

STREET SURVIVAL GUIDE 2021

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

Crisis Text Line: Text 'HOME' to 686868

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

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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)	890 Baillie Avenue
City Hall, 1435 Water Street	City Park Rose Garden, 1600 Abbott Street
Enterprise Dog Park, 2500 Enterprise Way	Strathcona Beach Park, 2290 Abbott Street
Cold Sands/Hot Sands Pavillions, 1600 Abbott Street	Maude Roxby Wetlands, 340 Francis Avenue
Gerstmar Park, 955 Gerstmar Road	Roxby Square, 250 Hwy 33 W
Parkinson Rec. Centre, 1800 Parkinson Way (Mar 15-Nov 15)	Parkinson Rec. 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)	Knowles Park, 865 Bernard Avenue
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	Barlee Park, 1890 Barlee Road
Kasugai Garden Park, 1435 Water Street	Memorial Arena, 1425 Ellis Street
Rails with Trails - Leckie Place Location	Osprey Park, 2600 Richter Street
Martin Avenue Park, 1434 Graham Street (Apr 15-Sept 30)	Rutland Centennial Park, 310 Rutland Road N.
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, 1611 Richmond Street
Queensway Bus Loop	Pacific Ct Park, 1961 Pacific Court
Strathcona Park, 2290 Abbott Street	

WHERE CAN I ACCESS DRUG TESTING?

Living Positive Resource Centre, 255 Lawrence Avenue	On-site drug testing available Wednesdays, 2-6pm	778.753.5830
UBCO - UNC Building, Unit 336, 3333 University Way	On-site drug testing available Wednesdays, 10am-1pm	250.864.1431

WHERE CAN I GET MEDICAL ATTENTION? (PLEASE CALL FIRST)

Gospel Mission Dental	Restorative dental care for homeless and low-income individuals	1.800.789.0680
Health Link BC	To speak with a registered nurse, dietitian, or pharmacist	8.1.1
Kelowna Pride Society	LGBT2Q+ resources and advocacy for adults and youth	info@kelownapride.com
Kelowna General Hospital, 2268 Pandosy Street	Provides high-level, speciality medical care	250.862.4000
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
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
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

WHERE CAN I CHARGE MY PHONE?

People's Employment Services	Queensway bus loop, to the right of the big clock
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HOW DO I GET THE COVID-19 VACCINE?

Register by phone: 1.833.838.2323, 7:00am-7:00pm, 7days a week

Important Phone Numbers:

City of Kelowna - Bylaw Services	250.469.8686	If you are in an emergency	9.1.1
If you are considering suicide or are concerned about someone who may be	1.800.SUICIDE (1.800.784.2433)	Information and resources specific to mental health * No area code required	310.6789

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

Kelowna's Gospel Mission, 251 Leon Avenue	Please call for detailed hours	250.763.3737
Hygiene Centre, Metro Community Church, 100-1262 St Paul Street	2 showers available pm. Mon, Wed, Fri 8:30am-2:00pm. Mail addressing service	778.478.2466

WHERE CAN I FIND A WARM BED?

Cornerstone Shelter, 425 Leon Avenue	Men, women, 19+ years	250.317.6678
Kelowna Women's Shelter	For women fleeing abusive situations	250.763.1040
Temporary Shelter - Kelowna's Gospel Mission, 550 Doyle Avenue	40 temporary beds until Sept 30	250.763.3737
Temporary Shelter - Turning Points Collaborative Society, 1083 Richter Street	38 temporary beds. Open until COVID-19 risk subsides.	778.212.1401
Kelowna's Gospel Mission Emergency Shelter, 505 Doyle Avenue	All-hours, year-round for men, women, transgendered individuals	236.420.0899
Alexandra Gardner Safe Centre, 2609 Richter Street	Emergency shelter for women, youth, and women with children who are experiencing homelessness	250.763.2262
Kelowna's Gospel Mission Men's Shelter, 250 Leon Avenue	Registration throughout the day for men 19+ years	250.862.3733
Temporary Bridge Housing Shelter, 1655 Westgate Road, West Kelowna	33 rooms including 3 reserved for COVID-19 isolation	250.241.2330

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

Breakfast:	7:30am - 8:00am, Daily	Overnight sheltering site
Lunch:	12:00pm-12:30pm, Mon-Fri, Rutland Salvation Army	12:00pm-12:30pm, Daily at Queensway Plaza
Dinner:	5:30pm-6:00pm, Daily	Overnight sheltering site
Snacks/Coffee:	10:00am-3:30pm, Daily, Kelowna's Gospel Mission,	All day, Mon-Fri, Ki-Low-Na Friendship Society, 442 Leon Avenue

