



Directory connecting North Thompson
area residents with a variety of
non-profit resources

accessnorththompson.com

2016 Edition



United Way
Thompson Nicola Cariboo

Access North Thompson - Disclaimer

The people and parties involved in preparing the Access North Thompson (ANT) project have tried to compile accurate information and will try to perform updates on a regular basis, as with all published material. However, some listing details may have changed or information supplied to us by others may be incorrect, inaccurate or out of date. For these reasons, the people and parties who prepared the ANT project do not guarantee its accuracy or completeness.

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Website addresses are provided for the convenience of the user and we assume no liability for the operation or the content of any website listed.

Category Index

Arts and Culture	6
Business Associations	7
Children and Youth	9
Churches / Religious Organizations	23
Community Groups	25
Community Halls	31
Education / Schools	31
Emergency Services	34
Employment	37
First Nations Organizations	38
Food Security	41
Government	44
Health Services	48
Housing	51
Legal / Court Services	55
Libraries	57
Mental Health and Substance Use Services	58
Natural Resources	65
Seniors	66
Sports & Recreation	69
Support Services / Service Providers	74
Transportation	82
Veterans / Canadian Forces	82
Women's Services	83

Category Index

Arts and Culture

Clearwater Theatre Collective

Description: Community Theatre in Clearwater! Annual productions - new members welcome

Phone: (604) 603-0695

Contact: Richard Stoh

Email: richardstroh@gmail.com

Phone: 250-674-0144

Contact: Steve Raschke

North Thompson Arts Council

Description: The North Thompson Arts Council is a not-for-profit organization that encourages and supports arts and culture projects and activities through education and collaboration. Quilting Group and Art Gallery located at the Dutch Lake Community Centre. Memberships available

Phone: (250) 674-3530

Contact: Richard Stroh

Email: arts.ntac@gmail.com

Contact: Heather Adamson

Address: 209 Dutch Lake Rd, Clearwater

Website: <https://www.facebook.com/profile.php?id=100011232733304&fref=ts>

North Thompson Musicians Guild

Description: The Guild supports and promotes musical events in the North Thompson. Workshops, Live Music Nights, free memberships for students

Phone: (250) 674-2600

Contact: Jack Keough

The Red Umbrella

Description: The Red Umbrella promotes art and products created by a group of local artists and friends who work in paint, fabrics, wood, and other natural substances.

Phone: (250) 674-1458

Address: 86 Young Rd.

Website: <https://www.facebook.com/The-Red-Umbrella-486086008188556/>

Thompson Valley Quilters

Description: Quilting group meets twice a month to quilt in a social environment

Phone: (250) 674-3437

Contact: Lynda Dunkley

Phone: 250-674-9565

Contact: Wendy Pollard

Voices United Choir - Christmas Cantata

Description: Choir is sponsored by Trinity Shared Ministry - open to all who enjoy singing

harmony. Practices start in October
Phone: (250) 674-2995
Contact: Louise Weaver
Phone: 250-676-9435
Contact: Mary Neathway

Wells Gray Country Seniors Society

Description: Seniors Drop In Centre located at the Dutch Lake Community Centre is open to all seniors Monday - Friday, 8:30 - 4:30 to utilize all amenities at the centre. Monthly meetings are the 1st Wednesday of each month at 10:00 am. Information on other seniors' activities is available at the Seniors Centre.
Email: seniorsnetworkcoordinator@gmail.com
Phone: 250-674-8185
Contact: Lynne Frizzle
Address: 209 Dutch Lake Rd

Wild Jammers Drum Circle

Description: Free all ages group meets at Forest House. Drums and training available
Phone: (250) 674-2538
Contact: Sharon Neufeld
Website: <http://foresthousewellness.ca>

Business Associations

Barriere Chamber of Commerce

Description: The Barriere & District Chamber of Commerce is a non-profit organization comprised of businesses, professionals, residents and other community groups that work together to achieve a healthy economic environment that benefits the community of Barriere.
Phone: (250) 672-9221
Address: 3 Conner Road
Website: <http://www.barrierechamberofcommerce.com>

Barriere Farmers Market

Description: Thursday: 10:00am-2:00pm(Summer) May 7 to October 29 Winter market is located at the Barriere Legion, 681 Shaver Rd.
Address: Yellowhead Hwy, next to Sams Pizza

Blue River Tourism

Description: The Thompson Headwaters Services Committee is devoted to Tourism Marketing within Electoral Area "B" (Thompson Headwaters) region of the Thompson Nicola Regional District.
Phone: (250) 674-3530
Contact: Sherri Madden
Email: bluerivertg@gmail.com
Website: www.blueriverbc.ca

Clearwater Chamber of Commerce

Description: The Chamber of Commerce is a not for profit organization dedicated to promoting, enhancing and facilitating businesses in our community.
Phone: (250) 674-3530
Email: manager@clearwaterbcchamber.com
Address: 209 Dutch Lake Road
Website: www.clearwaterbcchamber.com

Clearwater Farmer's Market

Description: The Clearwater Farmers Market has a wide array of Vendors and Artisans selling everything from crafts to chocolates, plants, flowers, herbs, baking, seasonal fruits and lots of vegetables. Come and enjoy some of freshest food in the valley! We're located on the grounds of Interior Whitewater Expeditions. Saturday: 9:00am-12:00pm(Summer) May 3 to October 25
Phone: (250) 674-3444
Contact: Anne Baker
Email: schoolcreekfarm@gmail.com
Address: 73 Old North Thompson Hwy Rd, Clearwater British Columbia, V0E1N1
Website: <http://markets.bcfarmersmarket.org/market/clearwater-farmers-market>

Kamloops Farmers Market

Description: We seek to encourage, support and provide an outlet for local produce.
Saturday Markets: 200 block of St Paul St. and the Stuart Wood schoolyard
Market hours are 8:00 AM – 1:00 PM, May 7th to October 29th, 2016
Wednesday Markets: 400 block of Victoria St (in front of the TNRD Library)
Market hours are 8:00 AM – 1:00 PM, May 4th to October 26th, 2016
Contact: Saturday Manager: 250-682-7975 Wednesday Manager: 250-299-7254
Email: info@kamloopsfarmersmarket.com
Website: www.kamloopsfarmersmarket.com/

North Thompson Women in Business

Description: Mission Statement: NTWIB has a mission to connect women to help promote healthy and professional businesses by networking with other accomplished women. Through support and learning we strive to build strong businesses.
Monthly lunch meetings May - Sept
Email: ntwomeninbusiness@gmail.com
Website: <http://thingstodoclearwaterbc.com/#WIB>

The Red Umbrella

Description: The Red Umbrella promotes art and products created by a group of local artists and friends who work in paint, fabrics, wood, and other natural substances.
Phone: (250) 674-1458
Address: 86 Young Rd.
Website: <https://www.facebook.com/The-Red-Umbrella-486086008188556/>

Tourism Wells Gray

Description: Tourism Wells Gray is a non-profit tourism destination marketing society that showcases Wells Gray Provincial Park and the North Thompson Valley to a national and international audience through use of social and printed media.
Phone: (250) 674-3530
Email: stephanie@wellsgray.ca

Address: 209 Dutch Lake Rd
Website: <http://wellsgray.ca>

Children and Youth

1st Wells Gray Scouts, Beavers and Cubs

Phone: (250) 674-2096

4H Club - Rodeo Rednecks

Description: Rodeo Rednecks is a equitation 4-H club - we learn new things and advance in learning for both our horses and ourselves. We have 4-H lessons for our horses every Tues. and Thurs. where we learn how to leg yield, collect, we do a command class, and often practice a routine for a drill team. Rodeo Rednecks 4-H club

Phone: (250) 674-8591

Contact: Dani Noble

Aboriginal Friendship Centre (Kamloops)

Description: A team of creative and responsive professionals dedicated towards empowering Aboriginal people to achieve their fullest potential. All our programs and services offered at the Aboriginal Friendship Centre are free and confidential. We service Aboriginal and non-Aboriginal people from 0 to Elderly.

Phone: 250.376.1296

Address: 125 Palm St and 2355 Parkcrest Ave, Kamloops

Website: www.kafs.ca/

Aboriginal Suicide Critical Incident Response Team

Description: Provides education, training and support to Aboriginal children, youth and their families on a variety of serious community concerns, i.e. suicide, drugs and alcohol, violence, etc.

Toll Free: 1 (877) 755-1176

Email: reception@whitebuffalo.name

Phone: 250. 554.1176

Axis Family Resources – 1st Step Mobile Treatment Program

Description: The 1st Step Mobile Treatment Program is a free day treatment program offered throughout the Thompson/Cariboo region; funded by the Interior Health Authority. The program is offered in eleven communities including; Chase, Clearwater, Lillooet, Lytton, Merritt, Williams Lake, 100 Mile House, Ashcroft, Barriere, Logan Lake, and Kamloops. Programs run for one, two, or four weeks. The program is for youth 13 to 24 years of age who are struggling with substance misuse. The program utilizes a harm reduction approach by meeting youth where they are at in their readiness for change. Anyone can refer a youth to the program. We are responsive to a variety of treatment options to address the individual, emotional, and social needs of the participants. The program includes alcohol and drug education, feelings/emotions group work, relapse prevention, anger management, critical thinking, family issues, exercise and recreation, sexual health, individual counseling, written assignments, and 12-step meetings.

Phone: (250) 851-2947

Address: #101 - 655 Victoria Street Kamloops, B.C. V2C 2B3

Website: www.axis.bc.ca

Barriere Elementary School

Phone: (250) 672-9916
Address: 4475 Airfield Rd
Website: <http://barriere-elem.sd73.bc.ca/>

Barriere Minor Fastball Association

Description: Keeps Barriere youth playing ball.
Phone: (250) 672-2338
Contact: Phil Ransome
Email: pransome@shaw.ca

Barriere Secondary School

Phone: (250) 672-9943
Address: 4811 Barriere Town Road
Website: www.barrsec.sd73.bc.ca/

Blue River and Clearwater Playgroups

Description: Singing, storytelling, arts & crafts, games, outdoor play (weather & time permitting), free play with toys, snack provided for parents & children. FREE to all families with children under school age.
Phone: (250) 674-2600
Contact: Heather Adamson
Email: heather.a@yellowheadcs.ca
Website: <http://yellowheadcs.ca>

Blue River Elementary School

Phone: (250) 673-8253
Address: 5917 3rd Ave, Blue River
Website: <http://blue-river.sd73.bc.ca>

Building Blocks Daycare

Description: Building Blocks Daycare is a licensed group care facility with 24 places for children aged between two months and 5 years old. Our child care philosophy is a holistic one where each child is seen as an individual and the care each child receives is tailored to meet their needs. Please check the website for more program information and rates.
Phone: (250) 674-2600
Address: 612 Park Drive, Clearwater
Website: <http://yellowheadcs.ca>

Child and Youth Mental Health (CYMH)/Ministry of Children and Family Development (MCFD)

Description: As part of the provincial government's Ministry of Children and Family Development we are a free and voluntary service. Services are offered to children and youth who are experiencing mental health challenges. We use a team approach which includes Master's level clinician, social workers, psychologists, nurses, and outreach workers who provide a variety of

services and specialized programs. Services offered include: Intake, assessment/screening, and case management consultation. These are available based on need, current demand, and best fit for the individual and family. In addition, we can advocate for you with the schools, physicians, social workers, or others who may require more understanding of you and your child's concerns. We do our best to connect you with the service or support that will best meet your needs. This may be another local mental health agency. Our CYMH office in Clearwater offers drop-in intake Clinic every Tuesday from 9:30 - 11:30am and then from 1:30 - 3:30pm. This 90-minute face-to-face screening provides clarity about the best next steps for your family, child or youth.

Phone: (250) 674-6810
Address: 660 Park Drive, Clearwater
Website: www.mcf.gov.bc.ca/mental_health/contacts.htm

Child Protection MCFD

Phone: (250) 674-6810
Phone: 250 310-1234 after-hours
Address: Clearwater

Children Who Witness Abuse (YCS)

Description: Children Who Witness Abuse program is a service to children and youth under the age of 19 years who have witnessed abuse. YCS counselling and support services are free of charge. No referral is necessary.

