



Enhancing Lives - Connecting Communities

STREET SURVIVAL GUIDE 2018

WHERE CAN I FIND A WARM BED?

Alexandra Gardner Women & Children Safe Centre	24/7 low-barrier emergency shelter for homeless women, youth and children	250.763.2262 2609 Richter St
Cornerstone Cold Weather Shelter John Howard Society	Provides shelter during Dec - Apr to men and women 19+ years and minors with referral from the Boys and Girls Club	Contact: Andrea Sage 250.317.9864 425 Leon Ave
Kelowna Women's Shelter	For women fleeing abusive situations	250.763.1040
Men's Hostel Kelowna's Gospel Mission	Registration throughout the day for men 19+ years	250.763.3737 251 Leon Ave
Women's Emergency Shelter, Kelowna's Gospel Mission	Short-term emergency shelter for women 19+ years * come to the shelter at 251 Leon Ave to register	250.862.3733 251 Leon Ave
Inn from the Cold	Minimum-barrier shelter for men, women, youth, and pets. Intake daily @ 7pm. Priority given to couples and family members & hard to house	250.448.5153 1157 Sutherland Rd.

WHERE CAN I GET A WARM MEAL OR CUP OF COFFEE?

First United Church Outreach Services	Coffee, Tue and Thu, 10am - 11am	250.762.3311 721 Bernard Ave
Ladies Haven, Women's Coffee House	Tue-Wed, 9:30am - 1pm, Sep-Jun * ministry with light meal served at noon * no cost to attend	250.868.2238 1305 Hwy 33 W
Kelowna's Gospel Mission, Warm Meals and Coffee	Men, women and families welcome Breakfast, 7am - 7:30am * Lunch, Noon-1pm * Dinner, 5pm - 6pm * Coffee and Snacks, 10am and 3:30pm	250.763.3737 251 Leon Ave
Ki-Low-Na Friendship Society, Coffee and Saturday Breakfast	Coffee, Mon-Fri, 9:30am - 12:30pm * Breakfast, Sat, 8:30am	250.763.4905 442 Leon Ave
Metro Community	Hot lunches, Tue and Thu, 12noon Free hot chocolate, hotdogs and snacks, Wed, 5pm-9pm	778.478.9727 1262 St. Paul St

WHERE CAN I GET GROCERIES?

Central Okanagan Food Bank	Assists individuals and families who are in temporary financial difficulty and are in need of food	250.763.7161 1265 Ellis St
First United Church	Emergency food once a month for those in crisis	250.762.3311 721 Bernard Ave
Kelowna Christian Center, Rutland Community Food Centre	Provides food hampers to those in need * please call for additional details on eligibility	250.762.9559 905 Badke Rd
Society of St. Vincent De Paul	Supplies emergency food and help for families. Lower Mission: 250.860.2536 Rutland: 250.765.0800 Downtown: 250.826.5562 Glenmore: 250.762.2577 West Kelowna: 250.801.5905 (from the bridge to Peachland)	
St. Michael & All Angels Anglican Cathedral	Food distribution on Friday mornings ONLY between 10am - 11am	250.762.3321 608 Sutherland Ave
The Salvation Army, Community Life Centre	Emergency assistance with food, clothing, housewares, and furniture	250.765.3450 200 Rutland Rd S

WHERE CAN I SHOWER, HAVE A HAIRCUT, OR DO LAUNDRY?

Kelowna's Gospel Mission, Showers, Haircuts and Laundry,	Showers: Men, women and families: 10am - 11:45am and 3:30am - 4:45pm * first come, first served Laundry: Please come to the Mission and make an appointment Drop-in Barber: Tue and Thu * please call for hours	250.763.3737 251 Leon Ave
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WHERE CAN I REPORT A BAD DATE?

Crisis Line	24/7 telephone crisis intervention service	1.888.353.2273
Downtown On Call, Downtown Kelowna Association	Patrol, escort and emergency services	250.470.9058
Elizabeth Fry Society	Domestic violence and sexual assault services	250.763.4613
H.O.P.E. Outreach	Report a bad date * 24 hours	250.864.0399
RCMP Victim Services	Emotional support, practical assistance, and services for victims of crime	250.470.6242
Sexual Assault Response Team (SART)	Medical care and emotional support for victims of sexual assault	250.862.4000

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If you are in Crisis, call 1.888.353.2273 * 24/7

For other resources, call 250.763.8008 ext.221 * Mon-Fri, 8:30am - 4:30pm

WHERE CAN I GET HELP WITH MY DRUG/ALCOHOL ADDICTION?

