

## KIMBERLEY COMMUNITY RESOURCES

Organization	Description of Services	Phone	Web Address	Hours of Operation	24/7	Community Supports	Sexualized Violence Support	Wellness and Self Care Support	Campus Support Services	Food and Housing Support
<b>Alcohol &amp; Drug Information and Referral Service (ADIRS)</b>	Provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs). Referral to community substance use treatment services is available for all ages. Information available from ADIRS includes prevention resources, support groups, and addiction related topics such as fetal alcohol syndrome.	1-800-663-1441	<a href="http://healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service">healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service</a>	Phone line available 24/7 Texting available 7 days a week: 08:00 - 23:00	✓			✓		
<b>ANKORS</b>	Support for those with concerns including: HIV/AIDS and/or Hep C (HCV), sexual orientation and identity, needle exchange and condom distribution	250-426-3383	<a href="http://ankors.bc.ca/contact-2/">ankors.bc.ca/contact-2/</a>	Monday - Friday Drop-in 9:00am to 4:00 pm			✓	✓		
<b>Anxiety BC</b>	Tools and resources available to assist with managing anxiety. Video and audio resources available. Step-by-step guides related to anxiety management.	604-620-0744	<a href="http://anxietycanada.com">anxietycanada.com</a>					✓	✓	
<b>Associates Medical Clinic</b>		250-426-4231		Monday - Friday 8:30am - 5:00pm				✓		
<b>AXIS Family Resources</b>	A variety of Youth Services including counselling, residential and school support	250-489-4074 Kimberley: 250-427-2449 24/7 Emergency Service: 877-392-1003	<a href="http://axis.bc.ca">axis.bc.ca</a>	Monday - Friday 8:30 am to 4:30 pm	✓	✓	✓	✓		

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<b>BC NurseLine</b>	Provides confidential health information and advice. Specially trained nurses answer questions about health topics and procedures, identify symptoms, and help you decide when to see a health professional. Pharmacists are available to answer your questions about medications.	1-866-215-4700 Deaf and hearing impaired 1-866-889-4700 or 8-1-1	<a href="http://healthlinkbc.ca/more/about-healthlink-bc/about-8-1-1">healthlinkbc.ca/more/about-healthlink-bc/about-8-1-1</a>	24/7	✓		✓	✓		
<b>Bounce Back</b>	Bounce Back ® Online is a self-help program based on Cognitive Behavioural Therapy principles. The online program helps with issues relating to depression, stress and anxiety. The modules are self-paced and easily accessible.		<a href="http://bouncebackonline.ca">bouncebackonline.ca</a>	Monday - Friday 9:00am - 5:00pm				✓	✓	
<b>Canadian Adaptive Network</b>	Focused on helping build a more inclusive community for people with disabilities.		<a href="http://canadianadaptive.network">canadianadaptive.network</a>			✓				
<b>Canadian Mental Health Association Kootenays Branch</b>	Confidential clinical services by mental health professionals to adults of all ages. Services include: crisis intervention, individual and group counselling	250-426-5222	<a href="http://kootenays.cmha.bc.ca/about-cmha/contact-us">kootenays.cmha.bc.ca/about-cmha/contact-us</a>	Monday - Friday 9:00am - 5:00pm				✓		
<b>Canadian Mental Health Association Transitional Housing for Women and Children</b>	Emergency Shelter information - Serving all Regions	1-800-200-3003	<a href="http://kootenays.cmha.bc.ca/programs-services/transitional-housing-for-women-and-children">kootenays.cmha.bc.ca/programs-services/transitional-housing-for-women-and-children</a>	24/7	✓	✓	✓	✓		✓
<b>Child and Youth Mental Health (under 19 years of age)</b>	Wide range of community-based specialized mental health services to children, youth and their families	250-426-1514	<a href="http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics">www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics</a>	Mon-Tue-Wed 9:30am - 12:00pm			✓	✓		

