: 1-855-453-9151

Fax: 250-453-2425

www.sd74.bc.ca

Cache Creek Elementary School

PO Box 128, 1260 Cariboo Hwy.
Cache Creek, BC V0K 1H0

Phone: 250-457-6248

Email: bhaller@sd74.bc.ca

www.sd74.bc.ca

Desert Sands Community School

PO Box 669, 435 Ranch Road
Ashcroft, BC V0K 1A0

Phone: 250-453-9144

Email: cminnabarriet@sd74.bc.ca

www.sd74.bc.ca

David Stoddart School (Gr. K – 12)

PO Box 129, 1203 Cariboo Hwy.
Clinton, BC V0K 1K0

Phone: 250-459-2219

Email: cpickering@sd74.bc.ca

www.sd74.bc.ca

Gold Trail Distributed Learning

Gr. K – 12 & Adult Programs
PO Box 910, 435 Ranch Road
Ashcroft, BC V0K 1A0

Phone: 250-453-9050

Toll Free: 1-866-9050

Fax: 250-453-2605

Email: gtdl@sd74.bc.ca

<http://moodle.sd74.bc.ca>

Strong Start Free Preschool Program

Ashcroft Elementary

Phone: 250-453-9177

Provides free school-based early learning services for adults and their young children 0-5. Both children and adults can benefit from Strong Start BC early learning programs – children have access to high-quality learning environments and benefit from social interactions while the adults who accompany them learn new ways to support learning, both at the program and at home. Runs the school year: September through June. Call for current hours.

Decoda Literacy Solutions
Suite 980 – 1125 Howe Street
Vancouver, BC V6Z 2K8

Phone: 604-681-4199
Fax: 604-681-3006
Email: info@decoda.ca
www.decoda.ca

A provincial organization concerned with promoting & supporting literacy & learning in BC.

Open Learning Agency
Student Services
BC Centre for Open Learning, 4th Floor
900 McGill Road
Kamloops, BC V2C 0C8

Toll Free: 1-800-663-9711
Fax: 250-852-6405
Email: student@tru.ca
www.tru.ca/distance

Parent Advisory Councils (PAC)

Contact Individual Schools

Open Door Group

Toll Free: 1-866-377-3670
Email: info@opendoorgroup.org
www.opendoorgroup.org

Kamloops North Shore
Kamloops South Shore

250-377-3670
250-434-9441

Open Door Group is a non-profit organization that operates on the fundamental belief that all British Columbians have the ability to succeed. We provide employment and leisure programs and focus on building strong partnerships within BC communities.

EMERGENCY SERVICES

***** In the event of an Emergency call 911 *****

Help Line for Children

Phone: 310-1234

24/7 availability for reporting of child abuse or neglect.

Clinton Emergency Social Services

Phone: 250-459-2348

Kamloops Mental Health Emergency Response Team

235 Lansdowne. Street
Kamloops, BC V2C 1X8

Daytime Phone: 250-377-6500
After Hours Phone: 250-377-0088
Fax: 250-377-6503

Monday thru Friday 8:30am-5pm
After Hours Phone: 5pm-10:30pm

Provincial Emergency Program (PEP)

Regional Office – Central Region
1255-D Dalhousie Drive
Kamloops, BC V2C 5Z5

Phone: 250-371-5240
Fax: 250-371-5246

www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery

Provincial Emergency Program (PEP), as an essential part of the public safety network of BC, will be the leader in emergency management, helping people to prepare for, respond to and recover from emergencies and disasters. The Program's mission is to enhance public safety and reduce property and economic loss from actual or imminent emergencies or disasters.

**Non-Emergency Numbers for
Ambulance Services, Fire Departments, RCMP and RCMP Victim Services
*** In the event of an Emergency call 911 *****

Ambulance (BC) Services:

Toll Free: 1-800-461-9911
www.bcehs.ca

BC Emergency Health Services
BCEHS provides out-of-hospital and inter-hospital health services throughout BC. Our paramedics in both ground and air ambulances, dispatchers, and staff who arrange inter-facility patient transfers provide valuable services across BC every day.

Ashcroft
600 Elm Street, PO Box 1176
Ashcroft, BC V0K 1A0

Toll Free: 1-800-461-9911
Phone: 250-453-2533 (Admin)

Clinton
1616 Cariboo Highway
Clinton, BC V0K 1K0

Toll Free: 1-800-461-9911
Phone: 250-459-7744 (Admin)

Fire Departments:

Ashcroft
PO Box 129, 302 Railway Ave.
Ashcroft, BC V0K 1A0

Phone: 250-453-2233

Cache Creek
PO Box 73, 1240 Quartz Road
Cache Creek, BC V0K 1H0

Phone: 250-457-9967

Clinton
PO Box 333, 309 Lebourdais Ave
Clinton, BC V0K 1K0

Phone: 250-459-2413
Email: vcfd@bcwireless.com

Spences Bridge
3748 South Frontage Road
Spences Bridge, BC V0K 2L0

Phone: 250-458-2412

RCMP Detachments:

Ashcroft RCMP Detachment
PO Box 100, 720 Elm Street
Ashcroft, BC V0K 1A0

Phone: 250-453-2216

Clinton RCMP Detachment
PO Box 429, 1204 Kelly Lake Road
Clinton, BC V0K 1K0

Phone: 250-459-2221

RCMP Victim Services:

Ashcroft RCMP Victim Services
PO Box 100, 720 Elm Street
Ashcroft, BC V0K 1A0

Phone: 250-453-2536
Fax: 250-453-9921
www.policivictimservices.bc.ca

Clinton RCMP Victim Services
PO Box 429, 1204 Kelly Lake Road
Clinton, BC V0K 1K0

Phone: 250-459-2299
Fax: 250-459-7055
www.policivictimservices.bc.ca

Offers support, information, and referrals to victims/witnesses of crime.

Ashcroft Hospital and Community Health Centre
PO Box 488, 700 Ash-Cache Creek Hwy
Ashcroft, BC V0K 1A0

Phone: 250-453-2211
Toll Free: 1-800-749-6599

Emergency Hours: For up-to-date Emergency Department Hours call 250-453-2211 (option 7)
Offers a variety of services in one location. The type of services delivered depend on patient needs and on whether comparable services are available nearby. Offers specialized care for community living and therefore is classified based on that service. This Centre does not have acute care beds, but provides: basic laboratory and radiology; urgent care; outpatient ambulatory care; community services; long term residential care services; on-site doctors' offices.

Helping Hands Transition House: Women's Emergency Shelter

PO Box 144
Lytton, BC V0K 1Z0

Phone: 250-455-2284
Toll Free: 1-800-318-4455
Email: havenh@telus.net
www.hanknakst.ca

John Howard Society Thompson Region
100-529 Seymour St
Kamloops, BC V2C 0A1

Phone: 250-434-1700
Fax: 350-434-1701
www.johnhowardbc.ca

The John Howard Society of BC is a non-profit charitable organization that assists regional John Howard societies across the province, which have a strong history of assisting individuals and families who have come into (or are at risk of) conflict with the law, offering prevention and intervention services as well as advocacy and public education.

