



# STREET SURVIVAL GUIDE 2019

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

For other resources, call 250.763.8008 ext 221, Monday-Friday, 8:30am-4:30pm

Produced By:  
**KCR Community Resources**  
 620 Leon Avenue, Kelowna BC, V1Y 9T2  
 250.763.8008 ext 221

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WHERE CAN I FIND A PUBLIC TOILET?	WHERE CAN I FIND A NEEDLE DROP BOX?
Ben Lee Skate Park, 901 Houghton Road (Mar 15-Oct 31)	Central Green, 545 Harvey Avenue
City Hall, 1435 Water Street	City Park Rose Garden, 1600 Abbott Street
Enterprise Dog Park, 2500 Enterprise Way	Living Positive Resource Centre, 255 Lawrence Avenue
Cold Sands/Hot Sands Pavillions, 1600 Abbott Street	Cold Sands/Hot Sands Pavillions, 1600 Abbott Street
Gerstmar Park, 955 Gerstmar Road	Gerstmar Park, 955 Gerstmar Road
Parkinson Recreation Centre, 1800 Parkinson Way (Mar 15-Nov 15)	Parkinson Recreation Centre, 1800 Parkinson Way (Mar 15-Nov 15)
Stuart Park, 1430 Water Street	Stuart Park, 1430 Water Street
Waterfront Park, 1200 Water Street (Oct 15-Mar 31)	Waterfront Park, 1200 Water St (Oct 15-Mar 31)
Rutland Lions Park, 205 Gray Road (Apr 15-Oct 31)	Rutland Lions Park, 205 Gray Road (Apr 15-Oct 31)
Hartman Dog Park, 1250 Harman Road	Lombardy Park, 1320 Wilson Avenue (Apr 1-Oct 31)
Kasgai Garden Park, 1435 Water Street	Memorial Arena, 1425 Ellis Street
Rails with Trails - Leckie Place Location	Millbridge Park, 1900 Gordon Drive (under wood bridge)
Martin Avenue Park, 1434 Graham Street (Apr 15-Sept 30)	Mohawk Gas Station, 1575 Harvey Avenue (Apr 15-Sept 30)
Rails with Trails - High Road & Clement Location	Outreach Urban Health (in alley), 455 Leon Avenue
Rowcliffe Dog Park, 536 Rowcliffe Avenue	Recreation Ave Park, 552 Gaston Avenue
Rutland Recreational Park, 645 Dodd Road	Richmond Park, 1625 Richmond Street
Strathcona Park, 2290 Abbott Street	Most Starbucks locations in the downtown area
Salvation Army, 1480 Sutherland Avenue (Apr 15-Sept 30)	

WHERE CAN I GET MEDICAL ATTENTION?		
Health Link BC	To speak with a registered nurse, dietitian, or pharmacist	8.1.1
Gospel Mission Dental	Restorative dental care for homeless and low-income individuals	1.800.789.0680
Living Positive Resource Centre, 255 Lawrence Avenue	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
Kelowna General Hospital, 2268 Pandosy Street	Provides high-level, speciality medical care	250.862.4000
Outreach Urban Health, 455 Leon Avenue	Provides primary health care services including 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	250.868.2230
Options for Sexual Health, #102-285 Aurora Crescent	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 * Book an appointment: Mon-Fri, 9:00am-4:30pm	Talk to a nurse: Mon-Fri, 9:00am-9:00pm 1.800.739.7367
Kelowna Pride Society	LGBT2Q+ resources and advocacy for adults and youth	<a href="mailto:info@kelownapride.com">info@kelownapride.com</a>

## WHERE CAN I SHOWER, GET A HAIRCUT, OR DO LAUNDRY?

Kelowna's Gospel Mission, 251 Leon Avenue	Showers: Men/Women/Families, 10:00am-11:45am & 3:30pm-4:45pm * first come, first served  Laundry: Please come to the Mission and make an appointment Drop-In Barber: Tues/Thurs, call for hours	250.763.3737
Metro Community, 1262 St. Paul Street	Washer/Dryer available for use Mon-Thurs, 8:30am-1:00pm	778.478.9727

## WHERE CAN I FIND A WARM BED?

Cornerstone Shelter, 425 Leon Avenue	Men, women 19+ years and minors with referral from Boys & Girls Club	Andrea: 250.317.9864
Kelowna Women's Shelter	For women fleeing abusive situations	250.763.1040
Men's Hostel - Kelowna's Gospel Mission, 251 Leon Avenue	Registration throughout the day for men 19+ years	250.763.3737
Alexandra Gardner Safe Centre, 2609 Richter Street	Emergency shelter for women, youth, and women with children who are experiencing homelessness	250.763.2262
Women's Emergency Shelter - Kelowna's Gospel Mission	Short-term emergency shelter for women 19+ years * Come to the men's shelter to register	250.862.3733

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

Kelowna's Gospel Mission, 251 Leon Avenue	Men/Women/Families welcome; Breakfast 7:00am-7:30am * Lunch, 12:00pm-1:00pm * Dinner, 5:00pm-6:00pm * Coffee/Snacks, 10:00am-3:30pm	250.763.3737
Ki-Low-Na Friendship, 442 Leon Avenue	Coffee, Mon-Fri, 9:30am-12:30pm * Breakfast, Sat, 8:30am	250.763.4905
Metro Community, 1262 St. Paul Street	Hot Lunches, Mon-Fri, 8:30am-12:00pm * FreeBBQ on Wed, 11:00am-12:30pm	778.478.9727

