

## 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
9-8-8	<b>Suicide Crisis Helpline</b> Call or text 988	988	<a href="http://988.ca">988.ca</a>	24/7	✓					
<b>Academic Communication Equity-British Columbia (ACE-BC)</b>	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		<a href="http://ace-bc.ca/students/">ace-bc.ca/students/</a>						✓	
<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">ankors.bc.ca</a>	Monday - Friday Drop-in 9:00am to 4:00 pm		✓	✓	✓		
<b>Assistive Technology BC</b>	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	<a href="http://at-bc.ca">at-bc.ca</a>						✓	
<b>AXIS Family Resources</b>	Providing services for children, youth, adults with challenging issues for over 25 years.	250-489-4074  24/7 Emergency Service: 877-392-1003	<a href="http://axis.bc.ca">axis.bc.ca</a>	Monday - Friday 8:30am to 4:30pm	✓	✓	✓	✓		
<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>CAPER - Centre for Accessible Post-secondary Education Resources in BC</b>	CAPER-BC provides accessible learning and teaching materials to students and instructors that cannot use conventional print because of disabilities.	1-855-729-2457	<a href="http://caperbc.ca">caperbc.ca</a>	Monday - Friday 8:30am - 4:30pm (PT)					✓	
<b>Community Connections Society</b>	Connection hub for local resources.	250-426-2976 ext 1	<a href="http://ccscranbrook.ca">ccscranbrook.ca</a>	Monday - Thursday 9:00am - 4:00pm (closed for lunch 12-1pm) Friday 9:00am - 12:00pm		✓		✓		
<b>Cranbrook Food Bank</b>	Food Bank	250-426-7664	<a href="http://cranbrookfoodbank.ca">cranbrookfoodbank.ca</a>	Mon-Wed-Fri 9:30am - 12:30pm closed all stat holidays		✓				✓

<b>Cranbrook Urgent and Primary Care Centre:</b> <b>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 9:00am - 7:00pm Statutory holidays 10:00 am to 7:00pm		✓		✓		
<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.ccs Cranbrook.ca">cwrc.ccs Cranbrook.ca</a>	Monday - Thursday 9:00 am to 4:00 pm		✓		✓		
<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		✓		✓		
<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 Cranbrook</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>East Kootenay Regional Hospital - After Hours Urgent Response for Mental Health Issues</b>	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		✓	✓	✓		
<b>First Nations BC Justice Council</b>	Help for Indigenous people and families with family law and criminal matters.	1-778-940-1520	<a href="http://bcfnjc.com/">bcfnjc.com/</a>			✓				
<b>First Nations Health Authority Circle of Care: KUU-US First Nations and Aboriginal Crisis Line Support</b>	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	<a href="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">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</a>	24/7		✓		✓		
<b>HealthLink BC</b> <b>These and other programs are available:</b>  <b>•8-1-1</b>  <b>•Alcohol &amp; Drug Information and Referral Service (ADIRS)</b>	<b>•8-1-1</b> is a free-of-charge provincial health information and advice phone line available in British Columbia.  <b>•ADIRS</b> provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue.	<b>•811</b>  <b>•ADIRS</b> - 1-800-663-1441	<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 - 12:30pm		✓				✓



<b>Rocky Mountain Metis Association</b>		250-489-8960	<a href="http://cranbrookmetis.com">cranbrookmetis.com</a>	Monday-Friday 9:00am - 4:00pm		✓				
<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		✓				✓
<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>Travelodge Shelter</b>	Emergency Shelter	1-250-426-7236		Daily 6:00pm to 9:00pm	✓	✓				✓
<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		✓		✓		