Ministry of Children and Family Development (MCFD) Phone: 250-453-2109

PO Box 850, 611 Railway Ave
Ashcroft, BC V0K 1A0

Poison Control Centre

Phone: 604-682-5050
Toll Free: 1-800 567-8911
www.dpic.org

Victim Information Line (Victim Link BC)

Phone: 604-875-0885
Toll Free: 1-800-563-0808
TTY: 604-875-0085
Text: 604-836-6381
Email: victimlinkbc@bc211.ca
www.victimlinkbc.ca

24/7 help and information. Victim Link BC provides information and referral services for victims of family and sexual violence and all other crimes.

YM/YWCA of Kamloops: Women's Emergency Shelter Phone: 250-374-6162

Email:

sheila.shelter@kamloopsy.org

FIRST NATIONS ORGANIZATIONS

Ashcroft Indian Band

PO Box 440, 414 Cornwall Rd.
Ashcroft, BC V0K 1A0

Phone: 250-453-9154

Fax: 250-453-9156

Email: info@ashcroft.ca

www.ashcroftband.ca

Bonaparte Indian Band

PO Box 669, 2610 Perry Road, Hwy 97 North
Cache Creek, BC V0K 1H0

Phone: 250-457-9624

Toll Free: 1-877-457-4944

Fax: 250-457-9550

www.bonaparteindianband.com

Cook's Ferry Indian Band

PO Box 130, 3691 Deer Lane
Spences Bridge, BC V0K 2L0

Phone: 250-458-2224

Toll Free: 1-800-727-2263

Fax: 250-458-2312

Email: reception@cooksferri.ca

www.cooksferryband.ca

Heskw'en'scutxe Health Services Society

PO Box 188, 3691 Deer Lane
Spences Bridge, BC V0K 2L0

Phone: 250-458-2212

Toll Free: 1-866-458-2212

Fax: 250-458-2213

High Bar Indian Band

Box 45
Clinton, BC V0K 1K0

Phone: 250-459-2117

Fax: 250-459-2119

Email: kellie@hbfm.ca

www.highbarfirstnation.com

Kamloops Native Housing Society

104-1430 Springhill Dr.
Kamloops, BC V2E 2H6

Phone: 250-374-1728

Fax: 250-374-7643

Email: reception@knhs.ca

Nicomen Indian Band

PO Box 670, 1054 Spence Rd
Lytton, BC V0K 1Z0

Phone: 250-455-2514

Fax: 250-455-2517

Email: bandmanager@nicomenband.com

www.nicomenband.com

Nlha'7kapmx Child and Family Services

PO Box 567

Lytton, BC

V0K 1Z0

Facebook: Nlha'7Kapmx Child and Family Services

Phone: 250-455-2118

Fax: 250-455-2117

Oregon Jack Creek Band

PO Box 940

Ashcroft, BC

V0K 1A0

Phone: 250-453-9098

Fax: 250-453-9097

Email: ojcb@nntc.ca

Ts'kw'aylaxw First Nations

35100 Hwy 99 North

PO Box 2200

Lillooet, BC

V0K 1V0

Phone: 250-256-4204

Toll Free: 1-800-669-1955

Fax: 250-256-4058

www.tskwaylaxw.com

Whispering Pines/Clinton Indian Band

615 Whispering Pines Drive

Kamloops, BC

V2B 8S4

Phone: 250-579-5772

Fax: 250-579-8367

www.wpcib.com

GOVERNMENT

ENQUIRY BC

Government Services BC

Toll Free: 1-800-663-7867

If you are having difficulty accessing a government service, call Enquiry BC to assist you in contacting the government program, service, and/or person you need to speak to.

Family Maintenance Enforcement Program

Northern/Interior Area

PO Box 830

Kamloops, BC V2C 5N1

Phone: 250-434-6020

Toll Free: 1-800-663-3933

Fax: 250-434-6033

www.fmep.gov.bc.ca

Are responsible for monitoring and enforcing all maintenance orders and agreements that are filed with them. For application forms call or write the Central Enrollment Office or the regional office nearest you:

Central Enrollment Office, Ministry of Attorney General

PO Box 5100

Victoria, BC V8R 6N3

Phone: 1-800-663-3455

Fax: 250-220-4053

Member of the Legislative Assembly (MLA)

Constituency Office:

Box 279, 405 Railway Ave

Ashcroft, BC V0K 1A0

Phone: 250-453-9726

Fax: 250-453-9765

Email: jackie.tegart.mla@leg.bc.ca

www.jackietegartmla.ca

Phone: 250-952-7616

Victoria Office:

Fraser-Nicola East Annex

Parliament Buildings

Victoria, BC V8V 1X4

Member of Parliament (MP)

Kamloops-Thompson-Cariboo – **Cathy McLeod**

6-275 Seymour Street

Kamloops, BC V2C 2C1

Phone: 250-851-4991

Toll Free: 1-877-619-3332

Fax: 250-851-4994

Email: cathy.mcleod.c1@parl.gc.ca

www.cathymcleod.ca

Member of Parliament (MP)

Chilliwack – Fraser Canyon – **Mark Strahl**

Phone: 604-847-9711

Toll Free: 1-800-667-2808

102-7388 Vedder Rd
Chilliwack, BC V2R 4E4

Fax: 604-847-9744
Email: mark.strahl@parl.gc.ca
www.markstrahl.com

Ministry of Employment and Income Assistance
Kamloops Employment & Income Assistance Office
631 Seymour Street
Kamloops, BC V2C 2H1

Toll Free: 1-866-866-0800
TDD: 1-800-661-8773

Adult Probation
102 455 Columbia Street
Kamloops, BC V2C 6K4

Phone: 250-828-4008
Toll Free: 1-888-716-1211

Available in Ashcroft the last Wednesday of every month at the Employment Services office.

Service Canada
318 Railway Ave
Ashcroft, BC V0K 1A0

Phone: 250-453-2412
www.servicecanada.gc.ca

Representative for Children and Youth
Suite 400, 1019 Wharf Street
Victoria, BC V8W 2Y9

Phone: 250-356-6710
Toll Free: 1-800-476-3933
Fax: 250-356-0837
Email: rcy@rcybc.ca
www.rcybc.ca

The Representative for Children and Youth supports children, youth and families who need help in dealing with the child-serving system, provides oversight to the Ministry of Children and Family Development and advocates for improvements to the child-serving system.

Service BC – Government Agents

Phone: 1-800-663-7867
www.servicebc.gov.bc.ca

Provides access to hundreds of programs and services to meet your needs. Some of the key services offered include – Medical Plan, Provincial Tax Payments, Residential Tenancy, Employment and Income Assistance, Small Business Services, Vital Statistics, Electrical and Gas Permits, Gaming Licences – Angling and Hunting licenses.