Contact: 250-674-2600 (Clearwater)
Contact: 250-672-9773 (Barriere)
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Children's Therapy and Family Resource Centre

Description: The Children's Therapy & Family Resource Centre is an accredited, non-profit agency owned and operated by the Thompson Nicola Family Resource Society. We provide therapy for children with an identified need(s) (up to age 19) and support these children, their families and the communities in which they live. We provide occupational therapy and physiotherapy to Clearwater. Occupational therapy helps people participate in all areas of their lives. A child's main occupations are playing, learning, and daily living, and occupational therapy can help a child to participate to the best of their abilities in each of these areas. An occupational therapist is in Clearwater once per month. A physiotherapist is trained to assess movement and physical development. They provide suggestions and support to improve mobility and mobility skills to help your child reach the highest level of independence. A physiotherapist comes to Clearwater once per month. Open daily from 8:30am to 4:30pm – Closed weekends and holidays

Phone: (250) 371-4100
Email: info@kamloopschildrenstherapy.org
Address: 801 McGill Road Kamloops, BC V2C 6R1
Website: www.kamloopschildrenstherapy.org/home

Clearwater and Area Literacy Program (YCS)

Description: Provides confidential assistance with writing, reading and math skills for all ages. Free training program provided for volunteer tutors.

Contact: Clearwater Phone: 250.674.3530
Contact: Barriere Phone: 250.672.9773
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Clearwater Christian Church

Description: Y2C YOUTH PROGRAM— Friday nights (teens), Wednesday nights (junior)
Phone: (250) 674-3841
Contact: Wayne Richardson (Pastor)
Contact: Kim Bridge (Y2C Youth Program) 250-674-7051
Address: 11 Lodge Drive, Clearwater
Website: <http://clearwatercc.info>

Clearwater Minor Hockey Association

Description: Promotes the game of hockey for the enjoyment of all players. Registration can be at any time. For more information visit their website.
Email: clearwaterminorhockey@gmail.com
Address: 2-248 Murtle Crescent □ Clearwater, BC
Website: www.cdmha.info/

Clearwater New Life Assembly

Description: Sunday services, Kid's church, Ladies Bible Study, Prayer Group, Kid's Club
Phone: (250) 674-2345
Contact: Pastor Dan Daase
Email: info@clearwaternewlife.com
Contact: Bobbi - Kids Club
Address: 308 Old North Thompson Highway, Clearwater
Website: www.clearwaternewlife.com/

Clearwater Preschool

Description: Clearwater Preschool operates two classes: The Early Learners program welcomes children that will attend kindergarten two years after commencing preschool while Preschool children will enter their elementary school the following September. Check website for more information and rates.
Phone: (250) 674-6462
Contact: Michelle Baker
Address: 209 Dutch Lake Rd, Clearwater
Website: <http://yellowheadcs.ca>

Clearwater Secondary Parents Advisory Council

Phone: (250) 674-1765
Contact: Sabine Cooperman
Email: sabines_greens@hotmail.com

Clearwater Secondary School

Description: Grades 8 - 12
Phone: (250) 674-3328
Address: 440 Murtle Crescent

Website: <http://clearsec.sd73.bc.ca/>

Clearwater Ski Club

Description: The Clearwater Ski Hill is a cozy family resort that includes a fast T-bar, runs for all abilities, and a spacious lodge. In summer, there is a disc golf course, and the lodge can be rented for private functions. The operations of the hill are directed by a board of volunteers whose objectives are to make local skiing accessible and affordable.

Phone: (250) 674-3848

Contact: For Disc Golf: 250-674-3562

Email: info@clearwaterskihill.com

Contact: For lodge rentals: 250-674-4167

Address: 566 Dunn Lake Rd

Website: <http://clearwaterskihill.com>

Cleawater Minor Ball Association

Description: Program runs April - July for youth ages 5 - 17

Phone: (778) 208-5355

Contact: Christy Kjenstad

Phone: 250-674-3031

Contact: Tera Carter

Community Recreational Healthy Living / DOC

Description: Community swimming lessons, fitness classes, drop in hockey, tennis and soccer, health and wellness programs for all ages

Phone: (250) 674-1878

Contact: Eleanor Collins

Email: healthyliving@docbc.ca

Phone: 250-674-2257

Address: 209 Dutch Lake Rd

Website: <http://docbc.ca>

Connection Circle

Description: The Connections Circle is to support and promote the importance of traditional ways of early learning, through play, songs, stories, and the healthy development and wellbeing of all Aboriginal children, their families and their communities. Everyone is welcome.

Phone: (250) 674-3703

Contact: Cindy Wilgosh

Address: Clearwater, Barriere and Blue River

Website: <http://yellowheadcs.ca>

Early Years Centre

Description: The Early Years Centre offers drop-in space and resources for young children and their families

Contact: 250-674-3530 (Clearwater)

Email: dlcc@yellowheadcs.ca

Address: 209 Dutch Lake Rd

Website: www.yellowheadcs.ca

Elizabeth Fry Housing

Description: The Kamloops & District Elizabeth Fry Society is an active community based non-profit agency that offers programs and services in the areas of housing and community justice to people in the Kamloops area, with a focus on women and youth.

Contact: 250.374.2119

Address: Kamloops

Website: www.kamloopsefry.com/

Fall Fair Ambassador Program

Description: This program starts at the beginning of each year with a call for candidates, grades 9-11.

Phone: (250) 672-0273

Contact: Diane Metz

Phone: 250 299 4359

Family Navigator (Canadian Mental Health Association)

Description: CMHA's Interior Region Family Navigator works collaboratively with partners in your community to help Parents/Caregivers access relevant programs and services based on their individual needs. Receive help at the right time, in the right place, from the right people. Families can expect from the Interior Region Family Navigator: - To support families in their time of need - Answer telephone-based inquiries - Provide information on mental health and substance use issues and resources (on-line and community based) - Connect families to necessary and relevant community-based supports and services in the BC Interior - Complete an assessment and develop a plan of care with parents/caregivers - Caregivers assessment can be completed on-line or via Skype

Toll Free: 1 (844) 234-6663

Email: family.navigators@cmha.bc.ca

Website: www.BCFamilyNavigator.com

Family Tree Family Centre

Description: Family Tree Family Centre offers peer driven programs to vulnerable families including families dealing with mental health issues, addictions, violence at home and poverty. We run a drop-in program Monday – Thursday 9:00am – 2:30pm, a Mothers for Recovery support group on Thursdays from 12 – 2:00pm and various workshops throughout the year. Participants can access infant development, and on-site counselor, daily lunch, case management, advocacy, supervised visits, workshops, peer support, and donations (clothing, toys, baby equipment, etc.)

Phone: (250) 377-6890

Address: 657 Seymour Street Kamloops, BC V2C 2H1

Website: www.kfrs.ca

Girl Guides of Canada - Clearwater

Description: Sparks, Brownies, Guides, Pathfinders, Rangers and Junior Leaders

Phone: (250) 674-3977

Contact: Katrina Link

Infant Development Program (YCS)

Description: The Infant Development Program is an early intervention program for families with children from birth to three years of age who have been diagnosed with a developmental disability, or who have or may be at-risk for a developmental delay. The main goals of the Infant Development Program (IDP) are to assist families to have a better understanding of their child's overall development; to assist families to feel confident in parenting their infant; and to empower families to make effective decisions with respect to their child's development.

Phone: (250) 674-2600

Contact: Susanne Butcher

Email: susanne.b@yellowheadcs.ca

Address: McLure to Blue River

Website: <http://yellowheadcs.ca>

Infant Massage (YCS)

Description: Classes are free and are run twice a year, in spring and the fall, through the YCS Infant Development Program in both communities of Barriere and Clearwater. The program takes five weeks to complete with one massage class per week. All families with infants that are not yet fully mobile are welcome to attend. A light snack, massage oils and towels will be provided and a babysitting service for older siblings may be available.

Phone: (250) 674-2600

Contact: Susanne Butcher

Email: susanne.b@yellowheadcs.ca

Address: Clearwater and Barriere

Website: <http://yellowheadcs.ca>

Interior Metis Child and Family Services

Description: Our vision is to ensure Métis children, families and communities have opportunities and access to services and resources by: promoting cultural identity; providing education in the areas of mental, physical, emotional and spiritual well-being; promoting and strengthening programs and service resources that are relevant to the Métis community; and working with all levels of government to promote the self-determination of community.

Phone: 250.554.9486

Address: 707 Tranquille Rd, Kamloops, BC V2B 3J1

Website: www.metiscommission.com

Jesus Christ Disciple's Youth Group

Description: A non-denominational community Christian youth group, open to youth aged 12-18. All youth are welcome to join.

Phone: (250) 434-4570

Contact: Dan Sweetnam

Kamloops Youth Shelter (ICS)

Description: The Kamloops Youth Shelter offers non-residential, support services and short-term residential stays (7 to 14 days) for youth. The Kamloops Youth Shelter encourages youth to make safe, responsible choices in order to work towards creating positive changes in their lives. The Kamloops Youth Shelter is the residential component and is for any youth 13 to 18 years of age, in need of a safe place to stay, support or assistance. This is a self-referral program that is open and staffed 24 hours a day, 7 days a week. Services

are provided to assist those, who are street involved or are at risk of becoming street involved, adopt a healthier lifestyle.

Toll Free: 1 (855) 629-7233
Website: <http://interiorcommunityservices.bc.ca>

Little Fort Youth Group

Description: This group supports any events, activities or improvements that are a benefit to the young people in the community.

Contact: Jackie Johnson
Email: jackie7@mercuryspeed.com

Little Stars Childcare (YCS)

Description: At Little Stars we are pleased to offer three child care programs; Preschool, Playschool and Multi-Age Care. Please see our website for program description and information.

Phone: (250) 672-9773
Contact: Patricia Morin (Manager)
Address: 4936 Barriere Town Road, Barriere
Website: <http://yellowheadcs.ca>

Make the Connection (YCS)

Description: 'Make the Connection' is a nine session group program that focuses on the parent / child relationship which is at the heart of healthy child development. In 'Make the Connection' parents learn the importance of establishing loving relationships, how to foster two way communication and nurture the curiosity behind their babies drive to explore and learn. Parents and infants attend the class together and parents discover their role in facilitating their baby's attachment and the necessity of responding sensitively to their baby's cues. This class is open to parents with infants under twelve months of age. A light healthy choice snack will be provided at each Make the Connection class and a free babysitting service may be provided allowing parents with older children to attend.

Phone: (250) 674-2600
Contact: Susanne Butcher
Email: susanne.b@yellowheadcs.ca
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Ministry of Children & Families

Description: Provides free mental health counselling for children and youth under the age of 19 years. They can also offer other assistance for those youth who are homeless. Adults with minor children can be provided with some help to explore options.

Phone: (250) 674-6810
Address: 660 Park Drive

North Thompson Fish and Game Club Society

Description: We are a community non profit organization for outdoor sportsmanship with fishing, hunting, archery and teaching and training youth the right way

Phone: (250) 672-5890
Email: nt-fish-n-game@hotmail.com
Address: Barriere

Website: <https://www.facebook.com/norththompsonfishandgame>

North Thompson Volunteer and Information Center

Description: The Vision of the North Thompson Volunteer and Information Center is to be the place to coordinate, provide support and focus the energies of people across the North Thompson Valley. The North Thompson Volunteer and Information Center is the hub for community organizations in the Lower North Thompson. We offer facilities for local organizations to have meetings or offer workshops. We have projector, TV, Laptop, Nintendo Wii, Tables, chairs, and much more for successful presentations and tele-communications. Have a qualified administrator to help you apply for grants and offer guidance. NTVIC publishes a weekly newsletter on weekly events and news called "What's Up In Barriere". Facilitate the Barriere After School Program Facilitate the Spring Income Tax Program. Summer Camps Member Cupboards Program. Offers a lockable, central place for organizations to store paperwork, supplies and other organization property. We are located at 4936 Barriere Town Road. For more information about us, or to get your event listed on our calendar, call us at 250-672-0033, or email us at ntvic@telus.net .

Phone: (250) 672-0033

Email: ntvic@telus.net

Address: 4936 Barriere Town Rd

Website: www.norththompsonvolunteer.com

Parent Child Mother Goose (YCS)

Description: This is a group experience for parents and their young children (birth to 5 years)This program introduces adults and children to the pleasure and power of using rhymes, songs and stories together. Check website for locations and times.

Phone: (250) 674-3530

Contact: Kerry Milner Cairns

Address: Clearwater, Vavenby and Blue River

Website: <http://yellowheadcs.ca>

Parenting Support

Description: Systematic Training for Effective Parenting (STEP) for parents with children 4-12 years old. In these sessions you will learn to understand yourself and your child and develop effective ways to cooperate with each other.

Phone: (250) 674-2600

Contact: Phil Janiki

Email: phil.j@yellowheadcs.ca

Contact: Curt Osmond

Email: curt.o@yellowheadcs.ca

Address: 612 Park Dr. Clearwater

Website: <http://yellowheadcs.ca>

Parenting Wisely

Description: Explore your own parenting strategies and learn new ways of dealing with challenges within your family. Different programs designed for parents with children of 4-12 yrs and teens, as well as foster and residential care programs. You have the option of working through the program on your own, with a counsellor/outreach worker, or in a group setting.