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CMHA Discovery College	An online facilitated course to help manage stress and anxiety related to COVID-19.	250-861-3644	<a href="https://discoverycollegekelowna.com/coping-with-current-events-managing-anxiety-and-stress">discoverycollegekelowna.com/coping-with-current-events-managing-anxiety-and-stress</a>					✓	✓	
College of the Rockies Counselling and Wellness Services	Personal counselling is a free service provided to our students.	250-489-8243	<a href="mailto:studentservices@cotr.bc.ca">studentservices@cotr.bc.ca</a>	Monday - Friday 8:30 am to 4:30 pm				✓	✓	
Community Based Victim Services	Offers specialized support to individuals who have experienced intimate partner violence, sexualized assault/abuse, criminal harassment/stalking, or witnessed sexualized or family violence. CBVS provides access to information, reporting options, referrals, court support and accompaniment, and practical assistance in navigating the criminal justice system. RCMP involvement is not a requirement of this program. No age or gender restrictions for access to this program.	250-489-3114	<a href="https://google.ca/search?q=community+based+victim+services+cranbrook+and+kimberley">google.ca/search?q=community+based+victim+services+cranbrook+and+kimberley</a>	Monday - Friday 10:00am - 2:00pm	✓	✓	✓	✓		
Community Connections Society	Connection hub for local resources	250-426-2976 ext 1	<a href="https://ccscranbrook.ca">ccscranbrook.ca</a>	Food Bank Hours Tuesday and Thursday 9:00am - 4:00pm		✓		✓		
Cranbrook Food Bank	Food Bank	250-426-7664	<a href="https://cranbrookfoodbank.ca">cranbrookfoodbank.ca</a>	Mon-Wed-Fri 9:00am - 2:00pm Tue 9:00am - 12:00pm		✓				✓

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<b>Cranbrook Urgent and Primary Care Centre - Medical Walk-in Clinic</b>	Team-based care for non-emergency health concerns to individuals in Cranbrook that require same day attention. Care is available for concerns such as: Minor injuries Sprains and strains Infections Less serious child illness and injury High fever Cuts, wounds or skin conditions	250-420-2323	<a href="http://interiorhealth.ca/locations/cranbrook-urgent-and-primary-care-centre-upcc">interiorhealth.ca/locations/cranbrook-urgent-and-primary-care-centre-upcc</a>	Monday - Friday: 9 a.m. to 7 p.m. Statutory holidays: 10 a.m. to 7 p.m.				✓		
<b>Cranbrook Women's Resource Centre</b>	The Women's Resource Centre provides advocacy, lay counselling, information and referrals. The Women's Centre works to improve the status of women and their families through direct service provision and by advocating for social and systemic change.	250-426-2912	<a href="http://cwrc.ccscranbrook.ca">cwrc.ccscranbrook.ca</a>	Monday - Thursday 9:00 am to 4:00 pm		✓		✓		
<b>Crisis Centre First Nations Health Authority</b>	This website gives links to other resources.		<a href="http://crisiscentre.bc.ca/fnha">crisiscentre.bc.ca/fnha</a>			✓				
<b>Crisis Line Interior Crisis Line Network East Kootenay Crisis Line</b>	Emotional Support for people who are experiencing any type of crisis or who are in emotional distress	1-888-353-2273	<a href="http://kootenays.cmha.bc.ca/programs-services/crisis-line">kootenays.cmha.bc.ca/programs-services/crisis-line</a>	24/7	✓		✓	✓		
<b>Crisis Services Canada The Canada Suicide Prevention Service</b>		1-800-784-2433	<a href="http://kootenays.cmha.bc.ca/programs-services/crisis-line">kootenays.cmha.bc.ca/programs-services/crisis-line</a>	24/7	✓					
<b>East Kootenay Addiction Services Society</b>	We provides free counselling services to youth, adults, couples and families dealing with their own or someone else's substance use problem.	250-489-4344 1-877-489-4344	<a href="http://www.ekass.com">www.ekass.com</a>	Monday - Friday 8:30am to 4:30pm Closed 12:00pm to 1:00pm Closed all Stat holidays		✓		✓		