Alcoholics Anonymous	Call or visit www.bcyukonaa.org for meeting times and locations.	250.763.5555
Cocaine Anonymous	Wed, 8pm - 9pm, Rutland Senior Citizen Branch 55	150D Gray Rd
Kelowna Alcohol and Drug Services, Interior Health	Office Hours: Mon-Fri, 8am - 4:30pm Intake Hours: Mon-Fri, 9am - 12pm	250.868.7788 1340 Ellis St, 2nd Flr
Kelowna Secular Sobriety Group	Non-religious, anonymous, safe and respectful peer support group Tue, 7pm * CNIB Office, 101-1456 St Paul St, Kelowna	250.859.4300
Ki-Low-Na Friendship Society, Addictions Program	Co-ed Wellbriety: Mon, 5pm - 7pm Alcoholics Anonymous M-F 9:30am & 10:30am Women's Healing Circle: Fri, 1pm - 3pm Men's Circle of Courage: Thu, 1pm - 3:30pm	250.763.4905 442 Leon Ave
Narcotics Anonymous	Call or visit www.bcrna.ca for meeting times and locations	1.877.604.7613
Outreach Urban Health Centre, IHA	Clinic Hours: 10am - 4pm	250.868.2230 455 Leon Ave

Produced By:

KCR Community Resources - Community Services
620 Leon Ave, Kelowna, BC V1Y 9T2
250.763.8008 ext. 221

WHERE CAN I FIND SOME CLOTHES, SHOES OR A COAT?

BCSPCA Thrift Store - Rutland Location	Mon-Sat, 10am - 5pm	778.753.6363 160 Dougall Rd N
Mission Thrift Store	Mon-Fri, 9:30am - 5pm * Sat, 10am - 4pm	250.860.4791 121-1889 Springfield Rd
First United Church	Wed-Fri, 10am - 3pm, Sep-May	250.762.3311 721 Bernard Ave
IODE Thrift Shop	Mon-Sat, 12pm - 3pm	778.478.9939 1425 Ellis St
Kelowna & District S.H.A.R.E. Society	Mon-Sat, 9:30am - 4:30pm	250.763.8117 581 Gaston Ave
Pro-Life Thrift Shop	Wed-Sat, 10am - 4pm	250.762.9266 1159 Sutherland Ave
Kelowna Women's Shelter	Mon-Sat, 10am - 4:30pm	250.762.8561 6-368 Industrial Ave
Kelowna's Gospel Mission, Helping Hands Thrift Store	Mon-Sat, 10am - 5pm	250.862.2404 125 Roxby Rd
Mennonite Central Committee	Mon-Sat, 9:30am - 5pm	250.765.7838 155 Rutland Rd S
Rutland Hospital Auxiliary	Mon-Sat, 9am - 4pm	250.765.2859 140 Dougall Rd N
The Salvation Army, Rutland Location	Mon-Wed, 9am - 6pm * Thu-Fri, 9am - 8pm * Sat, 9am - 5pm * Sun, closed	250.765.3450 200 Rutland Rd S
The Salvation Army, Kelowna Location	Mon-Sat, 10am - 5pm	778.478.7250 103-1511 Sutherland Ave

WHERE CAN I FIND A PUBLIC TOILET OR A NEEDLE DROP BOX LOCATION?

Ben Lee Skate Park 900 Houghton Rd <i>[Mar 15-Oct 31]</i>	T	Rails with Trails (end of Leckie Pl by tracks) Leckie Pl Location	T	Recreation Ave Park (by Curling Club) 552 Gaston Ave	N
Central Green (adjacent to Boston Pizza) 545 Harvey Ave	N	Martin Avenue Park 1434 Graham St <i>[Apr 15-Sep 30]</i>	T	Richmond Park 1625 Richmond St	N
City Hall 1435 Water St	T	Memorial Arena 1425 Ellis St	N	Rowcliffe Dog Park 536 Rowcliffe Ave	T
City Park Rose Garden 1600 Abbott St	N	Millbridge Park (under wooden bridge) 1900 Gordon Dr	N	Rutland Lion's Park 205 Gray Rd <i>[Apr 15-Oct 31]</i>	T / N
Cold Sands/Hot Sands Pavillions 1600 Abbott St	T / N	Mohawk Gas Station 1575 Harvey Ave <i>[Apr 15-Sep 30]</i>	N	Rutland Recreation Park 645 Dodd Rd	T
Enterprise Dog Park 2500 Enterprise Way	T	Outreach Urban Health (in alley) 455 Leon Ave	N	Strathcona Park 2290 Abbott St	T
Gerstmar Park 955 Gerstmar Rd	T / N	Parkinson Rec Centre (Tennis courts/Angel Way) <i>[Mar 15-Nov 15]</i>	T / N	Stuart Park (across from City Hall) 1430 Water St	T / N
Hartman Dog Park 1250 Hartman Rd	T	Parkinson Rec Centre (Mill Creek and Overpass area)	N	The Salvation Army (next to Mill Creek) 1480 Sutherland Ave <i>[Apr 15-Sep 30]</i>	T
Kasugai Garden Park 1435 Water St	T	Parkinson Rec Centre (by Cricket Club) Harvey Ave <i>[Apr 15-Oct 31]</i>	T	Waterfront Park 1200 Water St <i>[Oct 15-Mar 31]</i>	T / N
Living Positive Resources 168 Asher Rd	N	Rails with Trails (along Clement Ave) High Rd Location	T	LEGEND	
Lombardy Park (by playground) 1320 Wilson Ave <i>[Apr 1-Oct 31]</i>	N			Porta-potty/public washroom locations . . .	T
				Needle drop box locations	N