Phone: (250) 674-2600

Contact: Phil Janiki
Address: Clearwater
Website: <http://yellowheadcs.ca>

Parents Support Society of BC & Grandparents Raising Grandchildren Support Line

Description: GRG Support Line This toll-free line assists grandparents and other relatives raising a family member's child to navigate complex services systems such as MCFD; to find the answers, assistance and resources they need to prevent or solve problems; and to learn about benefits and services that will support the whole family. The GRG Support line is staffed by two part-time advocates with training in advocacy, social work, family law, and government services pertaining to kinship caregiving. The GRG Support line is open on Monday, Tuesday, Thursday and Friday from 11 AM to 3 PM. At all other times callers are encouraged to leave a voicemail message or send an e-mail, which will be returned as soon as possible. GRG Support Line Contacts: By phone toll-free province-wide: 1-855-474-9777 By confidential e-mail GRGline@parentsupportbc.ca.

Website: www.parentsupportbc.ca

Phoenix Centre (Kamloops Society for Alcohol & Drug Services)

Description: Phoenix Centre is a 20-bed in-patient facility that provides withdrawal management programming for adults 19 years and older. Dependent upon circumstances youth under the age of 19 may be accepted. The program provides medically monitored withdrawal services, assessment, individual support, psycho-educational groups and yoga, as well as medical management for clients on supervised prescription withdrawal protocols. This program also makes referrals to local community health centres for addiction counselling and methadone services. Open seven days a week 24 hours a day, 365 days of the year. We also provide out-patient detox, out-patient counselling to youth & families; youth outreach, a full-time attendance program; and supportive transitional living in recovery. These programs operate Monday to Friday 8:30am – 4:00pm.

Phone: (250) 374-4634
Email: ksad@phoenixcentre.org
Address: 922 3rd Avenue Kamloops, BC V2C 6W5
Website: www.phoenixcentre.org

Prenatal and Early Years Home Visiting Program (YCS)

Description: The Prenatal and Early Years Home Visiting Program provides home visits to those who are pregnant or parents of children under school age. The program provides information about establishing healthy living practices and environments and how to develop secure, nurturing relationships with their children throughout their infancy and early childhood. Weekly, bi-weekly and/or monthly in home visits are available to provide information and support to families in developing personal and family goals, creating support networks and strengthening parenting skills to create healthy, safe & secure home environments for children. Home based and family-centered Participation is completely voluntary and confidential. You do not need a professional referral, you may contact the program yourself to ask for support. Transportation and support to attend community parent-child programs. Prenatal vitamins and weekly food vouchers provided to pregnant women and those who are breastfeeding.

Phone: (250) 674-2600
Email: susanne.b@yellowheadcs.ca
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Raccoon Strong Start

Description: Drop in play-based early learning for young children (aged birth to five) and their parents. There is no cost.

Phone: (250) 674-2218
Contact: Amy
Address: Raft River Elementary

Raft Mountain Skating Club

Description: Raft Mountain Skating Club is a local non-profit club that has been in existence since 1975, operated by volunteers. The club offers programs taught by a certified coach to all levels and ages of skaters.

Phone: (250) 587-6234
Contact: Jennifer Wadlegger
Email: jennwadlegger@gmail.com
Address: North Thompson Sportsplex
Website: <http://raftmountain.com/>

Raft River Elementary School

Description: Grades K - 7
Phone: (250) 674-2218
Address: 801 Clearwater Village Rd, Clearwater
Website: <http://raft-river.sd73.bc.ca>

Raft River Elementary School Parents Advisory Council

Description: Check <http://raft-river.sd73.bc.ca/> for meeting dates. All parents of Raft River Students welcome
Email: raftriverpac@gmail.com
Website: <https://www.facebook.com/raftriver.pac>

Services to Adults with Developmental Disabilities (STADD), ELMSD within MSDSI

Description: STADD brings existing ministries, authorities and agencies together to support a "one-government" approach to service delivery and provides the service of a Navigator for eligible individuals and families. STADD Navigators are key to the "one-government" approach. They work closely with partner agencies so that young people have the support of effective and well-functioning teams. Navigators provide this planning and transition support to youth and young adults between ages of 16 to 24 who have a developmental disability. Transition planning is a collaborative process, with youth and families working together with Navigators and their support teams to develop a plan for a youth's future. Teams comprise agency workers, professionals, and important people in a youth's life. Transition plans are based on a full picture of the young person, and the youth's expressed needs and goals. Goals may include adult living arrangements, employment, post-secondary education, recreation, and active participation in the community.

Toll Free: 1 (855) 356-5609
Phone: (250) 356-5609

Address: 330-301 Victoria Street Kamloops, BC V2C 2A3
Website: www.gov.bc.ca/adultdevelopmentaldisabilityservices

Simpcwetkwe Youth Group

Description: A Youth Worker assists the Simpcw Youth to plan activities, trips, fundraising, recreation/cultural opportunities and set long-term goals. All Aboriginal youth ages 8-18 years are welcome.

Phone: (250) 672-9995
Contact: Simpcw Band Office
Email: youth@simpcw.com
Website: www.simpcw.com

StrongStart B.C.

Description: StrongStart BC programs provide rich learning environments designed for early learning development – language, physical, cognitive, social, and emotional. Qualified Early Child Educators lead learning activities where children find opportunity to make friends and interact with others of similar ages. The overall learning experience is shared as parents and caregivers attend with their children and are encouraged to get involved in activities like telling stories, playing games, and service healthy snacks. Participate with your young child (aged birth to five) in play-based early learning activities – including stories, music, and art. At no cost to families, this early learning drop-in program helps prepare children for success in Kindergarten. StrongStart is funded by the Ministry of Education. Monday to Friday 8:45 to 11:45am.

Phone: (250) 674-2218
Contact: Jody Phillips
Email: raft-river@sd73.bc.ca
Address: 801 Clearwater Village Road Clearwater, BC
Website: <http://Facebook page – Raccoons Strong Start Raft River / Vavenby Elementary School>

Success by Six

Description: Success By 6® is an early childhood development initiative dedicated to providing all children with a good start in life. It helps to ensure that children ages 0 to 6 develop the emotional, social, cognitive, and physical skills they need as they enter school. Success By 6 builds and enhances community through engaging citizens in early childhood development, and funding programs that strengthen services for young children and their families. Funded programs include literacy, nutrition, children's play, parenting and family skills development. Prevention-focused, research-informed and community-based, Success By 6 envisions a community where all children are valued, respected, nurtured, loved and given the opportunity to develop to their full potential as creative, caring, competent and responsible adults. Both the Clearwater & Barriere Success By 6 community tables are guided by a community owned and driven strategic plan that focuses on capacity building and increasing the effectiveness and efficiencies in early childhood development service delivery and planning. Teamwork, public awareness, research, strategic planning, advocacy and evaluation are fundamental to the community development work of Success By 6.

Phone: (250) 674-2600
Contact: Heather Adamson, Clearwater & Area Success By 6 Coordinator
Email: heather.a@yellowheadcs.ca

Phone: 2506729773
Contact: Adrienne Pullen, Barriere & Area Success By 6 Coordinator
Email: adrienne.p@yellowheadcs.ca
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Success by Six - Aboriginal Engagement

Description: Aboriginal Coordinator works to increase Aboriginal representation on a local community table level and strengthen relationships within the aboriginal community to create community-driven approaches to support early childhood development. These approaches include raising awareness about the importance of early childhood development within the aboriginal community, raising awareness about aboriginal culture within the North Thompson, and promoting, assisting, funding and developing Aboriginal programs and services for Aboriginal children and their families.

Phone: (250) 674-3703
Contact: Cindy Wilgosh, Aboriginal Engagement Success By 6 Coordinator, North Thompson 250-674-3703 (North Thompson Aboriginal Cultural Centre)
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Summer and Spring Break Day Camps (YCS)

Description: Programs for ages 3 - 6 and 6 - 12. These fun programs are designed to incorporate a variety of activities along the specified theme. Check website for locations, dates and times.

Phone: (250) 674-2600
Contact: Susanne Butcher
Email: susanne.b@yellowheadcs.ca
Address: Clearwater
Website: <http://yellowheadcs.ca>

Support Services for Families (YCS)

Description: Our support workers are available to work with families with children 18 years of age or younger including those with special needs on a variety of issues, including, but not limited to: Services to children, youth, families that are at risk of family breakdown, parenting support, and parent-teen mediations, Improving Communication Skills, Self Esteem Issues, Peer Pressure, Bullying, Youth Services; teaching life skills, transition services for youth approaching age of majority and group activities Support services to parents of developmentally delayed children including life skills services for developmentally delayed youth

Phone: (250) 674-2600
Contact: Nikki Vincent
Email: nikki.v@yellowheadcs.ca
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Support Services for Families Program - Kamloops (ICS)

Description: An outreach intervention service for children, youth and their families who are experiencing difficulties and who are potentially at risk of family or placement

breakdown.

Phone: (250) 554-3134
Website: [http:// www.interiorcommunityservices.bc.ca/](http://www.interiorcommunityservices.bc.ca/)

Supported Child Development (YCS)

Description: A community-based program that assists families of children with extra support needs to access inclusive child care settings that meets the family's needs. The program is intended to serve children from birth to 12, with services for youth 13 -19 years available on a case-by-case basis.

Phone: (250) 674-2600
Contact: Jenna Wilson, Supported Child Development Consultant
Email: jenna.w@yellowheadcs.ca
Phone: (250) 672-9773 (Barriere)
Contact: Susanne Butcher
Email: susanne.b@yellowheadcs.ca
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Vavenby Elementary School

Phone: (250) 676-9242
Address: 3157 Galiano Rd, Vavenby
Website: <http://vavenby.sd73.bc.ca/>

Wells Gray After School Program (YCS)

Description: The children attending the After School Program have already had a long day working with their class teachers and our program aims to provide them with a fun and safe place to spend the remainder of their day until their parent or guardian comes to collect them. The Wells Gray After School Program is open every day after school until 5.30 pm during term time only. Check the website for rates.

Phone: (250) 674-2600
Contact: Bobbi Tucker
Phone: (250) 674-1988 (Emergency)
Address: 801 Clearwater Village Road, Clearwater
Website: <http://yellowheadcs.ca>

Wells Gray Outdoors Club

Description: The Club has 28 km of trails in the Candle Creek Ski Trails in Clearwater, BC. The Club runs a full BC Rabbits series: this program provides a fun introduction to cross-country skiing for children starting at age 4 to 14 years old. Annual Birchleg Festival and Mountain Bike Trails

Phone: (250) 674-3998
Contact: Hazel Wadlegger
Email: info@wellsgrayoutdoorsclub.ca
Phone: 250-674-1674
Website: <http://wellsgrayoutdoorsclub.ca>

Wells Gray Riders Association

Description: Regular club meetings are held on the 2nd Wednesday of each month usually at the Wells Gray Inn to plan and update members on events. This is an open invitation to all riders of all ages in the community.

Phone: (250) 674-1650
Contact: Candus Graffunder
Email: info@wellsgrayriders.com
Website: http://wellsgrayriders.com

Yellowhead Community Services

Description: Our Mission Statement: "Providing services through collaboration, leadership and innovation that create positive change and contribute to a healthy community." YCS has grown to be the largest non-profit, registered charity in the North Thompson and employs highly qualified full and part time staff and contracted workers to deliver a large variety of programs and services. Our services are delivered to Valley communities from McLure to Blue River. Our continuum of services from pre-natal up to the senior years are, for the most part, free of charge. Subsidies are often available when fees are charged.

Phone: (250) 674-2600
Address: 612 Park Dr
Website: http://yellowheadcs.ca

Youth Group - Barriere (YCS)

Description: All youth are welcome to attend free activities. Meets Friday nights starting in mid-October to April from 7-10pm.