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<b>East Kootenay Addiction Services Society</b>	We provides free counselling services to youth, adults, couples and families dealing with their own or someone else's substance use problem.	Tuesdays only: 250-427-2449 Contact Cranbrook for other days 1-877-489-4344	<a href="http://www.ekass.com">www.ekass.com</a>	Tuesdays 8:30am to 4:30pm Closed 12:00pm to 1:00pm Closed all Stat holidays		✓		✓		
<b>East Kootenay Regional Hospital</b>	24/7 Hospital	250-426-5281 1-866-288-8082	<a href="http://interiorhealth.ca/locations/east-kootenay-regional-hospital">interiorhealth.ca/locations/east-kootenay-regional-hospital</a>		✓		✓			
<b>Elk Valley Critical Incident Response Team</b>	The team has been called out at all hours for a large variety of incidents over its existence: including the aftermath of avalanches, mining incidents, vehicle crashes, suicides, helicopter crashes, drownings, and traumatic events involving clerks and social services personnel. The team primarily functions in the Elk Valley but has been called out to Fairmont, Kimberley, and Cranbrook.	250-423-4226 (Ferne Fire/Rescue)	evcirt.org	24/7		✓		✓		
<b>Employee and Family Assistance Program</b>	support for IAMAW Union members and their families experiencing personal problems by referring them to appropriate professional resources in their community. Your health and well-being is our goal EFAP offers referrals to community resources and/or approved counsellors for a wide range of personal challenges	1-844-880-9142	<a href="http://lifeworks.com/en/efap-employee-family-assistance-program">lifeworks.com/en/efap-employee-family-assistance-program</a>			✓	✓	✓	✓	
<b>Empower Me (Student Care)</b>	<i>Solution-focused counselling services available for students on health plan. Support over phone provided. 24/7 support. Ask for support in preferred language.</i>	1-844-741-6389	<a href="http://studentcare.ca">studentcare.ca</a>					✓	✓	
<b>Fisher Peak Family Practice</b>	Medical Clinic	1-778-517-3701	<a href="http://fisherpeakfamilypractice.ca">fisherpeakfamilypractice.ca</a>					✓		

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<b>FW Green Clinic</b>	Medical Clinic	778-517-8208	<a href="http://fwgreenclinic.com">fwgreenclinic.com</a>					✓		
<b>HealthLink BC 8-1-1</b>	8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. The 8-1-1 phone line is operated by HealthLink BC, which is part of the Ministry of Health. By calling 8-1-1, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.	811	<a href="http://healthlinkbc.ca">healthlinkbc.ca</a>	24/7		✓		✓		
<b>Healthy Caring Meals</b>	Healthy Kimberley works to help make healthy choices easier and more accessible for everyone in Kimberley.		<a href="http://healthykimberley.com">healthykimberley.com</a>	Fridays 11:30am - 12:30		✓				✓
<b>Here to Help - BC Partners for Mental Health &amp; Substance Use Information</b> <b>310 Mental Health Support</b>	We are a group of seven leading mental health and substance use non-profit agencies. Since 2003, we've been working together to help people live well and better prevent and manage mental health and substance use problems.	310-6789 (no area code required if calling from BC) or 1-800-661-2121	<a href="http://heretohelp.bc.ca">heretohelp.bc.ca</a>	24/7		✓		✓	✓	

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<b>Here2Talk</b>	The Ministry of Advanced Education, Skills and Training has launched Here2Talk, a free single-session service available by app, phone, or online chat 24 hours a day, seven days a week. Chat sessions with a trained counsellor can be accessed by downloading the Here2Talk app	1-877-857-3397 1-604-642-5212	<a href="http://here2talk.ca/main">here2talk.ca/main</a>	24/7	✓			✓	✓	
<b>Homeless Outreach Program</b>	Housing Supports and Resources	778-517-5355		Monday - Thursday 9:00 am to 4:00 pm		✓				✓
<b>Indian Residential School Survivors Society Indigenous Crisis Support</b>	The Indian Residential School Survivor Society (IRSSS) strive to provide physical, emotional, intellectual, spiritual growth, development, and healing through culturally-based values and guiding principles for survivors, Families, and Communities.	1-800-721-0066	<a href="http://irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line">irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line</a>	24/7	✓	✓		✓		
<b>Keep.meSAFE (by guard.me)</b>	Support program for international students that provides linguistically and culturally matched counselling resource. 24/7 support.	1-844-451-9700	<a href="http://guard.me/keepmesafe.php">guard.me/keepmesafe.php</a>	24/7	✓		✓	✓		
<b>Kelty's Key</b>	Kelty's Key offers customized online courses developed by clinical experts in Cognitive Behavioural Therapy.		<a href="http://keltyskey.com/">keltyskey.com/</a>					✓	✓	
<b>Kids Help Phone</b>	Kids Help Phone's e-mental health services are available 24/7 across Canada. This means that we are here for kids, teens and young adults from coast to coast to coast.	1-800-668-6868 TEXT 686868	<a href="http://kidshelpphone.ca">kidshelpphone.ca</a>	24/7	✓	✓				
<b>Kimberley Helping Hands Food Bank</b>	Food Bank - Kimberley	250-427-5522	<a href="https://facebook.com/Kimberley-Helping-Hands-Food-Bank-Society-981564448559992/">facebook.com/Kimberley-Helping-Hands-Food-Bank-Society-981564448559992/</a>	Mon-Wed-Fri 10:00am - 3:00pm		✓				✓