Local Service BC Offices:

Government Agent Office
PO Box 189, 318 Railway Ave.
Ashcroft, BC V0K 1A0

Phone: 250-453-2412
Fax: 250-453-9622
Contact: Terry-Lynn Battel

Government Agent Office
PO Box 70, 1423 Cariboo Hwy.
Clinton, BC V0K 1K0

Phone: 250-459-2268
Fax: 250-459-7082
Email: glen.ferrier@gov.bc.ca

Youth Probation/Justice

210-1165 Battle Street
Kamloops, BC V2C 2N4

Phone: 250-371-3607
Fax: 250-371-3647

Youth Probation/Justice

PO Box 485, 514 Main Street
Lillooet, BC V0K 1V0

Phone: 250-256-2710 (Lillooet)
Fax: 250-256-0121

Probation Officer serves Lillooet, Ashcroft and Lytton (Based on demand – Shalath/Spences Bridge)

Village Offices:

Village of Ashcroft

PO Box 129, 601 Bancroft Street
Ashcroft, BC V0K 1A0

Phone: 250-453-9161
Toll Free: 1-877-453-9161
Fax: 250-453-9664
Email: admin@ashcroftbc.ca
www.ashcroftbc.ca

Village of Cache Creek

PO Box 7, 1389 Quartz Road
Cache Creek, BC V0K 1H0

Phone: 250-457-6237
Fax: 250-457-9192
Email: admin@cachecreek.info
www.cachecreek.ca

Village of Clinton

PO Box 309, 1423 Cariboo Hwy.
Clinton, BC V0K 1K0

Phone: 250-459-2261
Fax: 250-459-2227
Email: admin@village.clinton.bc.ca
www.village.clinton.bc.ca

Village of Lytton

Phone: 250-455-2355

PO Box 100, 380 Main Street
Lytton, BC V0K 1Z0

Fax: 250-455-2142
Email: hotspot@lytton.ca
www.lytton.ca

After Hours Emergency Line:-778-254-0400

Village of Lillooet

PO Box 610, 615 Main Street
Lillooet, BC V0K 1V0

Phone: 250-256-4289
Fax: 250-256-4288
Email: cityhall@lillooetbc.ca
www.lillooetbc.ca

TNRD – Thompson Nicola Regional District

300-465 Victoria Street
Kamloops, BC V2C 2A9

Toll Free: 1-877-737-8673
Email: admin@tnrd.ca
www.tnrd.ca

Serving Ashcroft, Cache Creek Clinton, Savona, Spences Bridge. Provides services such as community planning, solid waste management, water and sewer, 911, fire protection and regulatory services in the region. Provides political and administrative frameworks necessary for member municipalities and electoral areas to collaborate in the provision of regional and sub-regional services.

Canada Pension Plan (CPP)

Toll Free: 1-800-277-9914

Connects you with Government of Canada – Income Security, then you request the specific plan you require information about. Provides basic information about: Retirement Pension Survivor's Pension, Children's Benefits, Death Benefit, Canada Pension Plan, Disability Benefits

Crown Counsel

PO Box 401, 455 Columbia Street
Kamloops, BC V2C 1K4

Toll Free: 1-888-824-9333
250-828-4021

Ombudsman

947 Fort Street - 2nd floor
Victoria, BC V8V 3K3

Toll Free: 1-800-567-3247
Fax: 250-387-0198
www.ombudsman.bc.ca

The Office receives inquiries and complaints about the practices and services provided by public bodies (provincial government ministries, crown corporations, government boards, health authorities, schools and school districts, universities and colleges, municipal and regional governments, and self-regulating professions.) and is responsible for ensuring that these practices and services are fair, reasonable and equitable.

Pharmacare

Toll Free: 1-800-663-7100

Public Guardian and Trustee of BC

700 – 808 West Hastings St.
Vancouver, BC V6C 3L3

Phone: 604-660-4444

Toll Free: 1-800-663-7867

Fax: 604-660-0374

Email: mail@trustee.bc.cawww.trustee.bc.ca

Upholds an adult's right to self-determination and provides support and protection of those vulnerable. Operates under provincial law to protect the legal rights and financial interests of children, to provide assistance to adults who need support for financial and personal decision making and to the administrator the estates for deceased and missing persons where there is no one else able to do so.

Residential Tenancy Branch

Office 400-5021 Kingsway
Burnaby, BC V5H 2E5

Toll Free: 1-800 665-8779www.rto.gov.bc.ca**Travel Assistance Program (TAP BC)****Toll Free: 1-800-663-7100**

Provides information for BC residents who are enrolled in the Medical Services Plan (MSP) whose medical travel expenses are not covered by third party insurance plans or government programs and who receive a physician's referral to travel for medical care services insured by MSP. The services the patient is traveling for must NOT be available in their home community and the referral must be the closest site. Travel requests can be processed 7 days a week, 24 hours a day using the automated system.

Victim Information Line (Victim Link BC)**Toll Free: 1-800-563-0808**

Phone: 604-875-0885

TTY: 604-875-0085

Text: 604-836-6381

Email: victimlinkbc@bc211.cawww.victimlinkbc.ca

24/7 help and information. Victim Link BC provides information and referral services for victims of family and sexual violence and all other crimes.

HEALTH SERVICES

*** MEDICAL EMERGENCES CALL 911 ***

24 Hour Health Link BC

Phone: 8-1-1

TTY: 7-1-1

Provided by Health Link BC. Provides free access to specially trained registered nurses to discuss symptoms and receive confidential non-emergency health information and advice. Accessible 24/7 in the province of BC. Services in English and translation available in 130+ languages.

Community Response Network (CRN, Kamloops)

827 Seymour St

Kamloops, BC

V2C 2H6

Phone: 250-374-2119

Fax: 250-374-5768

Email: admin@kamloopsefry.com

www.kamloopscrn.bc.ca

Network of individuals, groups, and agencies who work together at the community level to promote a coordinated response to abuse, neglect and self-neglect of adults.

Dial A Dietitian

Phone 8-1-1

TTY: 7-1-1

Hospice Program (Ashcroft and District)

Phone: 250-453-9202 (Shirley)

A volunteer program focused on care and comfort for the terminally ill, also offers support to families with bereavement follow-up.

Interior Health Home and Community Care

Ashcroft, BC

Phone: 250-453-1939

www.interiorhealth.ca

Provides a variety of services to people at home including assessment of nursing care needs and consultation, care coordination, and direct nursing care such as palliative care, wound care, and teaching. Respite Care to provide pre-planned short term relief, rest, and support to unpaid caregivers. A patient's physician must give approval. Assesses clients for Thompson View Manor Lodge Assisted Living facility.

Interior Health Authority (Royal Inland Hospital, Kamloops)

Phone: 250-314-2352

Thompson, Cariboo, Shuswap Health Service Area
Administration Office
311 Columbia Street
Kamloops, BC V2C 2T1

Fax: 250-314-2172
Toll Free: 1-877-374-1161
Email: rihf@interiorhealth.ca
www.rihfoundation.ca

Royal Inland Hospital is a medical facility located in Kamloops, British Columbia serving a catchment area of 225,000. Interior Health Authority is responsible for the operations of the hospital.

Interior Health (Downtown Health Centre, Kamloops) Phone: 250-851-7954
36-450 Lansdowne Street
Kamloops, BC V2C 1Y3
www.interiorhealth.ca

This is one of ten Primary Health Care Centres available within Interior Health communities. Primary Health Care Centres have a more comprehensive and coordinated approach to health care delivery.

