

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 (closed for the season)	Metro Community, 1262 St. Paul Street
City Hall, 1435 Water Street (Mon-Fri)	City Park- Rose Garden & Hot Sands/Cold Sands Pavillions, 1600 Abbott Street
Okanagan Regional Library - Downtown Branch, 1380 Ellis Street	Strathcona Beach Park, 2290 Abbott Street
City Park, Cold Sands/Hot Sands Pavillions, 1600 Abbott Street	Maude Roxby Wetlands/Francis Ave Beach Access, 340 Francis Avenue
Interior Health, 505 Doyle Ave (Mon-Fri)	Roxy Square, 250 Hwy 33 W
Parkinson Rec. Centre, 1800 Parkinson Way	Parkinson Rec Centre, 1700 block Harvey Avenue & 1800 Parkinson Way
Stuart Park, 1430 Water Street	Stuart Park, 1430 Water Street
Waterfront Park, 1200 Water Street (closed for the season)	Knowles Heritage Park, 865 Bernard Avenue
Rutland Lions Park, 205 Gray Road (closed for the season)	Rutland Lions Park, 205 Gray Road (Apr 15-Oct 31)
Boyce-Gyro Beach Park, 3400 Lakeshore Road	Barlee Park, 1890 Barlee Road
H2O Pool & Fitness Centre, 4075 Gordon Drive	Memorial Arena, 1425 Ellis Street
Rail Trail - Leckie Place Location (portable toilet)	Osprey Park, 2600 Richter Street
Kelowna Visitor Centre, 238 Queensway Avenue	Rutland Centennial Park, 310 Rutland Road N
Mission Creek Regional Park, 2363 Springfield Road (closed for the season)	Outreach Urban Health (in alley), 455 Leon Avenue
Recreation Avenue Park, 552 Gaston Avenue	Recreation Ave Park, 552 Gaston Avenue
Gerstmar Park, 955 Gerstmar Road	Richmond Park, 1625 Richmond Street
Queensway Exchange/Bus Loop, Queensway	Pacific Ct Park, 1961 Pacific Court
Rowcliffe Park, 536 Rowcliffe Avenue	Living Positive Resource Centre, 168 Asher Road
Strathcona Park, 2290 Abbott Street (closed for the season)	Gerstmar Park, 955 Gerstmar Road

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 & resources specific to mental health *No area code required*	310.6789

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 Centre, Interior Health, 1649 Pandosy Street	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 ACCESS DRUG TESTING?

Living Positive Resource Centre, 255 Lawrence Avenue	On-site drug testing available Wed, 2-6pm; Harm reduction pick-up, Mon-Fri, 2-4pm	778.753.5830 info@lprc.ca
UBCO, 3272 University Way, Room 336 UNC	On-site drug testing, Tues/Thurs, 5:30-7:30pm	250.807.9271 Text: 250.864.1431

WHERE CAN I CHARGE MY PHONE?

Okanagan Regional Library - Downtown Branch, 1380 Ellis Street	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, 7am-7pm, 7days a week

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

Hygiene Centre, Metro Community Church, 100-1262 St Paul Street	Mon-Wed, Fri, 8:30am-2pm; Free haircuts every 2nd Mon of the month	778.478.2466
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WHERE CAN I FIND A WARM BED?

Cornerstone Shelter, 425 Leon Avenue	Men, women, 19+ years, pets welcome.	250.317.6678
Kelowna Women's Shelter	For women fleeing abusive situations.	250.763.1040
Kelowna's Gospel Mission Men's Shelter, 250 Leon Avenue	Registration throughout the day for men 19+ years.	250.862.3733
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 Women and Children Safe Centre	Emergency shelter for women, youth, and women with children who are experiencing homelessness.	250.763.2262
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?

Lunch:	12-12:30pm, Mon-Fri, Salvation Army Community Life Centre, 200 Rutland Road S
	12pm, Wed, Metro Community Courtyard, 1262 St. Paul Street
	Queensway Bus Loop, provided by the Kelowna's Gospel Mission outreach vehicles/teams
Dinner:	Weddell Place, provided by the Kelowna's Gospel Mission outreach vehicles/teams
Snacks/Coffee:	All day, Mon-Fri, Ki-Low-Na Friendship Society, 442 Leon Avenue
Shelter Meals:	Most shelters serve regular daily meals to residents of their shelter. *Note: Kelowna's Gospel Mission is only providing meals via their outreach vehicles/teams. Meals at their shelter are for residents only.*

WHERE CAN I GET FREE OR LOW-COST*** CLOTHING?

Mission Thrift Store, 120-1889 Springfield Road	Mon-Fri, 12-5pm / Sat, 12-4pm. Accepts vouchers from Society of St. Vincent De Paul.	250.860.4791
S.H.A.R.E Society, 581 Gaston Avenue	Mon-Sat, 10am-4:30pm	250.763.8117
Kelowna Women's Shelter Thrift Store, #6-368 Industrial Avenue	Mon-Sat, 10am-4:30pm. Free for shelter clients.	250.762.8561
Kelowna Gospel Mission Thrift Store, 125 Roxby Road	Mon-Sat, 10am-5pm. Free clothing may be available based on need & at discretion of staff.	250.862.2404
Salvation Army Community Life Centre (CLC), 200 Rutland Road S	Mon-Wed, 9am-4pm (closed 12-1pm), Thurs, 1pm-4pm, & Fri, 9am-3pm (closed 12-1pm). Community outreach workers can help with emergency assistance & vouchers for their thrift store. Appointments recommended.	778.478.7000

WHERE CAN I GET GROCERIES?