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<b>Kimberley Medical Centre</b>	Medical Centre	250-427-4861	<a href="http://pathwaysmedicalcare.ca/clinic/kimberley-medical-clinic">pathwaysmedicalcare.ca/clinic/kimberley-medical-clinic</a>	Monday - Friday 8:00am - 5:00pm				✓		
<b>Kootenay Haven Transition House</b>	Kootenay Haven, under the direction of the Canadian Mental Health Association for the Kootenays, provides services to women and their children who are experiencing an abusive relationship.	250-426-4887 1-800-200-3003	<a href="http://kootenays.cmha.bc.ca/programs-services/transitional-housing-for-women-and-children">kootenays.cmha.bc.ca/programs-services/transitional-housing-for-women-and-children</a>	24/7	✓	✓	✓	✓		✓
<b>Legal Aid</b>	Community Partner provides connection to legal aid	250-464-0625 1-866-577-2525	<a href="http://legalaid.bc.ca/legal_aid/legalAidLocations">legalaid.bc.ca/legal_aid/legalAidLocations</a>	Thursdays : 1:30pm to 4:00pm Fridays: 8:30 am to 12:30 pm		✓				
<b>Mind Shift</b>	Anxiety App		<a href="http://anxietycanada.com/resources/mindshift-cbt">anxietycanada.com/resources/mindshift-cbt</a>					✓	✓	
<b>National Eating Disorder Information Centre (Nedic)</b>	NEDIC provides information, resources, referrals and support to Canadians affected by eating disorders.	866-633-4220	<a href="http://nedic.ca">nedic.ca</a>	Mon-Thu 7:00am - 7:00pm Fri 7:00am - 3:00pm				✓		
<b>Options for Sexual Health</b>	Clinic offers STI testing and treatment and referrals for HIV testing. Also offers birth control, PAP testing, emergency contraception, pregnancy counselling and free condoms	250-426-3995 1-800-739-7367	<a href="http://optionsforsexualhealth.org/clinic/cranbrook-opt-clinic">optionsforsexualhealth.org/clinic/cranbrook-opt-clinic</a>	By appointment only Wednesday: 6:00 pm to 8:00 pm		✓	✓	✓		
<b>Poison Control BC Drug and Poison Information Centre</b>	If you suspect someone has been poisoned by a medicine, chemical or other substance, call the Poison Control Centre.  If someone is unconscious, having a seizure, difficulty breathing or chest pain, immediately call 9-1-1.	1-800-567-8911 604-682-5050	<a href="http://dpic.org">dpic.org</a>	24/7	✓			✓		
<b>Psychology Tools</b>	Free resource for living with worry and anxiety amidst global uncertainty.		<a href="http://psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty">psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty</a>	24/7	✓			✓		



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<b>RCMP Victim Services</b>	From a call for help, to the investigation of a crime, to an offer of a referral, police work in close partnership with victim services organizations to ensure victims of crime receive the support they need without delay.	250-427-4811 or 911	<a href="http://policevictimservices.bc.ca">policevictimservices.bc.ca</a>		✓	✓		✓		
<b>Roadmap to Resilience</b>	Free accessible book on how to cope with ongoing adversity and loss.		<a href="http://roadmaptoresilience.worpress.com">roadmaptoresilience.worpress.com</a>					✓	✓	
<b>Rocky Mountain Metis Association</b>		250-489-8960	<a href="http://cranbrookmetis.com">cranbrookmetis.com</a>					✓		
<b>Safe Homes with after hours staffing</b>	We have a secure facility for you and any children that may be in your care.	250-402-0068 250-426-6856	<a href="http://bchousing.org/housing-assistance/women-fleeing-violence/womens-transition-housing-supports">bchousing.org/housing-assistance/women-fleeing-violence/womens-transition-housing-supports</a>	24/7	✓	✓				✓
<b>Salvation Army</b>	We exist to support individuals and families in our community who are struggling with poverty, addictions, mental illness, hunger, and housing.	250-426-3612	<a href="http://kootenayvalleysa.ca">kootenayvalleysa.ca</a>	Lunch Mon-Tue-Thu-Fri 11:30am - 12:30pm  Supper Wed 5:30pm		✓				✓