Interior Health (Mental Health Emergency Response Team, Kamloops)
200-235 Lansdowne Street
Kamloops BC V2C 1X8
Phone: 250-377-6500
250-377-0088

Interior Health Public Health Unit
519 Columbia Street
Kamloops, BC V2C 2T8
Phone 250-851-7300
www.interiorhealth.ca

Mental Health and Addictions
Box 488 – 700 Ash-Cache Creek Hwy
Ashcroft, BC V0K 1A0
Phone: 250-453-1950

Adult Mental Health Worker and Drug and Alcohol Counsellor are available by appointment.

Ministry of Health www.health.gov.bc.ca

Palliative Care (Ashcroft) Phone: 250-453-1939

Public Health (Ashcroft) Phone: 250-453-1940
700 Ash-Cache Creek Hwy
Ashcroft, BC V0K 1A0

Communicable disease services include immunization, investigation, and education. Family Health Services include work with prenatal and new mothers and babies, education regarding growth, development, nutrition, safety, healthy behaviours, and parenting.

Red Cross Loan Cupboard

Phone: 250-453-2244

700 Ash-Cache Creek Hwy
Ashcroft, BC V0K 1A0

A community-based, volunteer-run program that provides short-term loans of basic health equipment like raised toilet seats, crutches, or walkers to those recovering from surgery or injury or living with mobility limitations.

Residential Care (Jackson House)

Phone: 250-453-1913

700 Ash-Cache Creek Hwy
Ashcroft, BC V0K 1A0

Toll Free: 1-877-499-6599

Jackson House, long term care, embodies a resident-centred philosophy designed to support residents' choices, help people function at their highest level, and provide the best quality of life possible.

Regional Health and Wellness Centre (Clinton)

Phone: 250-459-2080

PO Box 159, 1510 Cariboo Hwy.
Clinton, BC V0K 1K0

Toll Free: 1-855-459-2080

Fax: 250-459-2083

Community-based facility which provides health promotion and disease prevention service, help managing chronic illness, increases awareness of causes of ill health and encourages integration of health services to better serve the community.

Pharmacare

Toll Free: 1-800-663-7100

www.health.gov.bc.ca/pharmacare

HEALTH SERVICES (ADDICTION SUPPORT SERVICES)

Drug and Alcohol Support Services:

Ashcroft Mental Health – Addictions
PO Box 488, 700 Ash-Cache Creek Hwy.
Ashcroft, BC V0K 1A0

Phone: 250-453-2211
Toll Free: 1-877-499-6599

AA Support Meetings:

BC/Yukon Area 79

Phone: 604-435-2181
Email: info@bcyukonaa.org
www.bcyukonaa.org

AA Support Meetings (Ashcroft)

St. Alban's Church 501 Brink St.
Ashcroft, BC V0K 1A0

Phone: 250-453-9206

AA Support Meetings (Cache Creek)

Crossroads Pentecostal Church
1551 Stage Rd
Cache Creek, BC V0K 1H0

Phone: 778-789-7881

AA Support Meetings (Clinton)

Clinton Seniors Centre
217 Smith Ave.
Clinton, BC

Phone: 250-459-0009

AA Support Meetings (Spences Bridge)

Cook's Ferry Band Office
3691 Deer Lane
Spences Bridge, BC

Phone: (250) 458-2433

Al-Anon (Ashcroft/Cache Creek)

St. Alban's Church
501 Brink Street
Ashcroft BC V0K 1A0

Phone: 250-453-9602
Toll Free: 1-888-425-2666
www.al-anon.org

Alcohol and Drug Information and Referral Service

Toll Free: 1-800-663-1441

Provides information and referral services for people across BC needing help with any kind of substance abuse. Includes information and referral to education, prevention and treatment services, and regulatory agencies.

HEALTH SERVICES (CLINICS)

Ashcroft Dental Clinic

PO Box 700, 411 Brink Street
Ashcroft, BC V0K 1A0

Phone: 250-453-9147

Fax: 250-453-9832

Ashcroft Family Medical Practice

PO Box 729, 700 Ash-Cache Creek Hwy.
Ashcroft, BC V0K 1A0

Phone: 250-453-9353

Fax: 250-453-9357

Mesa Chiropractor

PO Box 819, 411 Brink Street
Ashcroft, BC V0K 1A0

Phone: 250-453-2266

Fax: 250-453-2381

HEALTH SERVICES (SUPPORT AGENCIES AND/OR INFO)

24 Hour Health Link BC

Call 8-1-1

Provided by Health Link BC. Provides free access to specially trained registered nurses to discuss symptoms and receive confidential non-emergency health information and advice. Accessible 24/7 in the province of BC. Services in English and translation available in 130+ languages.

Alzheimer Society of BC

Central Interior Region
405 – 235 1st Avenue
Kamloops, BC V2C 3J4

Toll Free: 1-800-667-3742

Phone: 250-377-8200
Email: info@alzheimercbc.org
www.alzheimer.ca/bc

Ashcroft Mental Health

PO Box 488, 700 Ash-Cache Creek Hwy.
Ashcroft, BC V0K 1A0

Phone: 250-453-1950

BC and Yukon Heart and Stroke Foundation

729 Victoria St
Kamloops, BC V2C 2B5

Phone: 250-372-3938

Fax: 250-372-3940
www.heartandstrokebc.com

The Heart and Stroke Foundation, a volunteer-based organization, leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living, and advocacy.

BC Bereavement Helpline

PO Box 20095
RPO Fairview
Vancouver, BC V5Z 0C1

Toll Free: 1-877-777-2223

Email: contact@bcbh.ca
www.bcbereavementhelpline.com

BC Lung Association

2675 Oak St
Vancouver, BC V6H 2K2

Phone: 604-731-5864

Toll Free: 1-800-665-5864
Email: info@bc.lung.ca
www.bc.lung.ca

BC Transplant Society (BCTS)

West Tower, Suite 350
555 West 12th Ave

Phone: 604-877-2111

Toll Free: 1-800-066-6189
Fax: 604-877-2240

Vancouver, BC V5Z 3X7

Email: info@bct.phsa.ca
www.transplant.bc.ca

This charitable organization directs, delivers or contracts for all organ transplant services across BC. The BCTS contracts or inpatient and outpatient transplant services from three transplant hospitals and operates seven regional clinics throughout BC for outpatient care.

BC Smokers Help Line (Quit Now Services)

Toll Free: 1-877-745-2233
Phone: 604-731-5864
Email: quitnow@bc.lung.ca
www.quitnow.ca

The BC Smoker's Help Line is designed to assist people whose lives are affected by smoking. Support is available for those who are considering quitting smoking, are about to quit smoking, just quit smoking, are not thinking of quitting smoking, or are concerned about someone else's smoking. Quit Now Services provide a wide range of free smoking cessations services that are available around the clock for all BC residents.

