

CRESTON 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/						✓	
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						✓	
Blossom and Bud Childcare	Daycare	250-402-3786	blossomandbud.ca			✓				
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)					✓	
Creston Valley Gleaners Society Food Bank	The mission of the Creston Valley Gleaners is to lend a hand where most needed and to treat with dignity and caring individuals in our community who are less fortunate.	Main Building: 250-428-4166 Food Bank: 250-428-4107	crestonvalleygleaners.ca	Tuesday and Thursday 9:00am - 4:00pm		✓				✓
Creston Valley Hospital		250-428-2286	interiorhealth.ca/locations/creston-valley-hospital-health-centre	24/7	✓		✓	✓		
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.	250-428-3036	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		✓		✓	✓		
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		✓			✓		
Irvine House (Safe House)	Shelter from Abuse or Older Women's Safe Home.	24 Hour Crisis Line: 250-428-6856	kootenaimunitycentre.org/safe-home---irvine-house-shelter-from-abuse--older-womens-safe-home.html	24/7		✓	✓				✓
Kelty's Key	Kelty's Key offers customized online courses developed by clinical experts in Cognitive Behavioural Therapy.		keltyskey.com/						✓		
Kootenai Community Centre Society (Safe Home)	KCCS is a non-profit organization and registered charity. We provide various programs and services to women and their families within the Creston Valley and east shore of Kootenay Lake.	Crisis line: 250-428-6856 Kootenai Community Centre: 250-402-0068	kootenaimunitycentre.org	24/7 crisis line Office hours: Monday - Friday 9:00am -4:00pm		✓	✓	✓	✓		✓
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		✓	✓		✓		
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 (CRESTON)	Clinic offers STI testing and treatment and referrals for HIV testing. Also offers birth control, PAP testing, emergency contraception, pregnancy counselling and free condoms.	250-254-7022	optionsforsexualhealth.org/clinic/creston-opt-clinic	Drop in 2nd and 4th Tuesday of each month: 5:00pm - 7:00pm			✓	✓	✓		
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.	250-428-9313 or 911	policevictimservices.bc.ca	Virtual appointments only Monday - Friday 8:30am - 4:30pm	✓	✓				
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		✓				
Summit Medical Clinic	Medical Clinic Creston	250-428-8873	summitmedical.ca/	Monday - Thursday 9:00am - 12:00pm 1:00 pm - 4:00pm Friday 9:00am - 3:00pm				✓		
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		✓		✓		
Valley Community Services	Creston - Valley Community Services Community Services is a non-profit society and registered charitable organization providing social services to Creston and surrounding communities. Services include counselling, early childhood development, early years and seniors programming. The organization was established in 1996.	250-428-5547	valley.services	Monday -Thursday 8:30am - 12:00pm 1:00pm to 4:30pm		✓		✓		