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<b>Stopping the Violence Counselling Summit Community Services Society</b>	Stopping the Violence Counselling (STV) is available to self-identified women who have experienced trauma resulting from intimate partner violence, sexualized assault/abuse, and/or childhood abuse. STV counselling is rooted in a feminist and trauma informed perspective. Individual and group counselling options are available. We work to meet women where they are at, using a strengths based, survivor led approach. You must be 19 or older to access this service.	250-489-3114 ext. 228 Crisis Line 1-800-667-8407	<a href="http://summitfamily.ca">summitfamily.ca</a>	Phone for appointment		✓	✓	✓		
<b>Street Angels</b>	Provides a safe environment, hot dinners, computer access, medical services, employment services, warm clothing/bedding and support systems.	250-420-2756	<a href="http://ktunaxa.org/who-we-are/operation-street-angel">ktunaxa.org/who-we-are/operation-street-angel</a>	Monday - Friday 9:00am - 5:00pm  Meals Mon, Tues, Thur, and Fri 4:00pm	✓	✓				✓
<b>Suicide Hotline Crisis Centre</b>	Barrier-free non-judgmental, confidential support through 24/7 phone lines and online services.	1-800-784-2433  1-866-661-3311	<a href="http://crisiscentre.bc.ca">crisiscentre.bc.ca</a>  <a href="https://youthinbc.com">https://youthinbc.com</a> (for youth)  <a href="https://crisiscentrechat.ca">https://crisiscentrechat.ca</a>	24/7	✓		✓	✓		
<b>Summit Community Services Society</b>	Summit Community Services Society is dedicated to promoting community well being by providing a continuum of quality, accessible, client-centred support and intervention services in a respectful manner. Serving the BC Interior.	250-489-3114	<a href="http://summitfamily.ca">summitfamily.ca</a>	Our door is open Monday - Thursday: 10-2pm for Information Monday - Friday: 8:30-4:30 By appointment only		✓	✓	✓		✓

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<b>Tamarack Medical Clinic</b>	Medical Clinic Cranbrook	250-426-7724	<a href="http://tamarackmedicalgroup.com">tamarackmedicalgroup.com</a>	Monday - Friday 9:00am - 5:00pm				✓		
<b>The Ktunaxa/Kinbasket Child and Family Services (KKCFS)</b>	Family support and child protection services. Provides trauma counselling in the Cranbrook, Creston, Invermere and Kimberely area.	250-489-4563 EMERGENCY: 250-310-1234	<a href="http://kkcfss.org">kkcfss.org</a>	Monday to Friday 8:30 am to 4:30 pm	✓	✓	✓	✓		
<b>Travelodge Shelter</b>	Emergency Shelter			Daily 6:00 pm to 9:00 pm		✓				✓
<b>Tsow-Tun Le Lum Society Substance Abuse and Trauma Treatment Centre Indigenous Crisis Support</b>		1-888-403-3123	<a href="http://tsowtunlelum.org">tsowtunlelum.org</a>	Monday - Friday 8:00am - 8:00pm Weekends 10:00am - 2:00pm		✓		✓		
<b>Urgent Response-at hospital after hours / Outreach and assessment services for people with mental health issues</b>		250-919-1725 ext 6325		Monday-Friday 1:00pm to 8:00pm Sat & Sun 8:30am to 4:30pm	✓	✓	✓	✓		
<b>VICTIMLINK</b>	Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.	Call or text: 1-800-563-0808 TTY: 604-875-0885 Email: victimlinkbc@bc211.ca	<a href="http://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc">www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc</a>	24/7	✓		✓	✓		