Phone: (250) 672-9773
Contact: Nikki Vincent
Website: http://yellowheadcs.ca

Youth Group - Clearwater (YCS)

Description: Fun activities such as: watching movies, playing games, arts and crafts activities, - and just hanging out. The gym is used for a variety of sports activities such as floor hockey, basketball, volleyball and badminton. Mid-October to mid-May, 7-10pm

Phone: (250) 674-2600
Contact: Nikki Vincent
Email: nikki.v@yellowheadcs.ca
Address: Dutch Lake Community Centre, Clearwater
Website: http://yellowheadcs.ca

Churches / Religious Organizations

Baha'i Faith

Phone: (250) 674-3059

Clearwater Christian Church

Description: Y2C YOUTH PROGRAM— Friday nights (teens), Wednesday nights (junior)
Phone: (250) 674-3841
Contact: Wayne Richardson (Pastor)
Contact: Kim Bridge (Y2C Youth Program) 250-674-7051
Address: 11 Lodge Drive, Clearwater
Website: http://clearwatercc.info

Clearwater Community Baptist Church

Phone: (250) 674-3264
Address: 24 Old North Thompson Hwy, Clearwater
Website: <http://ccbaptist.ca>

Clearwater Living Streams Christian Fellowship

Phone: (250) 674-3217
Contact: Dave Meehan

Clearwater New Life Assembly

Description: Sunday services, Kid's church, Ladies Bible Study, Prayer Group, Kid's Club
Phone: (250) 674-2345
Contact: Pastor Dan Daase
Email: info@clearwaternewlife.com
Contact: Bobbi - Kids Club
Address: 308 Old North Thompson Highway, Clearwater
Website: www.clearwaternewlife.com/

Clearwater Seventh Day Adventists

Phone: (250) 674-2912
Address: 11 Lodge Drive, Clearwater
Website: <http://clearwater22.adventistchurchconnect.org/>

Connections Healing Rooms

Phone: (256) 674-2736
Contact: Joan Smith
Email: joan@kingfisherswood.com
Contact: Donna Coleman
Address: 76 Young St, Clearwater
Website: www.healingrooms.com/CA1386

Guru Tegh Bahadur Sikh Temple

Phone: (250) 674-2757
Phone: 250-674-3645
Address: 664 Swanson Rd

Jesus Christ Disciple's Youth Group

Description: A non-denominational community Christian youth group, open to youth aged 12-18. All youth are welcome to join.
Phone: (250) 434-4570
Contact: Dan Sweetnam

Kingdom Hall of Jehovah's Witnesses

Description: 423 Hydro Rd, Clearwater
Phone: (250) 674-3147
Contact: Jim & Lorna Miller
Phone: 250-674-3066

Little Fort Youth Group

Description: Support any events, activities or improvements that are a benefit to the young people in the community.
Contact: Jackie Johnson
Email: jackie7@mercuryspeed.com

St. James Catholic Church

Contact: Clearwater - 250-674-2691
Contact: Barriere - 250-672-5949

Trinity Shared Ministry

Contact: Clearwater: 250-674-3615 or 250-676-9435
Email: ntunitedpc@gmail.com
Phone: Fair Trade Coffee: 250-674-3615
Contact: Barriere: 250-672-5653
Address: 324 Grant Rd, Clearwater
Website: <http://norththompsonpc.ca/>

Vavenby Christian Church

Phone: (250) 676-9574

Voices United Choir - Christmas Cantata

Description: Choir is sponsored by Trinity Shared Ministry - open to all who enjoy singing harmony. Practices start in October
Phone: (250) 674-2995
Contact: Louise Weaver
Phone: 250-676-9435
Contact: Mary Neathway

Community Groups

Adult Hockey

Description: Ladies Hockey: 250-674-0019 Mens rec league – 250-674-2143 Clearwater Blackhawks – 250-674-3690 Clearwater Hosers – 250-674-3119

Barriere and District Senior's Society

Description: Seniors helping seniors. Both weekly and annual events held.
Phone: (250) 672-5239
Contact: Gloria Gartner
Phone: 250-672 2477
Contact: Monica Ireland

Barriere Lady Lions

Description: A community service club helping the Lions support charitable groups and community causes. All are welcome
Phone: (250) 672-0063
Contact: Breny Kempter

Barriere Lions Club

Description: A community service group dedicated to supporting the needs of Barriere and causes associated with Lions International.
Phone: (250) 672-5664
Contact: Barry Pick

Barriere Red Hat Ladies

Description: 2 Chapters of this club in Barriere. For women 50+. Classy Red Hatters: Joan Purver 250 672 9500 Red Hot Mamas: Monica Ireland 250 672 2477

Barriere Royal Canadian Legion Branch #242

Description: They serve veterans, which includes military and RCMP members and their families, to promote remembrance and service to their communities and their country.
Phone: (250) 672-5913

Beta Sigma Phi

Description: Women's group that meet in members homes once or twice a month. Cultural programs are held to encourage personal growth
Phone: (250) 676-9565
Contact: Wendy Pollard
Phone: 250-674-3437
Contact: Lynda Dunkley

Central North Thompson Rod and Gun Club

Phone: (250) 674-3768
Contact: Ron & Gwen Anderson
Website: <http://cntrodandgunclub.weebly.com/>

Changes That Heal

Description: A volunteer group that is taking action against violence and abuse
Phone: (250) 674-0148

Clearwater & District Historical Book Committee

Description: Publisher of "North Thompson Reflections". Historical and cookbooks available for purchase as well
Phone: (250) 674-3292
Contact: Goldie Krawec
Phone: 250-674-2660
Contact: Solviieg Graffunder

Clearwater Elks B.P.O. #499

Description: Non-Profit Organization that raises money for charities and needy children. Regular events include Bingo, Breakfast Club and Bazaars. Hall rentals
Phone: (250) 587-6280
Contact: Marnie Burnell
Phone: 250-674-3535
Contact: Phyliss Bucknell

Clearwater Minor Hockey Association

Description: Promotes the game of hockey for the enjoyment of all players. Registration can be at any time. For more information visit their website.
Email: clearwaterminorhockey@gmail.com
Address: 2-248 Murtle Crescent □ Clearwater, BC
Website: www.cdmha.info/

Clearwater Royal Canadian Legion Branch #259

Phone: (250) 674-2120
Address: 257 Glen Rd

Clearwater Royal Purple Society #302

Description: Volunteer organization that supports community and children. Annual events such as bazaars, bake sales and flea markets. New members welcome
Phone: (250) 674-3260
Contact: Cheryl Thomas
Website: <https://www.facebook.com/groups/royalpurple302/>

Clearwater Secondary Parents Advisory Council

Phone: (250) 674-1765
Contact: Sabine Cooperman
Email: sabines_greens@hotmail.com

Clearwater Ski Club

Description: The Clearwater Ski Hill is a cozy family resort that includes a fast T-bar, runs for all abilities, and a spacious lodge. In summer, there is a disc golf course, and the lodge can be rented for private functions. The operations of the hill are directed by a board of volunteers whose objectives are to make local skiing accessible and affordable.
Phone: (250) 674-3848
Contact: For Disc Golf: 250-674-3562
Email: info@clearwaterskihill.com
Contact: For lodge rentals: 250-674-4167
Address: 566 Dunn Lake Rd
Website: <http://clearwaterskihill.com>

Clearwater Sno-Drifters

Description: Non-Profit, family orientated snowmobiling club for all ages.
Phone: (250) 676-9443
Contact: Richard Christensen
Phone: 250-674-3773
Contact: Ralph Sunderman

Dr. Helmcken Memorial Hospital Auxiliary, Thrift Shop and Gift Corner

Description: The primary purpose of the Auxiliary is to raise funds and add to the comfort and welfare of patients receiving care at Dr. Helmcken Memorial Hospital. The Thrift Shop is located in Vavenby, BC (across the RR Tracks). Wednesday 10 AM - 4 PM and Sundays 11 AM - 3 PM The Gift Corner

(located in the hospital) is open Monday to Thursday, 10:00 AM to 1:00 PM
Phone: (250) 674-3521
Contact: Gail Capostinsky
Email: dhmhaux@gmail.com
Phone: (250) 676-9443
Contact: Penny Christenson
Address: 640 Park Dr. Clearwater
Website: <http://dhmha.weebly.com>

Little Fort Recreation Society

Description: Both weekly and annual events - all are welcome to join.
Phone: (250) 677-4367
Contact: Barb Denton

Mens Support Group

Description: Tuesdays, 7 - 9 pm, by donation
Phone: (250) 674-3338

North Thompson Communities Foundation

Description: Each year through donations and legacies from individuals and organizations throughout the North Thompson Valley, the North Thompson Communities Foundation is able to sponsor up to \$5000 worth of grants to organizations throughout the valley
Phone: (250) 674-3260
Contact: Cheryl Thomas
Email: ntcommunitiesfoundation@gmail.com
Website: <http://ntcommunitiesfoundation.com>

North Thompson Fish and Game Club Society

Description: We are a community non profit organization for outdoor sportsmanship with fishing, hunting, archery and teaching and training youth the right way
Phone: (250) 672-5890
Email: nt-fish-n-game@hotmail.com
Address: Barriere
Website: <https://www.facebook.com/norththompsonfishandgame>

North Thompson Garden Club

Description: We adopted the Community Garden in Barriere and act as Steward for them, which consists of the Planning and Direction of its use. The Community Garden will remain central in our focus and act as a base for our club's activities. We encourage the Community to get involved by having a program each month with a guest speaker on such topics as composting, pests and fertilizing naturally. In the summer, we hold these in the Community Garden. We have a great time among the flowers and the veggies.
Phone: (250) 672-9337
Contact: Liz Gilbertson
Email: jamesgil@telus.net
Website: www.bcgardenclubs.com/clubs/north_thompson_valley_garden_club.html

North Thompson Women in Business

Description: Mission Statement: NTWIB has a mission to connect women to help promote healthy and professional businesses by networking with other accomplished women. Through support and learning we strive to build strong businesses. Monthly lunch meetings May - Sept

Email: ntwomeninbusiness@gmail.com

Website: <http://thingstodoclearwaterbc.com/#WIB>

Raft River Elementary School Parents Advisory Council

Description: Check <http://raft-river.sd73.bc.ca/> for meeting dates. All parents of Raft River Students welcome

Email: raftriverpac@gmail.com

Website: <https://www.facebook.com/raftriver.pac>

Raft River Rockhounds

Phone: (250) 587-6213

Contact: Dave Cooper

Email: raftriverrockhounds@gmail.com

Thompson Nicola Regional District - Area "A" (Wells Gray Country)

Description: Mission Statement: Wells Gray Country Services Committee will assist the Thompson-Nicola Regional District (TNRD) to administer local services through advice on: North Thompson Sportsplex, Community Parks, Television Rebroadcasting, Cemeteries, Recreation, Blackpool Street Lighting, Clearwater Transit, Grant in-Aid allocations, Economic Promotion and Development Initiatives

Phone: (250) 674-3530

Contact: Director - Carol Schaffer

Email: jnschaffer@hotmail.com

Contact: Services Coordinator - Sherri Madden

Email: smadden@tnrd.ca

Address: 209 Dutch Lake Rd

Website: <http://tnrd.ca>

Thompson Nicola Regional District - Area "B" (Thompson Headwaters)

Description: The Thompson Headwaters Services Committee, through a Manager, shall oversee the day-to-day operations of the services hereinafter noted, that are provided to the residents of Electoral Area "B" (Thompson Headwaters): Cemeteries; Community Halls; Community Parks; Recreation; Economic Development and Tourism; and Grants-in-Aids provided to numerous non-profit societies.

Phone: (250) 674-3530

Contact: Willow MacDonald (Director)

Email: smadden@tnrd.ca

Contact: Sherri Madden

Address: 209 Dutch Lake Rd, Clearwater and Box 173, Blue River

Website: www.tnrd.ca

Wells Gray Community Forest 2010 Society

Description: The purposes of the society are: 1. To promote the economic and social welfare of the residents of the Wells Gray Country (including the District of Clearwater), including the provision of support for benevolent and charitable enterprises, federations, agencies and societies engaged in furthering these purposes; 2. To hold the shares, and receive all the benefit of the shareholdings, of the Wells Gray Community Forest Corporation, which company manages a Community Forest License (the "Community Forest") in the Wells Gray Country (Thompson-Nicola Regional District Electoral Area 'A').

Contact: Richard Christensen
Email: rchristen51@gmail.com
Address: 209 Dutch Lake Rd
Website: www.wgcf.ca

Wells Gray Country Seniors Society

Description: Seniors Drop In Centre located at the Dutch Lake Community Centre is open to all seniors Monday - Friday, 8:30 - 4:30 to utilize all amenities at the centre. Monthly meetings are the 1st Wednesday of each month at 10:00 am. Information on other seniors' activities is available at the Seniors Centre.