Better At Home

310 Railway Ave
Ashcroft, BC V0K 1A0

Phone: 250-453-9911
Email: ashcroftcachecreekbetterathome@gmail.com
www.betterathome.ca

Better at Home is a program that helps seniors with simple day to day tasks so that they can continue to live independently in their own homes and remain connected to their communities. The program is funded by the Government of British Columbia and managed by the United Way of the Lower Mainland, with services delivered by a local non-profit organization.

Canadian Cancer Society's Information Services

565 West 10th Ave.
Vancouver, BC V5Z 4J4

Toll Free: 1-888-893-3333
Phone: 604-533-1668
TTY: 1-888-786-3934
Email: frontdesk@bc.cancer.ca
www.cancer.ca

The Canadian Cancer Society is a national community-based organization of volunteers whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer.

Canadian Diabetes Association

Kamloops and District Branch
1589 Sutherland Ave
Kelowna, BC V1Y 5Y7

Toll Free: 1-800-226-8464
Phone: 250-762-9447
Email: info@diabetes.ca
www.diabetes.ca

Leading the fight against diabetes by helping people with diabetes live healthy lives while working to find a cure. Providing people with diabetes and healthcare professionals with

education and services, advocating on behalf of people with diabetes, supporting research, and translating research into practical applications.

Canadian Mental Health Association

857 Seymour St.
Kamloops, BC V2C 2H6

Phone: 250-374-0440

Toll Free: 1-888-867-0440
Fax: 250 374 8718
Email: kamloops@cmha.bc.ca
www.kamloops.cmha.bc.ca

The Canadian Mental Health Association (CMHA), a nation-wide, volunteer organization, promotes the mental health of all, and supports the resilience and recovery of people experiencing mental illness. CMHA accomplishes this mission through advocacy, education, research and service.

Canadian National Institute for the Blind

#145 – 540 Seymour St.
Kamloops, BC V2C 2G9

Phone: 250-374-8080

Toll Free: 1-800-563-2642
www.cnib.ca

Child and Youth Mental Health Clinician

PO Box 850
611 Railway Ave.
Ashcroft, BC V0K 1A0

Phone: 250-453-2109

Fax: 250-453-2125

Dial-A-Dietitian

Phone: 8-1-1

Health and Seniors Information Line

Phone: 1-800-465-4911

www.seniorsbc.ca

A “one-stop” location to obtain information on both health and non-health related federal and provincial government programs and series for BC seniors. The line also provided BC residents with information about health services, the health care system and interpretation of a wide variety of health media releases, legislation policies, programs and services. Translation services in 130 languages.

Kamloops Society for Community Living

521 Seymour St.
Kamloops, BC V2C 2G9

Phone: 250-374-3245

Fax: 250-374-2133
Email: byoung@kscl.ca

www.kscl.ca/default.aspx

Kidney Foundation of Canada

BC and Yukon Branch
200 – 4940 Canada Way
Burnaby, BC V5G 4K6

Phone: 604-736-9775

Toll Free: 1-800-567-8112

Fax: 604-736-9703

Email: info@kidney.bc.ca

www.kidney.ca/bc

The Kidney Foundation of Canada exists for the enhancement of kidney health and the reduction and, if possible, the elimination of the burden of kidney diseases. The primary beneficiaries are people at risk of or affected by kidney disease.

LifeLine - Thompson Region

Toll Free: 1-800-543-3546

Phone: 250-374-3540

www.bclifeline.ca

MediChair

210 - 450 Lansdowne St
Kamloops, BC V2C 1Y2

Phone: 250-571-1456

Toll Free: 1-866-657-1456

Fax: 250-571-1455

Mental Health Information

Toll Free: 1-800-661-2121

Provides recorded information on provincial mental health programs as well as symptoms, causes, treatment, support groups, and publications relating to a number of mental illnesses. This is a 24 hour line.

Multiple Sclerosis Society of Canada

Toll Free: 1-800-268-7582

Email: info@mssociety.ca

www.mssociety.ca

Provides a variety of services and programs including: information and referral services, support counselling, equipment loans, self-help groups for persons who have multiple sclerosis and their family and friends, public awareness and education programs for professionals and others.

People in Motion

182B Tranquille Rd.
Kamloops, BC V2B 3X1

Phone: 250-376-7878

Toll Free: 1-877-414-4241

Fax: 250-376-4689

Email: information@peopleinmotion.org

www.peopleinmotion.org

Our mission is to improve the quality of life for persons with disabilities.

Phoenix Centre
922-3rd Ave.
Kamloops, BC V2C 6W5

Phone: 250-374-4634
Toll Free: 1-877-318-1177
Fax: 250-374-4621
Email: ksad@phoenixcentre.org
www.phoenixcentre.org

Physical Activity Line Description:

Toll Free: 1-877-772-1149
Email: info@physicalactivityline.com
www.physicalactivityline.com

The Physical Activity Line (PAL) is British Columbia's FREE telephone and on-line resource for evidence-based physical activity information and professional guidance to becoming more physically active across the lifespan.

Screening Mammography Program Information Line

Phone: 604-877-6040
Toll Free: 1-888-906-2873
Fax: 604-877-6161
Email: infobccf@bccancer.bc.ca
www.bccancer.bc.ca/donate

Sexually Transmitted Disease Information

655 West 12th Ave
Vancouver, BC V5Z 4R4

Phone: 604-707-5603
Toll Free: 1-888-488-7444
Fax: 604-707-5604
www.smartsexresource.com

Spinal Cord Injury BC

Toll Free: 1-800-689-2477
Email: info@sci-bc.ca
www.sci-bc.ca

Spinal Cord Injury BC is the best source of information on living well with a spinal cord injury or related disability in British Columbia. Our programs and resources are here to help people with spinal cord injuries and their families adjust, adapt and thrive in their communities.

Victim Information Line (Victim Link BC)

Toll Free: 1-800-563-0808
TTY: 604-875-0885
Call Collect: 711 (Telus relay)
Text: 604-836-6381
Email: VictimLinkBC@bc211.ca
www.victimlinkbc.ca

24/7 Help and information. VictimLink BC provides information and referral services for victims of family and sexual violence and all other crimes.

HOUSING

BC Housing

Interior Region

290 Nanaimo Ave. West
Penticton, BC V2A 1N5

Toll Free: 1-800-257-7756

Toll Free: 1-800-834-7149

Phone: 250-493-0301

Fax: 250-492-1080

Email: interiorregion@bchousing.org
www.bchousing.org

BC Housing provides a range of housing options to help British Columbians in greatest need access safe, affordable housing.

Kamloops Elizabeth Fry Housing Society

827 Seymour St.

Kamloops, BC V2C 2H8

Phone: 250-374-2119 ext. 200

Email: admin@kamloopsefry.com

www.kamloopsefry.com

The Kamloops & District Elizabeth Fry Society is an active community based non-profit agency that offers programs and services in the areas of housing and community justice to people in the Kamloops area with a focus on women and youth.

Residential Tenancy Branch

Office 400-5021 Kingsway

Burnaby, BC V5H 2E5

Toll Free: 1-800 665-8779

Email: HSRTO@gov.bc.ca

www.rto.gov.bc.ca

Provides information about the rights, responsibilities and options of landlords and tenants under BC's Residential Tenancy Act and Manufactured Home Park Tenancy Act.