Central Okanagan Food Bank, 2310 Enterprise Way	Assists individuals/families who are in temporary financial difficulty & are in need of food. Appointments required - Call.	250.763.7161
Evangel Church Free Store, 3261 Gordon Drive	Please call for free non-perishable food & clothing for people in need. Free store open Thurs, 1pm-2pm. Office phone hours Tues-Fri, 9am-4pm.	250.762.0682
First United Church, 721 Bernard Avenue	Outreach program distributes groceries and take-away lunch meals Tues & Thurs, 10am-11am.	250.762.3311
Kelowna Community Fridge, 1310 Bertram Street (facing Cawston Ave)	Safe 24/7 access to free food	
Salvation Army Community Life Centre, 200 Rutland Road S	Mon-Wed, 9am-4pm (closed 12-1pm), Thurs, 1pm-4pm, & Fri, 9am-3pm (closed 12-1pm). Community outreach workers can help with emergency assistance. Appointments recommended.	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 10am-11am	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; Fall hours: Mon-Sat, 6am-9pm & Sun, 10am-6pm	250.470.9058
Elizabeth Fry Society, 649 Leon Avenue	Domestic violence and sexual assault services, including specialized victim assistance.	250.763.4613
H.O.P.E Outreach	Provides nighttime outreach, 7 days a week, to women in Kelowna & Vernon.	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 and practical assistance for victims of crime.	250.470.6242
Sexual Assault Response Team, Kelowna General Hospital, 2268 Pandosy Street	Medical and emotional support for victims of sexual assault, whether or not they chose to report the assault.	250.862.4000
United Against Discrimination, KCR Community Resources	Report an incident of discrimination or racism. 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
VictimLink	Provides support to victims of sexual assault, violence in relationships, elder abuse, sudden death of a loved one, and human trafficking.	TF: 1.800.563.0808 Text: 2-1-1
KUU-US Crisis Line Society	Provides culturally aware crisis support for Indigenous peoples in BC.	1.800.588.8717

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 Text: 1.604.863.6381 TTY: 1.604.875.0885
Celebrate Recovery by Metro Community at Evangel Church, 3261 Gordon Drive	Christ-centered 12 steps recovery program. Fri 6:30pm-7:30pm. Check Facebook page for updates: www.facebook.com/CRKELOWNA .	778.478.9727
Outreach Urban Health Centre, Interior Health 1649 Pandosy Street	Primary care services, harm reduction supplies and services, mental health and substance use services, OAT; Mon-Sat, 8am-4pm.	250.868.2230
Downtown Overdose Prevention Site, IH, 1649 Pandosy Street (behind Outreach Urban Health)	Place where people can use their drugs while being safely monitored. Enhanced harm reduction services/supplies and overdose prevention.	250.868.2230
Ki-Low-Na Friendship Society, Addictions Program, 442 Leon Avenue	Contact for more info. Walk in is available based on counsellor's availability. "Wellbriety" meetings: Wed, 5pm-7pm; Alcoholics Anonymous: Mon-Fri (except holidays) 9:30am-10:30am	250.763.4905
Kalano Club of Kelowna, 2108 Vasile Road	Alcohol and drug-free social club. Holds Alcoholics Anonymous, etc., meetings.	250.762.4999
Kelowna Mental Health & Substance Use, Interior Health, 2nd Floor, 505 Doyle Avenue	Group and individual counselling services offered. Mon-Fri, 8:00am-4:30pm	250.469.7070
Living Positive Resource Centre, 255 Lawrence Avenue	Harm reduction supplies and drug testing services.	778.753.5830
Mental Health & Substance Use (MHSU) 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, Interior Health, 2nd Floor, 505 Doyle Avenue	Treatment for people wanting to reduce or stop using opioids.	250.469.7070 ext.13556
SMART Recovery-Kelowna	Non-religious, anonymous, safe and respectful peer support group. Online/phone (through Zoom) meetings only, currently.	250.470.4003
The Bridge Youth & Family Services	Variety of substance use and overdose prevention services for youth & adults.	250.763.0456 1.855.760.0456
Ministry of Mental Health and Addictions	Visit www.wellbeing.gov.bc.ca to find services and support relating to wellbeing, mental health, and substance use.	
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 via phone call or complete report form from hopeokanagan.com . Also provides nighttime outreach, 7 days a week, to women in Kelowna & Vernon.	250.864.0399
RCMP Victim Services	Emotional support and practical assistance for victims of crime.	250.470.6242
Sexual Assault Response Team	Medical and emotional support for victims of sexual assault.	250.862.4000