Email: seniorsnetworkcoordinator@gmail.com
Phone: 250-674-8185
Contact: Lynne Frizzle
Address: 209 Dutch Lake Rd

Wells Gray Curling Club

Phone: (250) 674-3768
Contact: Gwen Anderson
Address: #4-428 Murtle Crescent, Clearwater, BC

Wells Gray Outdoors Club

Description: The Club has 28 km of trails in the Candle Creek Ski Trails in Clearwater, BC. The Club runs a full BC Rabbits series: this program provides a fun introduction to cross-country skiing for children starting at age 4 to 14 years old. Annual Birchleg Festival and Mountain Bike Trails

Phone: (250) 674-3998
Contact: Hazel Wadlegger
Email: info@wellsgrayoutdoorsclub.ca
Phone: 250-674-1674
Website: <http://wellsgrayoutdoorsclub.ca>

Wells Gray Riders Association

Description: Regular club meetings are held on the 2nd Wednesday of each month usually at the Wells Gray Inn to plan and update members on events. This is an open invitation to all riders of all ages in the community.

Phone: (250) 674-1650
Contact: Candus Graffunder
Email: info@wellsgrayriders.com
Website: <http://wellsgrayriders.com>

Wells Gray Trails Society

Description: The Wells Gray Trail Society maintains the winter cross-country ski trails in Wells Gray Park
Phone: (250) 674-3657
Contact: Andrew Nelson
Email: info@helmckenfalls.com
Address: 6664 Clearwater Valley Rd

Community Halls

Clearwater Royal Canadian Legion Branch #259

Phone: (250) 674-2120
Address: 257 Glen Rd

Clearwater Ski Club

Description: The Clearwater Ski Hill is a cozy family resort that includes a fast T-bar, runs for all abilities, and a spacious lodge. In summer, there is a disc golf course, and the lodge can be rented for private functions. The operations of the hill are directed by a board of volunteers whose objectives are to make local skiing accessible and affordable.

Phone: (250) 674-3848
Contact: For Disc Golf: 250-674-3562
Email: info@clearwaterskihill.com
Contact: For lodge rentals: 250-674-4167
Address: 566 Dunn Lake Rd
Website: <http://clearwaterskihill.com>

Dutch Lake Community Centre

Description: Business centre offers printing and design services, faxing, photocopies, facility rentals, scanning, public computer use. Trusted Third Party office for Ministry of Social Development.
Phone: (250) 674-3530
Contact: Kerry Milner Cairns (manager)
Email: dlcc@yellowheadcs.ca
Address: 209 Dutch Lake Road, Clearwater
Website: <http://yellowheadcs.ca>

Little Fort Recreation Society

Description: Both weekly and annual events - all are welcome to join.
Phone: (250) 677-4367
Contact: Barb Denton

Education / Schools

Aboriginal Friendship Centre (Kamloops)

Description: A team of creative and responsive professionals dedicated towards empowering Aboriginal people to achieve their fullest potential. All our programs and services offered at the Aboriginal Friendship Centre are free

and confidential. We service Aboriginal and non-Aboriginal people from 0 to Elderly.

Phone: 250.376.1296
Address: 125 Palm St and 2355 Parkcrest Ave, Kamloops
Website: www.kafs.ca/

Barriere Elementary School

Phone: (250) 672-9916
Address: 4475 Airfield Rd
Website: <http://barriere-elem.sd73.bc.ca/>

Barriere Secondary School

Phone: (250) 672-9943
Address: 4811 Barriere Town Road
Website: www.barrsec.sd73.bc.ca/

Blue River Elementary School

Phone: (250) 673-8253
Address: 5917 3rd Ave, Blue River
Website: <http://blue-river.sd73.bc.ca>

Clearwater and Area Literacy Program (YCS)

Description: Provides confidential assistance with writing, reading and math skills for all ages. Free training program provided for volunteer tutors.

Contact: Clearwater Phone: 250.674.3530

Contact: Barriere Phone: 250.672.9773

Address: McLure to Blue River

Website: <http://yellowheadcs.ca>

Clearwater Secondary Parents Advisory Council

Phone: (250) 674-1765
Contact: Sabine Cooperman
Email: sabines_greens@hotmail.com

Clearwater Secondary School

Description: Grades 8 - 12
Phone: (250) 674-3328
Address: 440 Murtle Crescent
Website: <http://clearsec.sd73.bc.ca/>

Domestic Violence BC/ Victim Link

Description: Hotline. 24 hours a day, confidential.

Toll Free: 1 (800) 563-0808

Dutch Lake Community Centre

Description: Business centre offers printing and design services, faxing, photocopies, facility rentals, scanning, public computer use. Trusted Third Party office for Ministry of Social Development.

Phone: (250) 674-3530

Contact: Kerry Milner Cairns (manager)
Email: dlcc@yellowheadcs.ca
Address: 209 Dutch Lake Road, Clearwater
Website: <http://yellowheadcs.ca>

Kool School

Description: @KOOL seeks to establish itself as a provincial leader in quality distributed learning. We are dedicated to providing the very best online learning experiences for our students by offering programs that are flexible, rigorous, and which are supported by services that are provided in a relevant and timely manner.

Toll Free: 1 (855) 471-6061
Email: kool-clerical@sd73.bc.ca
Website: <http://kool.sd73.bc.ca/>

Raft River Elementary School

Description: Grades K - 7
Phone: (250) 674-2218
Address: 801 Clearwater Village Rd, Clearwater
Website: <http://raft-river.sd73.bc.ca>

Raft River Elementary School Parents Advisory Council

Description: Check <http://raft-river.sd73.bc.ca/> for meeting dates. All parents of Raft River Students welcome
Email: raftriverpac@gmail.com
Website: <https://www.facebook.com/raftriver.pac>

Shuswap Training & Employment Program (S.T.E.P.)

Description: Assist Aboriginal people to achieve self-reliance and economic independence through the provision of a balanced mix of programs and services, giving maximum support for training and employment activities. Funding priorities are the long term unemployed, youth, women, persons with disabilities and workers threatened with un-employment.

Phone: 250.314.1511
Address: #304-355 Yellowhead Hwy, Kamloops

Thompson Rivers University - Clearwater & Barriere

Description: Offers a variety of programs and courses. Contact them for specific schedules.

Contact: Susan Ross
Email: sross@tru.ca
Phone: 250 674 3530 ext. 107 (Clearwater)
Contact: 250-672-9875 (Barriere)
Address: 209 Dutch Lake Road, Clearwater or 4629 Barriere Town Rd, Barriere
Website: www.tru.ca/regional

Vavenby Elementary School

Phone: (250) 676-9242
Address: 3157 Galiano Rd, Vavenby
Website: <http://vavenby.sd73.bc.ca/>

Work BC Employment Services Centres

Description: Funded through the Employment Program of British Columbia, the Storefront location (Clearwater) and Satellite location (Barriere) offer self serve work search resources and labour market information as well as 1 on 1 employment consulting for unemployed residence. Supports available to eligible clients include employability and work search workshops, training advising and funding, self employment programs, and placement supports for special populations. Supports available to employers include wage subsidy programs and job vacancy postings.

Contact: (250) 674-2928 (Clearwater)
Contact: (250) 672-0036 (Barriere)
Address: 58 A Young Rd. Clearwater and 4629 Barriere Town Road, Barriere
Website: <http://clearwateremployment.ca>

Emergency Services

BC Ambulance Service

Description: In case of emergency call 911
Phone: (250) 674-3356

BC Nurses Line

Description: Free medical information 24 hours a day.
Phone: 811

Blackpool Volunteer Fire Department

Description: In case of emergency call 911
Phone: (250) 587-6252

Blue River Health Centre

Description: Offers specialized treatment for non-life threatening emergencies. Also offers a wide range of diagnostic services and testing. Provides emergency health care and trauma services. Services are prioritized based on the severity of a patient's condition upon arrival.

Phone: 250 673 8311
Address: 858 Main Street, Blue River, V0E 1J0

Canadian Mental Health Association

Description: The Canadian Mental Health Association (CMHA), a nation-wide, volunteer organization, promotes the mental health of all, and supports the resilience and recovery of people experiencing mental illness. CMHA accomplishes this mission through advocacy, education, research and service.

Phone: (250) 374-0440
Email: kamloops@cmha.bc.ca
Address: 857 Seymour Street, Kamloops
Website: <http://kamloops.cmha.bc.ca>

Child Protection MCFD

Phone: (250) 674-6810
Phone: 250 310-1234 after-hours

Address: Clearwater

Clearwater Volunteer Fire Department

Description: In case of emergency call 911

Phone: (250) 674-3733

Dr Helmcken Memorial Hospital

Phone: (250) 674-2244

Address: 640 Park Dr, Clearwater

Emerald Hostel

Description: Emergency Homeless Shelter For Men" Emerald Hostel Emergency Shelter provides short-term accommodation for men and their children who are homeless. The hostel is a minimum barrier or "damp" shelter. There is no clean time required before coming in for a bed. However, the Hostel is recovery-friendly. Our focus is on helping men find homes and supports in the community to help maintain stable housing. To inquire about bed availability or for more information please contact us. No referral necessary.

Phone: (250) 374-3031

Email: emerald.hostel@cmha.bc.ca

Website: www.kamloops.cmha.bc.ca

Emerald House

Description: Emergency Homeless Shelter For Women" Emerald House Emergency Shelter provides short-term accommodation for women and their children who are homeless. Our House is a minimum barrier or "damp" shelter. There is no clean time required before coming in for a bed. However, the House is recovery-friendly. Our focus is on helping women find homes and supports in the community to help maintain stable housing. To inquire about bed availability or for more information please contact us. No referral necessary.

Phone: (250) 828-1121

Email: emerald.house@cmha.bc.ca

Phone: 250.828.1121

Website: www.kamloops.cmha.bc.ca

Emergency Social Services

Contact: 24 hr Line 1-800-663-3456

Interior Health Crisis Line

Description: Answer calls for those individuals in crisis. Interior Health Crisis Line will direct the called to the appropriate health care provide required.

Toll Free: 1 (888) 353-2273

Kamloops Youth Shelter (ICS)

Description: he Kamloops Youth Shelter offers non-residential, support services and short-term residential stays (7 to14 days) for youth. The Kamloops Youth Shelter encourages youth to make safe, responsible choices in order to work towards creating positive changes in their lives. The Kamloops Youth Shelter is the residential component and is for any youth 13 to 18 years of age, in need of a safe place to stay, support or assistance. This is a self-referral program that is open and staffed 24 hours a day, 7 days a week. Services

are provided to assist those, who are street involved or are at risk of becoming street involved, adopt a healthier lifestyle.

Toll Free: 1 (855) 629-7233
Website: <http://interiorcommunityservices.bc.ca>

Ministry of Environment - Conservation Services

Description: To report a conflict with wildlife that threatens public safety call 1-877-952-7277
Email: conservation.officer.service@gov.bc.ca
Website: www.env.gov.bc.ca/

RCMP - non emergency

Description: In case of emergency call 911
Phone: Barriere: 250 672 9918
Contact: Clearwater: 250 674 2237

Royal Inland Hospital

Description: RIH offers high-level, specialty medical care including core physician specialties, 24 emergency and trauma services, ambulatory and outpatient clinics, and diagnostic services. Specialty services include ambulatory psychiatry, elderly mental health, clinical nutrition, and lung health.
Phone: (250) 374-5111
Address: Kamloops

Safe Home Response Service

Description: Available 24 hours a day to women and their children who have experienced, or are at risk of abuse, threats, or violence. Trained individuals are available to assist women in assessing their current circumstances and needs for various types of supports that can be offered by this service, including: Crisis intervention and referral support; assistance with the development of a safety plan; temporary emergency accommodation and limited assistance with transportation. ****This is a free service****
Contact: 250-674-2135 (Clearwater & area)
Contact: 1-855-674-2135 (North Thompson Valley & Area outside of Clearwater)
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Seniors Housing: Emergency Unit

Description: A furnished unit in an existing low income housing development available to seniors for up to three months. Here seniors in crisis (at risk of homelessness) have the services of a support services worker to give them one-on-one support to help them live independently and to obtain permanent, appropriate housing.
Email: info@kamseniorsoutreach.ca
Phone: 250.828.0600
Address: Kamloops

Suicide Prevention Crisis Line

Toll Free: 1 (800) 784-2433

Vavenby Volunteer Fire Department

Description: In case of emergency call 911
Phone: (250) 676-9223

Victim Services

Description: RCMP program for victims of crime or accidents
Phone: (250) 674-2577
Email: ntvap@teksavvy.com
Phone: After Hours 250-674-7963

Wells Gray Search and Rescue

Description: In case of emergency call 911 Wells Gray Search and Rescue is a volunteer organization operating out of Clearwater, British Columbia. We primarily assist the RCMP in search and rescue operations, but we also work with BC Ambulance Service and the Coroner's Office. Training: 2nd and 4th Mondays and 3rd Saturday of each month. New members welcome!
Phone: (250) 674-0100
Address: 36 E Old North Thompson Hwy, Clearwater
Website: <http://wellsgraysar.ca>

Women's Emergency Shelter

Description: Violence Against Women is not just a family issue but a community issue. The Kamloops Community YMCA-YWCA provides safe refuge through the Y-Women's Emergency Shelter, ongoing supports for women in the community through our Outreach Services supports for children and their caregiver through the Children Who witness Abuse Program.
Phone: (250) 374-6162
Address: Kamloops

Yellowhead Community Services

Description: Our Mission Statement: "Providing services through collaboration, leadership and innovation that create positive change and contribute to a healthy community." YCS has grown to be the largest non-profit, registered charity in the North Thompson and employs highly qualified full and part time staff and contracted workers to deliver a large variety of programs and services. Our services are delivered to Valley communities from McLure to Blue River. Our continuum of services from pre-natal up to the senior years are, for the most part, free of charge. Subsidies are often available when fees are charged.
Phone: (250) 674-2600
Address: 612 Park Dr
Website: <http://yellowheadcs.ca>

Employment

Adults with Developmental Disabilities (YCS)

Description: Yellowhead Community Services offer a variety of services and activities to adults with developmental disabilities living in the North Thompson area. One aspect of our program is offering individual services for those requiring additional support to live independently and confidently in the community. There are five aspects to our Services to Adults with Developmental Disabilities, currently funded through Community Living BC: Job Skills, Life

Skills, Supported Living, Home Share, and Community Inclusion Services
**Individuals interested in accessing these programs need to be eligible for services through Community Living BC (CLBC).