Tenants' Rights Action Coalition (TRAC) Hotline

Toll Free: 1-800-066-1185

Info Line: 604-255-0546

www.tenants.bc.ca

Vancouver based coalition working on tenant rights and housing issues in BC. They work to improve legal protection for tenants, and to promote community action for the purpose of protecting an increasing the supply of affordable rental housing in BC.

HOUSING (LOW INCOME HOUSEHOLDS)

Co-op Housing (Sahali Housing Co-op)

100-480 Hollyburn Dr.
Kamloops, BC

Phone: 250-374-2712

www.chf.bc.ca

Kamloops Elizabeth Fry Housing Society

827 Seymour St.
Kamloops, BC V2C 2H8

Phone: 250-374-2119 ext.200

Toll Free: 1-866-374-2119

Email: admin@kamloopsefry.com

www.kamloopsefry.com

The Kamloops & District Elizabeth Fry Society is an active community based non-profit agency that offers programs and services in the areas of housing and community justice to people in the Kamloops area with a focus on women and youth.

Kamloops Native Housing Society

104-1430 Springhill Dr.
Kamloops, BC V2E 2H6

Phone: 250-374-1728

Fax: 250-374-7643

Email: reception@knhs.ca

www.bchousing.org

Clinton Senior Citizens Home Society

1426 Cariboo Highway
Clinton, BC V0K 1K0

Phone: 250-459-2533

Thompson View Manor Society

710 Elm St.
Ashcroft, BC V0K 1A0

Phone: 250-453-9223

Fax: 250-453-0059

Email: tvms@telus.net

Subsidized housing for low income seniors who are able to live independently.

Thompson View Lodge

710 Elm St.
Ashcroft, BC V0K 1A0

Phone: 250-453-0085

Fax: 250-453-0059

Email: tvlodge_cm@telus.net

The Thompson View Lodge is a 10-suite assisted living complex for seniors needing some support to be able to stay in their community with as much independence as possible. It adjoins the Thompson View Manor independent housing complex just below the Ashcroft & District Health Site. This facility is owned and operated by the Thompson View Manor Society.

HOUSING (SHELTERS AND TRANSITIONS)

Helping Hands Transition House: Women's Emergency Shelter

PO Box 144

Lytton, BC

V0K 1Z0

Toll Free: 1-800-031-4455

Phone: 250-455-2284

Fax: 250-455-2287

Email: havenh@telus.net

YM/YWCA of Kamloops: Women's Emergency Shelter

Phone: 250-374-6162

Email:

sheila.shelter@kamloopsy.org

LEGAL/COURT SERVICES

Correction Branches – Adult Probation

102-455 Columbia Street
Kamloops, BC V2C 6K4

Phone: 250-828-4008

Toll Free: 1-888-871-1211

Court Registry (Kamloops)

223-455 Columbia St.
Kamloops, BC

Phone: 250-828-4344

Fax: 250 828-4332

Registry for Supreme and Provincial Courts.

Crown Counsel

PO Box 401, 455 Columbia St.
Kamloops, BC V2C 1K4

Phone: 250-828-4021

Toll Free: 1-888-249-9333

Fax: 250-828-4080

Dial-A-Law

Phone: 1-888-687-3404

Fax: 1-877-669-9601

Email: cba@bccba.org

www.dialalaw.org

Dial-A-Law is a library of pre-recorded messages as prepared by lawyers to provide practical information on specific topics of law as they apply in BC.

Family Maintenance Enforcement Program

Northern/Interior Area
PO Box 830
Kamloops, BC V2C 5N1

Toll Free: 1-800-663-3933

Phone: 250-434-6020

Fax: 250-434-6033

www.fmep.gov.bc.ca

Kamloops Family Justice Centre

200-444 St. Paul Street
Kamloops, BC V2C 2J6

Phone: 250-828-4688

Toll Free: 1-888-764-3663

Fax: 1-250-828-4689

Centres staffed by family justice counsellors who assist families undergoing separation or divorce with issues related to child custody, access, guardianship and child or spousal support.

Lawyer Referral Service

Phone: 1-800-663-1919

Fax: 1-800-669-9601

Email: lawyerreferral@bccba.org

www.cba.org/bc

If you feel you have a legal problem and need the advice of a lawyer, phone the LRS.

Legal Aid (Legal Services Society of BC (Call Centre) Phone: 1-866-577-2525

www.lss.bc.ca or

www.familylaw.lss.bc.ca

Legal Services Society of BC provides legal aid and legal information to people in BC. It is an independent non-profit organization that is not part of the government. If you have a legal problem but you cannot afford a lawyer, the Legal Services Society (LSS) may be able to pay or a lawyer for you.

Legal Services Society of BC – Kamloops

Louise Richards, Barrister & Solicitor

208-300 Columbia Street

Kamloops, BC V2C 6L1

Phone: 250-314-1900

Fax: 250-314-1605

Nidus Personal Planning Resource Centre

1440 West 12th Ave

Vancouver, BC V6H 1M8

Phone: 604-408-7414

Toll Free: 1-877-726-5552

Email: info@nidus.ca

www.nidus.ca

Nidus Personal Planning Resource Centre is to provides education, support, and assistance to British Columbians for personal planning.

Youth Probation/Justice (Kamloops)

210-1165 Battle Street

Kamloops, BC V2C 2N4

Phone: 250-371-3607

Youth Probation/Justice (Lillooet)

PO Box 485, 514 Main Street

Lillooet, BC V0K 1V0

Phone: 250-256-2710

Fax: 250-256-0121

Probation Officer serves Lillooet, Ashcroft and Lytton (Based on demand – Shalath/Spences Bridge)

LIBRARIES

Ashcroft Library

201 Brink Street
Ashcroft, BC V0K 1A0

Phone: 250-453-9042

www.tnrplib.ca

Cache Creek Library

1025 Trans Canada
Cache Creek, BC V0K 1H0

Phone: 250-457-9953

<http://www.tnrplib.ca>

Clinton Library

1506 Tingley Street
Clinton, BC V0K 1K0

Phone: 250-459-7752

www.tnrplib.ca

Thompson-Nicola Regional District Library System

Toll Free: 1-877-737-8673

www.tnrplib.ca

TNRD Bookmobile

693 Tranquille Road
Kamloops, BC V2B 3H7

Toll Free: 1-855-555-2665

Phone: 250-376-3526

Email: bookmobile@tnrd.ca

www.tnrplib.ca

Bookmobile service to Spences Bridge, Loon Lake, and Wallachian. Check our events calendar for dates and times.

NUTRITIONAL NEEDS

Ashcroft and Area Food Bank
PO Box 603, 601 Bancroft Street
Ashcroft, BC V0K 1A0

Phone: 250-453-9656
Fax: 250-453-2034
Email: scelizfry@telus.net

At the South Cariboo Elizabeth Fry Society offices.

Dial-A-Dietician

Call 8-1-1

Vegetarian Potluck
Ashcroft Secondary School
435 Ranch Road
Ashcroft, BC V0K 1A0

Phone: 250-457-6651

On the second Tuesday of each month at 6:00pm in the Home Economics Room. Participants bring their favourite vegetarian dish and recipe and share a dinner.