## WHERE CAN I GET SOME CLOTHES, SHOES OR A COAT?

Mission Thrift Store #121-1889 Springfield Road	Mon-Fri, 9:30am-5pm / Sat, 10:00am-4:00pm	250.860.4791
First United Church, 721 Bernard Avenue	Sept-May, Wed-Fri, 10:00am-3:00pm	250.762.3311
S.H.A.R.E Society, 581 Gaston Avenue	Mon-Sat, 9:30am-4:30pm	250.763.8117
Kelowna Women's Shelter Thrift Store, #6-368 Industrial Avenue	Mon-Sat, 10:00am-4:30pm	250.762.8561
Helping Hands Thrift Store, 125 Roxby Road	Mon-Sat, 10:00am-5:00pm	250.862.2404
Salvation Army-Rutland, 200 Rutland Road N	Mon-Wed, 9:00am-6:00pm / Thur-Fri, 9:00am-8:00pm / Sat, 9:00am-5:00pm	250.765.3450
Salvation Army-Kelowna, #103-1511 Sutherland Avenue	Mon-Sat, 10:00am-5:00pm	778.478.7250

## WHERE CAN I GET GROCERIES?

Central Okanagan Food Bank, 2310 Enterprise Way	Assists individuals and families who are in temporary financial difficulty and are in need of food	250.763.7161
First United Church, 721 Bernard Avenue	Operate a small food cupboard for those in need	250.762.3311
Salvation Army Life Centre, 200 Rutland Road S	Emergency assistance with food & other needs	250.765.3450
Evangel Church - Free Store, 3261 Gordon Drive	Thurs 1:00pm-2:00pm * Free food and clothing to people in need * Call Tues	250.762.0682
Kelowna Christian Centre, Rutland Community Food, 905 Badke Road	Provides food hampers to those in need *please call for additional details on eligibility	250.762.9559
Society of St. Vincent De Paul	Emergency food & help for families * Lower Mission: 250.860.2536 * Rutland: 250.765.0800 * Glenmore: 250.762.2577 * Downtown 250.826.5562	

## WHERE CAN I REPORT A BAD DATE?

<b>Crisis Line</b>	<b>24/7 telephone crisis intervention service</b>	<b>1.888.353.2273</b>
Downtown On Call	Patrol, escort and emergency services	250.470.9058
H.O.P.E Outreach	Report a bad date * 24 hours	250.864.0399
RCMP Victim Services	Emotional support, practical assistance for victims of crime	250.470.6242
Sexual Assault Response Team	Medical & emotional support for victims of sexual assault	250.862.4000
Elizabeth Fry Society, 649 Leon Avenue	Domestic violence and sexual assault services	250.763.4613

<b>Important Phone Numbers:</b>			
<b>If you or someone you know needs help, call one of the numbers below</b>			
City of Kelowna - Bylaw Services	<b>250.469.8686</b>	If you are in an emergency	<b>9.1.1</b>
If you are considering suicide or are concerned about someone who may be	<b>1.800.SUICIDE (1.800.784.2433)</b>	Information and resouces specific to mental health * No area code required	<b>310.6789</b>

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

Alcoholics Anonymous	Call or visit <a href="http://www.bcyukonaa.org">www.bcyukonaa.org</a> for meeting times and locations	250.763.5555
Alcohol and Drug Information and Referral Service	Responds to inquiries on all aspects of alcohol and drug use and misuse. Certified information and referral specialists provide information on, and referral to, a full range of counselling and treatment services across BC. Services are confidential, multilingual, free and available 24/7	1.800.663.1441
		TTY: 1.604.875.0885 Text: 1.604.863.6381
Ki-Low-Na Friendship, Addictions Program, 442 Leon Avenue	Weekly Wellbriety: Wed, 5:00pm-7:00pm  Alcoholics Anonymous: Mon-Fri (except holidays) 9:30am-10:30am	250.763.4905
Karis Support Society, 550 Rowcliffe Ave	Single women, expenctant moms, & moms with babies	250.860.9507
SMART Recovery-Kelowna, #101-1456 St. Paul Street	Non-religious, anonymous, safe and respectful peer support group, Tues, 7:00pm * Held at CNIB Office	250.589.4300
Narcotics Anonymous	Call or visit <a href="http://www.bcrna.ca">www.bcrna.ca</a> for meeting times and locations	1.877.604.7613
Living Positive Resource Centre, 255 Lawrence Avenue	Harm reduction and drug testing services for drug users	778.753.5830
NOW Canada - Essentials Programs, 2970 Tutt Street	4 month life skills program for women, youth, and women with children, that includes safe housing	250.763.3876
Opioid Agonist Treatment Services, 2nd Floor, 505 Doyle Avenue (IH Building)	Treatment for people wanting to reduce or stop using opioids: Mon-Fri, 8:30am-8:00pm / Sat, 8:30am-4:30pm	250.801.2589
Mobile Supervised Consumption Site: Kelowna, Back door of 455 Leon Avenue Rutland, Back door of 155 Park Road	Safe place for people to consume with clinicians available: Daily, 12:30pm-5:30pm & 7:00pm-11:30pm	
Kelowna Mental Health & Substance Use, 2nd Floor, 505 Doyle Avenue (IH Building)	Group and individual counselling services offered Mon-Fri 8:30am-4:30pm	250.469.7070

## WHERE CAN I CALL FOR HELP?

<b>Crisis Line</b>	<b>24/7 telephone crisis intervention service</b>	<b>1.888.353.2273</b>
Downtown On-Call	Patrol, escort and emergency services	250.470.9058
Elizabeth Fry Society	Domestic violence and sexual assault services *649 Leon Ave	250.763.4613
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RCMP Victim Services	Emotional support, practical assistance for victims of crime	250.470.6242
Sexual Assault Response Team	Medical & emotional support for victims of sexual assault	250.862.4000
KCR Community Resources	Provides information on community resources * Community Information Database - <a href="https://kelowna.cioc.ca">https://kelowna.cioc.ca</a>	250.763.8008 ext 221