Phone: (250) 674-2600
Contact: Nikki Vincent
Email: nikki.v@yellowheadcs.ca
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Service Canada - Outreach

Description: Provides access and information on Government of Canada benefits and services such as Canada Pension Plan, Old Age Security, Employment Insurance, Social Insurance Numbers, and Employment Assistance Programs. Comes to the Dutch Lake Community Centre the third Tuesday of every month, 9:30 - noon and 1:00 - 3:00 pm. No appointment necessary.

Phone: (250) 674-3530
Phone: 1-800 O CANADA (1-800-662-6232)
Address: Dutch Lake Community Centre
Website: <http://servicecanada.gc.ca>

Work BC Employment Services Centres

Description: Funded through the Employment Program of British Columbia, the Storefront location (Clearwater) and Satellite location (Barriere) offer self serve work search resources and labour market information as well as 1 on 1 employment consulting for unemployed residence. Supports available to eligible clients include employability and work search workshops, training advising and funding, self employment programs, and placement supports for special populations. Supports available to employers include wage subsidy programs and job vacancy postings.

Contact: (250) 674-2928 (Clearwater)
Contact: (250) 672-0036 (Barriere)
Address: 58 A Young Rd. Clearwater and 4629 Barriere Town Road, Barriere
Website: <http://clearwateremployment.ca>

Yellowhead Community Services

Description: Our Mission Statement: "Providing services through collaboration, leadership and innovation that create positive change and contribute to a healthy community." YCS has grown to be the largest non-profit, registered charity in the North Thompson and employs highly qualified full and part time staff and contracted workers to deliver a large variety of programs and services. Our services are delivered to Valley communities from McLure to Blue River. Our continuum of services from pre-natal up to the senior years are, for the most part, free of charge. Subsidies are often available when fees are charged.

Phone: (250) 674-2600
Address: 612 Park Dr
Website: <http://yellowheadcs.ca>

First Nations Organizations

Aboriginal Friendship Centre (Kamloops)

Description: A team of creative and responsive professionals dedicated towards

empowering Aboriginal people to achieve their fullest potential. All our programs and services offered at the Aboriginal Friendship Centre are free and confidential. We service Aboriginal and non-Aboriginal people from 0 to Elderly.

Phone: 250.376.1296
Address: 125 Palm St and 2355 Parkcrest Ave, Kamloops
Website: www.kafs.ca/

Aboriginal Friendship Centre Alcohol and Drug Counsellor (Kamloops)

Description: Provides one-on-one counselling for individuals who are seeking support and information for recovery from an alcohol or drug addiction. Services from the alcohol and drug counsellor include: counselling, referral to treatment centers, in-house referrals, information and support and prevention workshops.

Phone: 250.376.1296
Address: 125 Palm Street, Kamloops
Website: www.kafs.ca/

Aboriginal Health

Description: Providing support to patients, caregivers and their families while in the health system.

Email: aboriginalhealth@interiorhealth.ca
Phone: 250.314.2100 Ext: 3109
Address: Royal Inland Hospital
Website: www.interiorhealth.ca/yourhealth/aboriginalhealth

Aboriginal Suicide Critical Incident Response Team

Description: Provides education, training and support to Aboriginal children, youth and their families on a variety of serious community concerns, i.e. suicide, drugs and alcohol, violence, etc.

Toll Free: 1 (877) 755-1176
Email: reception@whitebuffalo.name
Phone: 250. 554.1176

Connection Circle

Description: The Connections Circle is to support and promote the importance of traditional ways of early learning, through play, songs, stories, and the healthy development and wellbeing of all Aboriginal children, their families and their communities. Everyone is welcome.

Phone: (250) 674-3703
Contact: Cindy Wilgosh
Address: Clearwater, Barriere and Blue River
Website: <http://yellowheadcs.ca>

Interior Indian Friendship Society

Description: Alcohol and drug counselling, family support
Phone: 250.376.1296
Address: 125 Palm, Kamloops

Interior Metis Child and Family Services

Description: Our vision is to ensure Métis children, families and communities have opportunities and access to services and resources by: promoting cultural identity; providing education in the areas of mental, physical, emotional and spiritual well-being; promoting and strengthening programs and service resources that are relevant to the Métis community; and working with all levels of government to promote the self-determination of community.

Phone: 250.554.9486

Address: 707 Tranquille Rd, Kamloops, BC V2B 3J1

Website: www.metiscommission.com

Kamloops Aboriginal Employment Services

Description: The goal is to assist Aboriginal people in the Kamloops area identify and overcome their potential barriers to employment; find and maintain meaningful employment that fits their skills, abilities, and interests; all while maintaining a professional and responsive agency that meets the needs of our clients.

Phone: 250.554.4556

Address: 144A Briar Ave, Kamloops

Kamloops Native Housing Society

Description: Provides affordable housing/rental units for urban native families and/or individuals. Monday thru Thursday 8:00am - 4:00pm.

Phone: 250.374.6363

Native Court Worker and Counselling Association of BC

Description: Only help with criminal cases, not family law.

Phone: 1.877.811.1190

Address: 116A - 455 Columbia Street, Kamloops

North Thompson Aboriginal Cultural Centre

Description: The Centre serves as a drop-in for local community members and visitors, hosts an area for a museum with the history of Aboriginal and Métis people, provides a gift shop featuring many local artists, teaches Aboriginal culture to all ages through storytelling and making traditional crafts and workshops, volunteers at other community events from Barriere to Blue River, and works closely with Aboriginal Engagement Success By 6.

Phone: (250) 674-3703

Email: ntaboriginal.ccs@gmail.com

Address: #211- 117 Clearwater Station Road

Website: <http://aboriginalculture.ca>

Secwepemc Child & Family Services

Description: Providing child protection and the prevention of abuse and neglect of all Secwepemc children.

Phone: 250-461-7237

Address: 2-726A Sydney Ave Kamloops,

Shuswap Training & Employment Program (S.T.E.P.)

Description: Assist Aboriginal people to achieve self-reliance and economic independence

through the provision of a balanced mix of programs and services, giving maximum support for training and employment activities. Funding priorities are the long term unemployed, youth, women, persons with disabilities and workers threatened with un-employment.

Phone: 250.314.1511
Address: #304-355 Yellowhead Hwy, Kamloops

Simpcw First Nation

Description: Provide collaborative approach for band members through integrated case management, brings a number of staff and client-chosen individuals together to support the client.

Phone: (250) 672-9995
Address: 500 Dunn Lake Road, 15 km north of Barriere

Simpcwetkwe Youth Group

Description: A Youth Worker assists the Simpcw Youth to plan activities, trips, fundraising, recreation/cultural opportunities and set long-term goals. All Aboriginal youth ages 8-18 years are welcome.

Phone: (250) 672-9995
Contact: Simpcw Band Office
Email: youth@simpcw.com
Website: www.simpcw.com

Success by Six - Aboriginal Engagement

Description: Aboriginal Coordinator works to increase Aboriginal representation on a local community table level and strengthen relationships within the aboriginal community to create community-driven approaches to support early childhood development. These approaches include raising awareness about the importance of early childhood development within the aboriginal community, raising awareness about aboriginal culture within the North Thompson, and promoting, assisting, funding and developing Aboriginal programs and services for Aboriginal children and their families.

Phone: (250) 674-3703
Contact: Cindy Wilgosh, Aboriginal Engagement Success By 6 Coordinator, North Thompson 250-674-3703 (North Thompson Aboriginal Cultural Centre)
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

White Buffalo Aboriginal Health Society & Resource Centre

Description: White Buffalo Aboriginal and Métis Health Society is a non profit society dedicated to the advancement and promotion of health and social well-being for Urban First Nations, Inuit and Métis (FMI) individuals, families and community; on local, regional and provincial levels.

Phone: 250.554.1176
Address: 517 Tranquille Rd, Kamloops

Food Security

Barriere Farmers Market

Description: Thursday: 10:00am -2:00pm(Summer) May 7 to October 29 Winter market is located at the Barriere Legion, 681 Shaver Rd.

Address: Yellowhead Hwy, next to Sams Pizza
Central North Thompson Rod and Gun Club
Phone: (250) 674-3768
Contact: Ron & Gwen Anderson
Website: <http://cntrodandgunclub.weebly.com/>

Clearwater Farmer's Market

Description: The Clearwater Farmers Market has a wide array of Vendors and Artisans selling everything from crafts to chocolates, plants, flowers, herbs, baking, seasonal fruits and lots of vegetables. Come and enjoy some of freshest food in the valley! We're located on the grounds of Interior Whitewater Expeditions. Saturday: 9:00am-12:00pm(Summer) May 3 to October 25
Phone: (250) 674-3444
Contact: Anne Baker
Email: schoolcreekfarm@gmail.com
Address: 73 Old North Thompson Hwy Rd, Clearwater British Columbia, V0E1N1
Website: <http://markets.bcfarmersmarket.org/market/clearwater-farmers-market>

Community Garden (YCS)

Description: Free small raised garden plots are provided for people to grow their own food. Some tools and water provided on site.
Phone: (250) 674-3530
Contact: Joanna Hurst
Email: joanna.h@yellowheadcs.ca
Address: 612 Park Drive
Website: <http://yellowheadcs.ca>

Family Tree Family Centre

Description: Family Tree Family Centre offers peer driven programs to vulnerable families including families dealing with mental health issues, addictions, violence at home and poverty. We run a drop-in program Monday – Thursday 9:00am – 2:30pm, a Mothers for Recovery support group on Thursdays from 12 – 2:00pm and various workshops throughout the year. Participants can access infant development, and on-site counselor, daily lunch, case management, advocacy, supervised visits, workshops, peer support, and donations (clothing, toys, baby equipment, etc.)
Phone: (250) 377-6890
Address: 657 Seymour Street Kamloops, BC V2C 2H1
Website: www.kfrs.ca

Food Bank- Barriere

Description: Hours of Operation: Winter - every Wed 10 am-noon; Summer - every other Wed, 10 am-noon
Phone: 250.672.0029
Address: 4748 Gilbert Rd, Barriere

Food Bank- Clearwater

Description: Open Thursdays, 9 am - noon
Phone: (250) 674-3204

Address: 742 Clearwater Village Rd

Kamloops Farmers Market

Description: We seek to encourage, support and provide an outlet for local produce.
Saturday Markets: 200 block of St Paul St. and the Stuart Wood schoolyard
Market hours are 8:00 AM – 1:00 PM, May 7th to October 29th, 2016
Wednesday Markets: 400 block of Victoria St (in front of the TNRD Library)
Market hours are 8:00 AM – 1:00 PM, May 4th to October 26th, 2016

Contact: Saturday Manager: 250-682-7975 Wednesday Manager: 250-299-7254

Email: info@kamloopsfarmersmarket.com

Website: www.kamloopsfarmersmarket.com/

Lending Cupboard (YCS)

Description: A free-to-use lending library of food preservation equipment such as canners, jars and dehydrators. Donations welcome

Phone: (250) 674-3530

Contact: Joanna Hurst

Email: joanna.h@yellowheadcs.ca

Address: 209 Dutch Lake Rd

Website: http://yellowheadcs.ca

Neighborhood Kitchen (YCS)

Description: Volunteers guide participants through the whole preparation process and teach food preservation and learning to cook food in season. Each participant goes home with a dinner for 4. Nominal fee, but can be subsidized.