Soup's On
St. Alban's Anglican Church
501 Brink Street
Ashcroft, BC V0K 1A0

Phone: 250-453-9909

Everyone welcome. Join us for lunch and meet some new friends. By donation.

RESOURCES: LOCAL

Ashcroft/Cache Creek Journal

PO Box 190, 128 – 4th Street
Ashcroft, BC V0K 1A0

Phone: 250-453-2261

Fax: 250-453-9625

Email: editorial@accjournal.ca

www.ash-cache-journal.com

Weekly newspaper.

Ashcroft & Area Community Resources Society (CRS) Phone: 250-453-9656

PO Box 843
Ashcroft, BC V0K 1A0

www.ashcroftersdirectory.ca

Meets on the second Monday of every month at the offices of the South Cariboo Elizabeth Fry Society (601 Bancroft Street). Ashcroft Community Resources Society (CRS) is composed of professionals, representatives from informal resources and interested community members for the purpose of coordinating, developing and implementing programs, services, and resources for the general benefit of the entire community and surrounding area. It is responsive to community needs and is receptive to becoming involved with or initiating new projects brought by community members. Umbrella organization for local Christmas Food Hampers.

Ashcroft & District Employment Services

PO Box 69, 124-4th St
Ashcroft, BC V0K 1A0

Toll Free: 1-866-645-9421

Phone: 250-453-9421

Email: ashcroft@hortonventures.com

www.hortonventures.com

Provides programs and services for all unemployed Canadians. This includes needs assessment and employment counselling; funding for training and work experience; help in locating jobs and vacancies including internet search; resume writing and preparing for job interviews; labor market information; Employment Insurance and Social Insurance Number applications.

Ashcroft Museum

404 Brink St
Ashcroft, BC V0K 1A0

Phone: 250-453-9232

Fax: 250-453-9664

Email: museum@ashcroftbc.ca

The Ashcroft Museum was originally established in 1936 and is now operated by the Village of Ashcroft. The museum's holdings incorporate the collections of the Cumming family. The museum acquires artifacts, archives, and historical reference material relating to Ashcroft and the South Cariboo area from Spences Bridge to Clinton, including Cache Creek and the Hat Creek Valley.

Ash/Creek TV Society – Community Channel

Phone: 250-457-9755

Local community TV channel

Bus Service

Toll Free: 1-855-535-3935

www.busonline.ca

Ashcroft – Clinton Loop service available Monday, Wednesday, and Friday. For information on bus scheduling, fares or for information on service to Kamloops please call the toll free number or check the website.

The Clinton Lariat Society

205 – 1423 Cariboo Hwy
Clinton, BC V0K 1K0

Phone: 250-459-2611

Email: lariat@bcwireless.com

Monthly Newspaper

Clinton Museum

PO Box 217
1419 Cariboo Highway
Clinton, BC V0K 1K0

Phone: 250-459-2442

Fax: 250-459-0058

Email: clintonmuseum@telus.net

Dog Control Officer:

Ashcroft
Cache Creek

Phone: 250-453-9813

Phone: 250-457-6237

Lillooet Friendship Centre

357 Main Street, PO Box 2170
Lillooet, BC V0K 1V0

Phone: 250-256-4146

Fax: 250-256-7928

Email: lfcs@cablelan.net

www.lfcs.ca

South Cariboo Elizabeth Fry Society

601 Bancroft Street

Phone: 250-453-9656

Fax: 250-453-2034

Ashcroft, BC V0K 1A0

Email: scelizfry@telus.net

Facebook: South Cariboo Elizabeth Fry Society

Family Support worker program, Parenting program, Community Works Service/Case Aid program, Intensive Support and Supervision program, Children Who Witness Abuse, program, Youth Mental Health Support program, Food Bank, Breaking Barriers to Employment program, Legal Aid Applications.

Thompson Valley Funeral Home

PO Box 1107, 660 Hwy 97c

Ashcroft, BC V0K 1A0

Phone: 250-453-9802

Fax: 250-453-9802

www.tvfh.ca

RESOURCES: SURROUNDING AREA

BC Coalition of People with Disabilities

204 – 456 W. Broadway
Vancouver, BC V5Y 1R3

Toll Free: 1-800-663-1278

TTY: 604-875-8835

Fax: 604-875-9227

Email: feedback@disabilityalliancebc.org
www.disabilityalliancebc.org

Province-wide non-profit organization run by and for people with disabilities.

Kamloops and District Elizabeth Fry Society

827 Seymour Street
Kamloops, BC V2C 2H6

Phone: 250-374-2119

Toll Free: 1-866-374-2119

www.kamloopsefry.com

Some of the services provided are poverty advocate program, housing, community justice, youth programs, and women's programs.

John Howard Society Thompson Region

100-529 Seymour St
Kamloops, BC V2C 0A1

Phone: 250-434-1700

Fax: 350-434-1701

www.johnhowardbc.ca

The John Howard Society of BC is a non-profit charitable organization that assists regional John Howard societies across the province, which have a strong history of assisting individuals and families who have come into (or are at risk of) conflict with the law, offering prevention and intervention services as well as advocacy and public education.

Lillooet Friendship Centre

357 Main Street, PO Box 2170
Lillooet, BC V0K 1V0

Phone: 250-256-4146

Email: lfcs@cablelan.net

www.lfcs.ca

PovNet

Email: povnet@povnet.org

www.povnet.org

PovNet is a searchable website for people on welfare, advocates and community groups who are involved in anti-poverty work.

The Connector

330 Seymour St
Kamloops, BC V2C 2G2

Phone: 778-471-0983

Fax: 250-828-7171

www.connectnews.ca

United Way

177 Victoria St.
Kamloops BC V2C 1Z4

Phone: 250-372-9933

Email: office@unitedwaytnc.ca

www.unitedwaytnc.ca

United Way works locally to build community by working with others to raise resources and help build community and non-profit capacity. We focus our work in three areas- "From Poverty to Possibility, Strong Communities and All That Kids Can Be."

SENIORS

Ashcroft/Cache Creek Seniors Centre
PO Box 985, 601 Bancroft Street
Ashcroft, BC V0K 1A0

Phone: 250-453-9828

A drop-in centre for persons 55 years and older.

BC Coalition to Eliminate Abuse of Seniors

Toll Free: 1-866-437-1940

TTY: 1-855-306-1443

Email: info@bcceas.ca

www.bcceas.ca

Focuses on the elimination of abuse of seniors. Provides information, advocacy and resources.

Better At Home

310 Railway Ave
Ashcroft, BC

V0K 1A0

Phone: 250-453-9911

Email: ashcroftcachecreekbetterathome@gmail.com

www.betterathome.ca

Better at Home is a program that helps seniors with simple day to day tasks so that they can continue to live independently in their own homes and remain connected to their communities. The program is funded by the Government of British Columbia and managed by the United Way of the Lower Mainland, with services delivered by a local non-profit organization.