Compiled by Community Services, a program of KCR Community Resources.

For the current edition, see www.kcr.ca/publications.

Please phone each organization in the Guide for dates, times and additional information before visiting the location.

This Guide is NOT a full list of all services available.

WHERE CAN I CALL FOR HELP?

Kelowna's Gospel Mission, Showers, Haircuts and Laundry,	Showers: Men, women and families: 10am - 11:45am and 3:30am - 4:45pm * first come, first served Laundry: Please come to the Mission and make an appointment Drop-in Barber: Tue and Thu * please call for hours	250.763.3737 251 Leon Ave
Downtown On Call, Downtown Kelowna Association	Patrol, escort and emergency services	250.470.9058
Elizabeth Fry Society	Domestic violence and sexual assault services	250.763.4613
H.O.P.E. Outreach	Report a bad date * 24 hours	250.864.0399
RCMP Victim Services	Emotional support, practical assistance, and services for victims of crime	250.470.6242
Sexual Assault Response Team (SART)	Medical care and emotional support for victims of sexual assault	250.862.4000
Crisis Line	24/7 telephone crisis intervention service	1.888.353.2273
Community Information Centre	Provides information on community resources	250.763.8008 ext.125
Employment and Income Assistance	Mon-Fri, 9am - 4pm * telephone services available during lunch period	1.866.866.0800 1640 Dilworth Dr
Elizabeth Fry Society	Domestic violence and sexual assault services	250.763.4613 1855 Kirschner Rd, Ste 280
RCMP Victim Services	Provides emotional support, practical assistance, and services to victims of crime or tragedy who may or may not have reported the crime	250.470.6242 350 Doyle Ave
VictimLink BC	24/7 immediate crisis support to victims of family and sexual violence, all crimes	1.800.563.0808

WHERE CAN I GET MEDICAL ATTENTION?

HealthLinkBC	To speak with a registered nurse, dietitian or pharmacist * 1.604.215.8110 (for web-based phone services like Skype)	8-1-1
John Howard Society	Services and programs for offenders, ex-offenders, those in conflict with the law and their families	250.763.1331 1440 St. Paul St
Kelowna LGBTQI Resources, Okanagan Pride Society	Lesbian, Gay, Bisexual, Transgendered and Queer resources	250.860.8555
Senior Gay Men in Kelowna Group	Resources and friendship for senior gay men	Facebook page
Living Positive Resource Centre	Provides services to those experiencing issues related to housing, income, nutrition, and access to health services including addictions and mental health services	778.753.5830 168 Asher Rd
Kelowna General Hospital, Interior Health	Provides high-level, specialty medical care	250.862.4000 2268 Pandosy St
Kelowna's Gospel Mission, Dental Clinic	Provides restorative dental care to homeless, at risk of being homeless and those with low-income * expect to be on wait-list * assessment and proof of income required	1.800.789.0680 259B Leon Ave
Options for Sexual Health Kelowna	Offers support about sex, sexuality, safer sex supplies * counselling * women's health screening including PAP, pregnancy, STI testing, and emergency contraception * birth control at reduced rates	1.800.739.7367 102 Aurora Cres

WHERE CAN I GET HELP WITH MENTAL HEALTH EMERGENCIES?

Outreach Urban Health Centre, Interior Health	Clinic Hours: 10am - 4pm Provides primary health care services that include medical care, wound care and blood borne infection care, podiatry, harm reduction, addiction support, social work support, MSD support, and dental, psychiatric, and addiction referrals * Clinicians include: Physicians, Nurse Practitioners, RN's, Addiction Counselors, and Social Workers	250.868.2230 455 Leon Ave
Lakeland Medical Clinic	1715 Ellis St	778.478.0277
Medi-Kel Family Practice & Walk-in Clinic	2280 Baron Rd (located inside Superstore)	250.862.4996