Phone: (250) 674-2600

Address: 612 Park Drive, Clearwater

North Thompson Agriplex

Description: The Agriplex on its own, offers a full compliment of rodeo arena pens and chutes, a 3000 sq. ft. meeting and banquet hall, full washroom and shower facilities, offices, and ample parking for any sized event. The balance of our facility offers a full outdoor rodeo arena with grandstand seating for over 2500, an outdoor light horse arena, a pony chuck wagon race track, barns for horses, sheep, goats, beef and poultry, two additional banquet halls, indoor picnic area, showers and washrooms, dry camping areas, and plenty of green space.

Address: 4856 Dunn Lake Road PO Box 873 Barriere, BC V0E 1E0

Website: www.fallfair-rodeo.com/

North Thompson Fish and Game Club Society

Description: We are a community non profit organization for outdoor sportsmanship with fishing, hunting, archery and teaching and training youth the right way

Phone: (250) 672-5890

Email: nt-fish-n-game@hotmail.com

Address: Barriere

Website: https://www.facebook.com/norththompsonfishandgame

North Thompson Garden Club

Description: We adopted the Community Garden in Barriere and act as Steward for them, which consists of the Planning and Direction of its use. The Community

Garden will remain central in our focus and act as a base for our club's activities. We encourage the Community to get involved by having a program each month with a guest speaker on such topics as composting, pests and fertilizing naturally. In the summer, we hold these in the Community Garden. We have a great time among the flowers and the veggies.

Phone: (250) 672-9337
Contact: Liz Gilbertson
Email: jamesgil@telus.net
Website: www.bcgardenclubs.com/clubs/north_thompson_valley_garden_club.html

Soup Kettle (YCS)

Description: Homemade soup and buns; Fridays from mid-October to mid-May at noon at the Dutch Lake Community Centre. Payment by donation to the Challenger's program. Everyone welcome.

Contact: 250.674.2600
Address: Clearwater
Website: <http://yellowheadcs.ca/>

Yellowhead Community Services

Description: Our Mission Statement: "Providing services through collaboration, leadership and innovation that create positive change and contribute to a healthy community." YCS has grown to be the largest non-profit, registered charity in the North Thompson and employs highly qualified full and part time staff and contracted workers to deliver a large variety of programs and services. Our services are delivered to Valley communities from McLure to Blue River. Our continuum of services from pre-natal up to the senior years are, for the most part, free of charge. Subsidies are often available when fees are charged.

Phone: (250) 674-2600
Address: 612 Park Dr
Website: <http://yellowheadcs.ca>

Government

Child and Youth Mental Health (CYMH)/Ministry of Children and Family Development (MCFD)

Description: As part of the provincial government's Ministry of Children and Family Development we are a free and voluntary service. Services are offered to children and youth who are experiencing mental health challenges. We use a team approach which includes Master's level clinician, social workers, psychologists, nurses, and outreach workers who provide a variety of services and specialized programs. Services offered include: Intake, assessment/screening, and case management consultation. These are available based on need, current demand, and best fit for the individual and family. In addition, we can advocate for you with the schools, physicians, social workers, or others who may require more understanding of you and your child's concerns. We do our best to connect you with the service or support that will best meet your needs. This may be another local mental health agency. Our CYMH office in Clearwater offers drop-in intake Clinic every Tuesday from 9:30 - 11:30am and then from 1:30 - 3:30pm. This 90-minute face-to-face screening provides clarity about the best next steps for your family, child or youth.

Phone: (250) 674-6810
Address: 660 Park Drive, Clearwater

Website: www.mcf.gov.bc.ca/mental_health/contacts.htm

Child Protection MCFD

Phone: (250) 674-6810
Phone: 250 310-1234 after-hours
Address: Clearwater

District of Clearwater

Description: Municipal Offices, Public Works, Parks and Recreation, Sport Coordinator, ICBC/Motor Vehicle Branch, Age Friendly Coordinator, Community Recreation and Healthy Living Programs, Fire Department, Building Inspections, Bylaw Enforcement, Public Transit

Phone: (250) 674-2257
Email: admin@docbc.ca
Address: 209 Dutch Lake Rd
Website: <http://docbc.ca>

Drive BC

Description: Current Road Conditions
Website: www.drivebc.ca

Dutch Lake Community Centre

Description: Business centre offers printing and design services, faxing, photocopies, facility rentals, scanning, public computer use. Trusted Third Party office for Ministry of Social Development.

Phone: (250) 674-3530
Contact: Kerry Milner Cairns (manager)
Email: dlcc@yellowheadcs.ca
Address: 209 Dutch Lake Road, Clearwater
Website: <http://yellowheadcs.ca>

Enquiry BC

Description: Enquiry BC provides the following services to all British Columbia residents, on behalf of provincial government ministries, Crown corporations and public agencies: basic provincial government information; assistance in identifying the program or person that the caller needs to speak to; government program or government employee phone / facsimile numbers or addresses; assistance in identifying the level of government responsible for a program or services; and toll-free transfer for callers who would otherwise incur a cost for obtaining information from or conducting business with the provincial government. Hours of operation for Enquiry BC are 7:30 a.m. to 5 p.m. -- Monday through Friday

Toll Free: 1 (800) 663-7867
Contact: 1-800-661-8773 (Telephone Service for the Deaf)

FrontCounter BC

Description: FrontCounter BC is a single window service for clients of provincial natural resource ministries and agencies.

Toll Free: 1 (877) 855-3222

Phone: (250) 587-6700
Email: FrontCounterBC@gov.bc.ca
Address: 687 Yellowhead South Highway Clearwater
Website: www.frontcounterbc.gov.bc.ca/locations/clearwater/

Ministry of Environment - Conservation Services

Description: To report a conflict with wildlife that threatens public safety call 1-877-952-7277

Email: conservation.officer.service@gov.bc.ca
Website: www.env.gov.bc.ca/

Ministry of Forests Lands and Natural Resources

Description: Headwaters Forest District
Phone: (250) 587-6700
Email: forests.headwatersdistrictoffice@gov.bc.ca
Address: 687 Yellowhead South, Hwy., Clearwater
Website: www.for.gov.bc.ca

Ministry of Social Development and Social Innovation

Description: Trusted Third Party office in Clearwater at the Dutch Lake Community Centre
Toll Free: 1 (866) 866-0800
Contact: (250) 674-3530 - Trusted Third Party office
Website: www.eia.gov.bc.ca/

RCMP - non emergency

Description: In case of emergency call 911
Phone: Barriere: 250 672 9918
Contact: Clearwater: 250 674 2237

Service BC

Description: Service BC provides front line support for many of the hundreds of programs and services the provincial government offers to residents, businesses and visitors. Services available at Kamloops location: Ambulance Payments BC Assessment Searches BCeID Point of Service BC Hydro Payments Birth, Death and Marriage Certificate Applications Business Information and Referrals Child Care Subsidy Program Commissioner for Taking Affidavits (limited authority) Community Access Terminals Company Name Searches and Registrations Driver's Licence Services (for Knowledge tests, arrive at least one hour before closing) Fish and Wildlife Licences Freedom of Information Act Applications Hotel Room Tax Collections Legal Services Society Lien Searches Liquor Licence Renewal Payments Logging Tax Payments Lottery Licences Manufactured Home Searches, Transfers, Relocation Permits and Registrations Marriage Licences Medical Services Plan Registration and Billing Payments Mineral Titles Online Navigable Waters Federal Government OneStop Business Registration Personal Property Registry Pesticide Exams Provincial Sales Tax Collections Repairers Liens Residential Tenancy Information Rural Property Tax Collection Violation Ticket Payments Voter Registration Wills Search and Notice Applications

Phone: (250) 828-4540
Address: 250 - 455 Columbia Street, Kamloops
Website: www.servicebc.gov.bc.ca/

Service Canada - Outreach

Description: Provides access and information on Government of Canada benefits and services such as Canada Pension Plan, Old Age Security, Employment Insurance, Social Insurance Numbers, and Employment Assistance Programs. Comes to the Dutch Lake Community Centre the third Tuesday of every month, 9:30 - noon and 1:00 - 3:00 pm. No appointment necessary.

Phone: (250) 674-3530

Phone: 1-800 O CANADA (1-800-662-6232)

Address: Dutch Lake Community Centre

Website: <http://servicecanada.gc.ca>

Services to Adults with Developmental Disabilities (STADD), ELMSD within MSDSI

Description: STADD brings existing ministries, authorities and agencies together to support a "one-government" approach to service delivery and provides the service of a Navigator for eligible individuals and families. STADD Navigators are key to the "one-government" approach. They work closely with partner agencies so that young people have the support of effective and well-functioning teams. Navigators provide this planning and transition support to youth and young adults between ages of 16 to 24 who have a developmental disability. Transition planning is a collaborative process, with youth and families working together with Navigators and their support teams to develop a plan for a youth's future. Teams comprise agency workers, professionals, and important people in a youth's life. Transition plans are based on a full picture of the young person, and the youth's expressed needs and goals. Goals may include adult living arrangements, employment, post-secondary education, recreation, and active participation in the community.

Toll Free: 1 (855) 356-5609

Phone: (250) 356-5609

Address: 330-301 Victoria Street Kamloops, BC V2C 2A3

Website: www.gov.bc.ca/adultdevelopmentaldisabilityservices

Thompson Nicola Regional District

Description: The TNRD exists to meet certain local government service needs that neither municipalities nor the province are well-suited to address and provide services such as community planning, solid waste management, water and sewer, 911, fire protection, and regulatory services in the region

Toll Free: 1 (877) 377-8673

Email: admin@tnrd.ca

Address: 300 - 465 Victoria St. Kamloops, B.C. V2C 2A9

Website: www.tnrd.ca

Thompson Nicola Regional District - Area "A" (Wells Gray Country)

Description: Mission Statement: Wells Gray Country Services Committee will assist the Thompson-Nicola Regional District (TNRD) to administer local services through advice on: North Thompson Sportsplex, Community Parks, Television Rebroadcasting, Cemeteries, Recreation, Blackpool Street Lighting, Clearwater Transit, Grant in-Aid allocations, Economic Promotion and Development Initiatives

Phone: (250) 674-3530

Contact: Director - Carol Schaffer

Email: jnschaffer@hotmail.com
Contact: Services Coordinator - Sherri Madden
Email: smadden@tnrd.ca
Address: 209 Dutch Lake Rd
Website: http://tnrd.ca

Thompson Nicola Regional District - Area "B" (Thompson Headwaters)

Description: The Thompson Headwaters Services Committee, through a Manager, shall oversee the day-to-day operations of the services hereinafter noted, that are provided to the residents of Electoral Area "B" (Thompson Headwaters): Cemeteries; Community Halls; Community Parks; Recreation; Economic Development and Tourism; and Grants-in-Aids provided to numerous non-profit societies.

Phone: (250) 674-3530
Contact: Willow MacDonald (Director)
Email: smadden@tnrd.ca
Contact: Sherri Madden
Address: 209 Dutch Lake Rd, Clearwater and Box 173, Blue River
Website: www.tnrd.ca

Health Services

Aboriginal Health

Description: Providing support to patients, caregivers and their families while in the health system.
Email: aboriginalhealth@interiorhealth.ca
Phone: 250.314.2100 Ext: 3109
Address: Royal Inland Hospital
Website: www.interiorhealth.ca/yourhealth/aboriginalhealth

Barriere Health Centre

Phone: 250 672 9731
Address: 4537 Barriere Town Rd, Barriere

BC Ambulance Service

Description: In case of emergency call 911
Phone: (250) 674-3356

BC Nurses Line

Description: Free medical information 24 hours a day.
Phone: 811

Blue River Health Centre

Description: Offers specialized treatment for non-life threatening emergencies. Also offers a wide range of diagnostic services and testing. Provides emergency health care and trauma services. Services are prioritized based on the severity of a patient's condition upon arrival.
Phone: 250 673 8311

Address: 858 Main Street, Blue River, V0E 1J0
Canadian Red Cross

Description: Medical Equipment Services

Phone: (250) 674-3414

Address: 85 Clearwater Station Rd

Children's Therapy and Family Resource Centre

Description: The Children's Therapy & Family Resource Centre is an accredited, non-profit agency owned and operated by the Thompson Nicola Family Resource Society. We provide therapy for children with an identified need(s) (up to age 19) and support these children, their families and the communities in which they live. We provide occupational therapy and physiotherapy to Clearwater. Occupational therapy helps people participate in all areas of their lives. A child's main occupations are playing, learning, and daily living, and occupational therapy can help a child to participate to the best of their abilities in each of these areas. An occupational therapist is in Clearwater once per month. A physiotherapist is trained to assess movement and physical development. They provide suggestions and support to improve mobility and mobility skills to help your child reach the highest level of independence. A physiotherapist comes to Clearwater once per month. Open daily from 8:30am to 4:30pm – Closed weekends and holidays

Phone: (250) 371-4100

Email: info@kamloopschildrenstherapy.org

Address: 801 McGill Road Kamloops, BC V2C 6R1

Website: www.kamloopschildrenstherapy.org/home

Clearwater and District Hospice

Description: Provides volunteer help and support to terminally ill patients and their families.