Clinton Seniors Association

PO Box 798, 217 Smith Ave.
Clinton, BC V0K 1K0

Phone: 250-459-2469

Oncore Central Services (formally known as Seniors Outreach Society)

460 Victoria St.
Kamloops, BC V2C 2A7

Phone: 250-828-0600

Email: info@kamsenioroutreach.ca

Oncore, a non-profit charitable organization, has been offering free services to assist seniors with independent living for over two decades. We lobby for solutions to assist low income seniors with ageing in place in safe, appropriate housing and are dedicated to supporting seniors with issues such as abuse, health and finances.

Public Guardian and Trustee of BC

700 – 808 West Hastings St.
Vancouver, BC V6C 3L3

Phone: 604-660-4444

Toll Free: 1-800-663-7867

Fax: 604-660-0374

Email: mail@trustee.bc.ca
www.trustee.bc.ca

Upholds an adult's right to self-determination and provides support and protection of those vulnerable. Operates under provincial law to protect the legal rights and financial interests of children, to provide assistance to adults who need support for financial and personal decision making and to the administrator the estates for deceased and missing persons where there is no one else able to do so.

Representation Agreement Resource Centre (RARC) **Phone: 1-877-267-5552**
1440 West 12th Avenue Fax: 604-801-5506
Vancouver, BC V6H 1M8 Email: info@nidus.ca
www.rarc.ca

A Representation Agreement is a legal document that says who you choose to help you if you need assistance due to an illness, injury, or disability. It is your legal plan for now or in the future. It covers the financial and legal matters and the health and personal care matters. The Nidus eRegistry helps manage information about legal documents such as Representation Agreements and enduring Powers of Attorney so these important plans are available when needed. Communication by email is preferred.

Senior Service Society **Phone: 604-520-6621**
Email: support@seniorsservicessociety.ca
www.seniorsservicessociety.ca

Assistance, Information and Referral services include information and form completion related to the subjects listed below. Senior Services Society has developed a peer-support model where *senior* volunteers will assist *other seniors* with tasks they may be familiar with through their own experiences

Thompson View Manor Society **Phone: 250-453-9223**
710 Elm St. Fax: 250-453-0059
Ashcroft, BC V0K 1A0 Email: tvms@telus.net

Subsidized housing for low income seniors who are able to live independently.

Thompson View Lodge **Phone: 250-453-0085**
710 Elm St. Fax: 250-453-0059
Ashcroft, BC V0K 1A0 Email: tvlodge_cm@telus.net

The Thompson View Lodge is a 10-suite assisted living complex for seniors needing some support to be able to stay in their community with as much independence as possible. It adjoins

the Thompson View Manor independent housing complex just below the Ashcroft & District Health Site. This facility is owned and operated by the Thompson View Manor Society.

SERVICE ORGANIZATIONS

Health Care Auxiliaries (Hospital Auxiliaries)

Volunteers who provide assistance in fund raising for the purpose of purchasing health care and hospital equipment for local use.

Ashcroft & District Health Care Auxiliary *Phone: 250-453-9944*
PO Box 356
Ashcroft, BC V0K 1A0

Thrift Store – 601 Bancroft Street, Ashcroft, BC

Clinton Ladies Health Care Auxiliary *Phone: 250-459-2284*
Clinton, BC V0K 1K0

Lions Society of BC

Lions are men and women who volunteer their time to humanitarian causes in their local and world communities. By conducting service projects and raising funds, Lions strive to help those in need, wherever need exists. The Lions' motto is "We Serve."

Ashcroft & District Lions Club *Phone: 250-453-2664*
PO Box 1504 Email: ashcroftlionsclub@gmail.com
Ashcroft, BC V0K 1A0 www.e-clubhouse.org
The Ashcroft Lions Club has a mobile kitchen

Rotary International

Motto is "Service Above Self." Rotary programs and activities are designed to improve the human condition and advance the organization's ultimate goal of world understanding and peace. Rotary initiates community service projects which address critical issues and basic human rights. Rotary has impact locally, nationally, and internationally.

Local Rotary Club:

Rotary Club of Ashcroft/Cache Creek **Phone: 250-457-6629**
PO Box 11
Ashcroft, BC V0K 1A0 www.clubrunner.ca

Second Time Around

201 Railway Ave
Ashcroft, BC V0K 1A0

Charitable thrift store.

SPORTS RECREATION/FACILITIES

Ashcroft Outdoor Swimming Pool

561 Elm St

Ashcroft, BC V0K 1A0

Public swimming pool.

Phone: 250-453-9031

Cache Creek Outdoor Swimming Pool

1500 Quartz Rd

Cache Creek, BC V0K 1H0

Public swimming pool

Phone: 250-457-9135

Cache Creek Fitness Centre

1270 Stage Rd

centre

Cache Creek, BC V0K 1H0

Email: mdown@cachecreek.info

www.village.cachecreek.bc.ca/content/fitness-

Clinton Recreation Centre

1417 Government St

Clinton, BC V0K 1K0

Phone: 250-459-2101

Drylands Arena

612 – 7th St

Ashcroft, BC V0K 1A0

Hockey and skating arena

Phone: 250-453-9545

Ashcroft Curling Rink

610 – 7th St

Ashcroft, BC V0K 1A0

Phone: 250-453-2341

Facebook: Ashcroft & District Curling Club

VETERANS/CANADIAN FORCES

Ashcroft/Cache Creek Royal Canadian Sea Cadets Phone: 250-319-3461

347 RCSCC Avenger

Ashcroft Secondary School

435 Ranch Rd

Ashcroft, BC V0K 1A0

The mission of the Cadet Program is to contribute to the development and preparation of youth for the transition to adulthood, enabling them to meet the challenges of modern society, through a dynamic, community-based program. The vision of the Cadet Program is a relevant, credible and proactive youth development organization, offering the program of choice for Canada's youth, preparing them to become the leaders of tomorrow through a set of fun, challenging, well-organized and safe activities.

Ashcroft Service Officer

Phone: 250-453-9586

Liaison between Veteran Affairs and the individual. Also ,the Legion contact/support person.

Royal Canadian Legion

Remembrance is the cornerstone of the Royal Canadian Legion's work in Canada. Perpetuating the memory and the deeds of the fallen, the mandate of the Legion succeeds in promoting and caring for memorials to the valor and sacrifice of our veterans and ex-service personnel while providing suitable burials and maintaining an annual memorial day. The Legion ensures preservation of the records and memories in perpetuity. By educating public opinion regarding national duties to the dead, the disabled and others who served as well as their descendants, the Legion strives for peace, goodwill, and friendship among nations.

Local Royal Canadian Legions:

Branch 113

PO Box 77, 301 Brink Street

Ashcroft, BC V0K 1A0

Phone: 250-453-2423

Fax: 250-453-9625

Branch 194

PO Box 331, 310 Lebourdais

Clinton, BC V0K 1K0

Phone: 250-459-2622

Veterans Affairs Canada

British Columbia Interior District Office

60 Nanaimo Ave. W

Toll Free: 1-866-522-2122

Email: information@vac-acc.gc.ca

www.veterans.gc.ca

Penticton, BC

V2A 1N1