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

Mission Thrift Store, 120-1889 Springfield Road	Mon-Fri, 12:00pm-5:00pm / Sat, 12:00pm-4:00pm	250.860.4791
First United Church, 721 Bernard Avenue	Tues and Thurs 10:00am-11:00am	250.762.3311
S.H.A.R.E Society, 581 Gaston Avenue	Tues-Sat, 10:30am-3:30pm / Sun 11:30am -3:30pm	250.763.8117
Kelowna Women's Shelter Thrift Store, #6-368 Industrial Avenue	Mon-Sat, 10:00am-4:30pm	250.762.8561
Kelowna Gospel Mission Thrift Store, 125 Roxby Road	Mon-Sat, 10:00am-5:00pm	250.862.2404
Salvation Army-Rutland, 200 Rutland Road S	Mon-Sat, 10:00 am-5:00pm	778.478.7000

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
Evangel Church - Free Store, 3261 Gordon Drive	Please call for free food and clothing to people in need	250.762.0682
First United Church, 721 Bernard Avenue	Operate a small food cupboard for those in need	250.762.3311
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
Kelowna Community Fridge, 1310 Bertram Street	Safe 24/7 access to free food	
Salvation Army Life Centre, 200 Rutland Road S	Emergency assistance with food & other needs	778.478.7000
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	
St. Michaels Food Cupboard, 608 Sutherland Avenue	Every Friday from 10:00am - 11:00 am	250.762.3321

WHERE CAN I CALL FOR HELP?

Crisis Line	24/7 telephone crisis intervention service	1.888.353.2273
Downtown On-Call	Patrol, escort and emergency services	250.470.9058
Elizabeth Fry Society, 649 Leon Avenue	Domestic violence and sexual assault services	250.763.4613
H.O.P.E Outreach	Report a bad date * 24 hour	250.864.0399
PEOPLE'S Connect, Queensway Bus Loop	Community link and information to support services available from 8am-8pm daily	
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
United Against Discrimination	Report a discrimination or racism incident. Community resources for victims and witnesses.	250.763.8008 ext 253
KCR Community Resources	Provides information on community resources. Community Information Database - https://kelowna.cioc.ca	250.763.8008 ext 221

WHERE CAN I FIND SUBSTANCE USE SERVICES?

Alcoholics Anonymous	Call or visit www.bcyukonaa.org 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
Celebrate Recovery Kelowna by Metro Community, 3261 Gordon Drive	Christ-centered 12 steps recovery program. Open Share Groups Fri 7:00pm-9:00pm	778.478.9727
IH Outreach Urban Health Centre, 1649 Pandosy Street	Primary care services, harm reduction supplies and services, mental health and substance use services, OAT. Mon - Sat, 8:00am-4:00pm	250.868.2230
Ki-Low-Na Friendship, Addictions Program, 442 Leon Avenue	Walk in is available based on counsellor's availability. Alcoholics Anonymous: Mon-Fri (except holidays) 9:30am-10:30am	250.763.4905
Kalano Club of Kelowna, Addictions Program, 2108 Vasile Road	Alcoholics Anonymous. Overeaters anonymous. Narcotics Anonymous. Daily in am and pm.	250.762.4999
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
Living Positive Resource Centre, 255 Lawrence Avenue	Harm reduction and drug testing services for drug users	778.753.5830
Mental Health & Substance Use Help Line	Connects anyone in BC to the nearest MHSU centre and staff who can direct them to the right mental health and substance use service.	310-MHSU(6478)
Narcotics Anonymous	Call or visit www.bcna.ca for meeting times and locations	1.877.604.7613
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	250.469.7070 ext.13556
Pop-up Supervised Consumption Site: Kelowna, Back door of 455 Leon Avenue	Safe place for people to consume with clinicians available, Daily, 11:00am - 8:00pm	250.469.7054
SMART Recovery-Kelowna	Non-religious, anonymous, safe and respectful peer support group	250.863.7844
The Bridge Youth and Family Services	Outreach Overdose Prevention Harm Reduction	250.258.4938 250.212.4657
For more resources and where you can get a Naloxone kit, visit www.drugchecking.ca or www.towardtheheart.com/site-finder		

WHERE CAN I REPORT A BAD DATE?

Crisis Line	24/7 telephone crisis intervention service	1.888.353.2273
Downtown On Call	Patrol, escort and emergency services	250.470.9058
Elizabeth Fry Society, 649 Leon Avenue	Domestic violence and sexual assault services	250.763.4613
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