

CRANBROOK 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
9-8-8	Suicide Crisis Helpline Call or text 988	988	988.ca	24/7	✓					
Academic Communication Equity-British Columbia (ACE-BC)	Funded by the BC Ministry of Post-Secondary Education and Future Skills, ACE-BC provides province-wide services to support equitable access for students who are Deaf, hard of hearing and DeafBlind		ace-bc.ca/students/						✓	
ANKORS	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	ankors.bc.ca	Monday - Friday Drop-in 9:00am to 4:00 pm		✓	✓	✓		
Assistive Technology BC	Assistive Technology BC (ATBC) provides assistive technology resources to make learning environments usable for people with disabilities throughout British Columbia.	General Inquiries: 1-604-264-8292	at-bc.ca						✓	
AXIS Family Resources	Providing services for children, youth, adults with challenging issues for over 25 years.	250-489-4074 24/7 Emergency Service: 877-392-1003	axis.bc.ca	Monday - Friday 8:30am to 4:30pm	✓	✓	✓	✓		
Bounce Back	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.		bouncebackonline.ca	Monday - Friday 9:00am - 5:00pm				✓		
CAPER - Centre for Accessible Post-secondary Education Resources in BC	CAPER-BC provides accessible learning and teaching materials to students and instructors that cannot use conventional print because of disabilities.	1-855-729-2457	caperbc.ca	Monday - Friday 8:30am - 4:30pm (PT)					✓	
Community Connections Society	Connection hub for local resources.	250-426-2976 ext 1	ccscranbrook.ca	Monday - Thursday 9:00am - 4:00pm (closed for lunch 12-1pm) Friday 9:00am - 12:00pm		✓		✓		
Cranbrook Food Bank	Food Bank	250-426-7664	cranbrookfoodbank.ca	Mon-Wed-Fri 9:30am - 12:30pm closed all stat holidays		✓				✓

Cranbrook Urgent and Primary Care Centre: Medical Walk-in Clinic	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	interiorhealth.ca/locations/cranbrook-urgent-and-primary-care-centre-upcc	Monday - Friday 9:00am - 7:00pm Statutory holidays 10:00 am to 7:00pm				✓		✓		
Cranbrook Women's Resource Centre	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	cwrc.ccs Cranbrook.ca	Monday - Thursday 9:00 am to 4:00 pm				✓		✓		
East Kootenay Addiction Services Society	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	www.ekass.com	Monday - Friday 8:30am to 4:30pm Closed 12:00pm to 1:00pm Closed all Stat holidays				✓		✓		
East Kootenay Regional Hospital Cranbrook	24/7 Hospital	250-426-5281 1-866-288-8082	interiorhealth.ca/locations/east-kootenay-regional-hospital		✓				✓	✓		
East Kootenay Regional Hospital - After Hours Urgent Response for Mental Health Issues	Outreach and assessment services for people with mental health issues.	250-919-1725 ext 6325		Days vary dependant on staffing. 2:00pm to 10:00pm				✓		✓		
First Nations BC Justice Council	Help for Indigenous people and families with family law and criminal matters.	1-778-940-1520	bcfnjc.com/					✓				
First Nations Health Authority Circle of Care: KUU-US First Nations and Aboriginal Crisis Line Support	This is a First Nations and Aboriginal crisis line by and for First Nations and Aboriginal peoples that services the whole of British Columbia.	1-800-588-8717	https://www.fnha.ca/wellness/sharing-our-stories/circle-of-care-kuu-us-first-nations-and-aboriginal-crisis-line-support-available-24-hrs-1-800-588-8717	24/7				✓		✓		
HealthLink BC These and other programs are available: •8-1-1 •Alcohol & Drug Information and Referral Service (ADIRS)	•8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. •ADIRS provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue.	•811 •ADIRS - 1-800-663-1441	healthlinkbc.ca	24/7				✓		✓		
Here to Help - BC Partners for Mental Health & Substance Use Information 310 Mental Health Support	We're here to help you find quality information, learn new skills, and connect with key resources in BC. Explore strategies to help you take care of your mental health and use substances in healthier ways, find the information you need to manage mental health and substance use problems, and learn how you can support a loved one.		heretohelp.bc.ca	24/7				✓		✓		

Kelty's Key	Kelty's Key offers customized online courses developed by clinical experts in Cognitive Behavioural Therapy.		keltyskey.com/					✓		
KUU-US Crisis Line Society Indigenous Crisis Support	The KUU-US Crisis Line Society is a non-profit registered charity that provides 24 hour crisis services through education, prevention and intervention programs.	KUU-US Crisis Line 1-800-588-8717	www.kuu-uscrisisline.com	24/7		✓	✓	✓		
Legal Aid	Community Partner provides connection to legal aid.	250-464-0625 1-866-577-2525	legalaid.bc.ca/legal_aid/legalAidLocations	Mon-Tue-Thu-Fri 9:00am - 4:00pm Wed 9:00am - 2:30pm			✓			
Mind Shift	Anxiety App		anxietycanada.com/resources/mindshift-cbt					✓		
National Eating Disorder Information Centre (Nedic)	NEDIC provides information, resources, referrals and support to Canadians affected by eating disorders.	866-633-4220	nedic.ca/	Monday -Thursday 9:00am - 9:00pm Friday 9:00am - 5:00pm Saturday & Sunday 12:00pm - 5:00pm				✓		
Native Courtworker Services	The Native Courtworker program is here to help ensure you understand the criminal justice process, at the earliest possible stage. As well as obtain fair, just equitable & culturally sensitive treatment before the courts.	1-877-811-1190	nccabc.ca/				✓			
Options for Sexual Health	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	optionsforsexualhealth.org/clinic/cranbrook-opt-clinic	By appointment only Wednesday: 6:00pm to 8:00pm			✓	✓	✓	
Psychology Tools	Free resource library for psychological health.		psychologytools.com	24/7				✓		
RCMP Victim Services	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.	250-417-4225 or 911	policevictimservices.bc.ca	24/7		✓	✓			
Roadmap to Resilience	Free accessible book on how to cope with ongoing adversity and loss.		roadmaptoresilience.wordpress.com					✓	✓	
Rocky Mountain Metis Association		250-489-8960	cranbrookmetis.com	Monday-Friday 9:00am - 4:00pm			✓			
Saint Aiden's Church Breakfast Program	Free Breakfast	250-420-1582	saintaidan.ca	Mondays 7:00am - 9:30am first two Wednesdays 7:00am - 9:30am			✓			✓
Salvation Army	We exist to support individuals and families in our community who are struggling with poverty, addictions, mental illness, hunger, and housing.	250-426-3612	kootenayvalleysa.ca	Lunch Mon-Tue-Thu-Fri 11:30am - 12:30pm Supper Wed 5:30pm			✓			✓

Street Angels	Provides a safe environment, hot dinners, computer access, medical services, employment services, warm clothing/bedding and support systems.	250-420-2756	ktunaxa.org/who-we-are/operation-street-angel	Monday - Friday 9:00am - 5:00pm Meals Mon, Tues, Thur, and Fri 4:00pm	✓	✓				✓
Travelodge Shelter	Emergency Shelter	1-250-426-7236		Daily 6:00pm to 9:00pm	✓	✓				✓
Tsow-Tun Le Lum Society Substance Abuse and Trauma Treatment Centre Indigenous Crisis Support		1-888-403-3123	tsowtunlelum.org	Monday - Friday 8:00am - 8:00pm Weekends 10:00am - 2:00pm		✓		✓		