Phone: (250) 674-0166

Contact: Shirley Barnard

Address: 257d Glen Road, Clearwater

Clearwater Dental Clinic

Phone: (250) 674-2151

Address: 258 Park Drive

Clearwater Medical Centre

Phone: (250) 674-3319

Address: 258 Park Drive, Clearwater

Dr Helmcken Memorial Hospital

Phone: (250) 674-2244

Address: 640 Park Dr, Clearwater

Dr. Helmcken Memorial Hospital Auxiliary, Thrift Shop and Gift Corner

Description: The primary purpose of the Auxiliary is to raise funds and add to the comfort and welfare of patients receiving care at Dr. Helmcken Memorial Hospital. The Thrift Shop is located in Vavenby, BC (across the RR Tracks).

Wednesday 10 AM - 4 PM and Sundays 11 AM - 3 PM The Gift Corner (located in the hospital) is open Monday to Thursday, 10:00 AM to 1:00 PM

Phone: (250) 674-3521
Contact: Gail Capostinsky
Email: dhmhax@gmail.com
Phone: (250) 676-9443
Contact: Penny Christenson
Address: 640 Park Dr. Clearwater
Website: <http://dhmha.weebly.com>

Forest House Wellness Centre

Description: The Forest House Wellness Centre offers professional therapy in the following areas: Registered Massage Therapy, Chiropractic and acupuncture. Also spa days.

Phone: (250) 674-2538
Contact: Sharon Neufeld
Email: info@foresthousewellness.ca
Address: 717 Clearwater Village Rd, Clearwater
Website: <http://foresthousewellness.ca>

Health Link BC

Description: At HealthLink BC, you will find medically-approved information on more than 5,000 health topics, symptoms, medications, and tips for maintaining a healthy lifestyle. You can also search our online Directory to find health services near you. Call 8-1-1 from anywhere in British Columbia to speak with a nurse any time of the day or night. On weekdays, you can speak to a dietitian about nutrition and healthy eating. At night, we have pharmacists available to answer your medication questions.

Phone: 811
Website: www.healthlinkbc.ca/

Interior Health Crisis Line

Description: Answer calls for those individuals in crisis. Interior Health Crisis Line will direct the called to the appropriate health care provide required.

Toll Free: 1 (888) 353-2273

Lift the Lip

Description: A free Public Health dental program for kids. This program comes to the local health unit on the first Wednesday of every month.

Phone: (250) 674-3141
Address: 640 Park Drive. Located in Dr. Helmcken Memorial Hospital

Medications

Description: MSP's No-Charge Psychiatric Medication Program ("Plan G") covers the cost of mental health drugs for people unable to purchase it.

Contact: Kamloops Mental Health
Phone: 250.851.7450

Nicola Eye Care

Description: Free eye exams for children aged 0 – 18 years old and adults 65 year and

over (1 full eye exam annually).
Phone: (250) 674-3386
Address: 298 Old North Thompson Hwy, Clearwater

Public Health Nurse

Description: Offers one-one pre-natal office visits, pregnancy information and referrals, pre-natal home visits, public health maternity care, toddler's first steps guide, child's health clinic, home and community care access, and more.
Contact: Clearwater: 250.674.3141
Contact: Barriere: 250.672.5515

Royal Inland Hospital

Description: RIH offers high-level, specialty medical care including core physician specialties, 24 emergency and trauma services, ambulatory and outpatient clinics, and diagnostic services. Specialty services include ambulatory psychiatry, elderly mental health, clinical nutrition, and lung health.
Phone: (250) 374-5111
Address: Kamloops

Housing

Adults with Developmental Disabilities (YCS)

Description: Yellowhead Community Services offer a variety of services and activities to adults with developmental disabilities living in the North Thompson area. One aspect of our program is offering individual services for those requiring additional support to live independently and confidently in the community. There are five aspects to our Services to Adults with Developmental Disabilities, currently funded through Community Living BC: Job Skills, Life Skills, Supported Living, Home Share, and Community Inclusion Services
**Individuals interested in accessing these programs need to be eligible for services through Community Living BC (CLBC).
Phone: (250) 674-2600
Contact: Nikki Vincent
Email: nikki.v@yellowheadcs.ca
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Canadian Mental Health Association

Description: The Canadian Mental Health Association (CMHA), a nation-wide, volunteer organization, promotes the mental health of all, and supports the resilience and recovery of people experiencing mental illness. CMHA accomplishes this mission through advocacy, education, research and service.
Phone: (250) 374-0440
Email: kamloops@cmha.bc.ca
Address: 857 Seymour Street, Kamloops
Website: <http://kamloops.cmha.bc.ca>

Elizabeth Fry Housing

Description: The Kamloops & District Elizabeth Fry Society is an active community based non-profit agency that offers programs and services in the areas of housing and community justice to people in the Kamloops area, with a focus on

women and youth.
Contact: 250.374.2119
Address: Kamloops
Website: www.kamloopsefry.com/

Emerald Hostel

Description: Emergency Homeless Shelter For Men" Emerald Hostel Emergency Shelter provides short-term accommodation for men and their children who are homeless. The hostel is a minimum barrier or "damp" shelter. There is no clean time required before coming in for a bed. However, the Hostel is recovery-friendly. Our focus is on helping men find homes and supports in the community to help maintain stable housing. To inquire about bed availability or for more information please contact us. No referral necessary.

Phone: (250) 374-3031
Email: emerald.hostel@cmha.bc.ca
Website: www.kamloops.cmha.bc.ca

Emerald House

Description: Emergency Homeless Shelter For Women" Emerald House Emergency Shelter provides short-term accommodation for women and their children who are homeless. Our House is a minimum barrier or "damp" shelter. There is no clean time required before coming in for a bed. However, the House is recovery-friendly. Our focus is on helping women find homes and supports in the community to help maintain stable housing. To inquire about bed availability or for more information please contact us. No referral necessary.

Phone: (250) 828-1121
Email: emerald.house@cmha.bc.ca
Phone: 250.828.1121
Website: www.kamloops.cmha.bc.ca

Evergreen Acres Senior Citizens Home Society

Description: We provide Independent retirement living in Clearwater, BC.
Phone: (250) 674-0099
Address: 144 Evergreen Place

Home Adaptations for Independence (HAFI) grants

Description: A BC Housing program for low-income seniors and people with disabilities which provides financial assistance for home adaptations for safe, independent living.

Contact: Toll Free: 1.800.407.7757 ext 7055
Email: hafi@bchousing.org
Website: www.bchousing.org

Home Share

Description: A CLBC funded program that places developmentally delayed adults who require daily living assistance.

Phone: (250) 674-6200
Address: 612 Park Drive, Clearwater

Interior Community Services

Description: Interior Community Services manages 16 rental subsidies within the

Community of Kamloops. Applicants are put on the wait list according to need and date received. Applications are available at www.bchousing.org. Subsidies are available and are based on income, the maximum rent for the area of town, and the suitability of the suite. Subsidies assist with monthly rent payments in private market rental units for individuals with a low gross household income. For more information on assistance programs visit the BC Housing Management Corporation's website at www.bchousing.org.

Website: www.interiorcommunityservices.bc.ca/programs/housing

Kamloops Native Housing Society

Description: Provides affordable housing/rental units for urban native families and/or individuals. Monday thru Thursday 8:00am - 4:00pm.

Phone: 250.374.6363

Kamloops Youth Shelter (ICS)

Description: The Kamloops Youth Shelter offers non-residential, support services and short-term residential stays (7 to 14 days) for youth. The Kamloops Youth Shelter encourages youth to make safe, responsible choices in order to work towards creating positive changes in their lives. The Kamloops Youth Shelter is the residential component and is for any youth 13 to 18 years of age, in need of a safe place to stay, support or assistance. This is a self-referral program that is open and staffed 24 hours a day, 7 days a week. Services are provided to assist those, who are street involved or are at risk of becoming street involved, adopt a healthier lifestyle.

Toll Free: 1 (855) 629-7233

Website: <http://interiorcommunityservices.bc.ca>

Residential Tenancy Branch of BC

Description: Provides landlord and tenants with information and dispute resolution services.

Contact: 1.800.665.8779

Website: www.rto.gov.bc.ca/

Safe Home Response Service

Description: Available 24 hours a day to women and their children who have experienced, or are at risk of abuse, threats, or violence. Trained individuals are available to assist women in assessing their current circumstances and needs for various types of supports that can be offered by this service, including: Crisis intervention and referral support; assistance with the development of a safety plan; temporary emergency accommodation and limited assistance with transportation. **This is a free service**

Contact: 250-674-2135 (Clearwater & area)

Contact: 1-855-674-2135 (North Thompson Valley & Area outside of Clearwater)

Address: McLure to Blue River

Website: <http://yellowheadcs.ca>

SAFER – Shelter Aid for Elderly Renters

Description: A B.C. Housing program that provides cash assistance to eligible BC residents who are age 60 years old or over and pay rent for their homes. Applications are available online.

Website: www.bchousing.org/Initiatives/Providing/SAFER

Salvation Army

Description: Provides furniture vouchers to our thrift store for couches, beds, and table and chairs. They must have transportation the day they come for an intake to pick up the furniture. Also, household vouchers for dishes, bedding, towels, etc. and clothing vouchers to our thrift store.

Email: commserv@ocis.net

Phone: 250.554.1611

Address: 344 Poplar, Kamloops

Seniors Housing: Emergency Unit

Description: A furnished unit in an existing low income housing development available to seniors for up to three months. Here seniors in crisis (at risk of homelessness) have the services of a support services worker to give them one-on-one support to help them live independently and to obtain permanent, appropriate housing.

Email: info@kamseniorsoutreach.ca

Phone: 250.828.0600

Address: Kamloops

Seniors Outreach Housing Program

Description: Seniors Outreach has developed a comprehensive housing directory that contains information on independent living, assisted living, low income housing and extended care facilities. The Housing Coordinator will provide clients and their families with information to assist them with the selection of an appropriate housing option. Staff members will be happy to assist clients with up to date available housing for the Kamloops area, provide information on the SAFER program for elderly renters and assist with completion of required documentation.

Phone: 250.828.0600

Address: Kamloops

Website: www.kamseniorsoutreach.ca

Service BC

Description: Service BC provides front line support for many of the hundreds of programs and services the provincial government offers to residents, businesses and visitors. Services available at Kamloops location: Ambulance Payments BC Assessment Searches BCeID Point of Service BC Hydro Payments Birth, Death and Marriage Certificate Applications Business Information and Referrals Child Care Subsidy Program Commissioner for Taking Affidavits (limited authority) Community Access Terminals Company Name Searches and Registrations Driver's Licence Services (for Knowledge tests, arrive at least one hour before closing) Fish and Wildlife Licences Freedom of Information Act Applications Hotel Room Tax Collections Legal Services Society Lien Searches Liquor Licence Renewal Payments Logging Tax Payments Lottery Licences Manufactured Home Searches, Transfers, Relocation Permits and Registrations Marriage Licences Medical Services Plan Registration and Billing Payments Mineral Titles Online Navigable Waters Federal Government OneStop Business Registration Personal Property Registry Pesticide Exams Provincial Sales Tax Collections Repairers Liens Residential Tenancy Information Rural Property Tax Collection Violation Ticket Payments Voter Registration Wills Search and Notice Applications

Phone: (250) 828-4540

Address: 250 - 455 Columbia Street, Kamloops
Website: www.servicebc.gov.bc.ca/

Women's Emergency Shelter

Description: Violence Against Women is not just a family issue but a community issue. The Kamloops Community YMCA-YWCA provides safe refuge through the Y-Women's Emergency Shelter, ongoing supports for women in the community through our Outreach Services supports for children and their caregiver through the Children Who witness Abuse Program.

Phone: (250) 374-6162
Address: Kamloops

Yellowhead Community Services

Description: Our Mission Statement: "Providing services through collaboration, leadership and innovation that create positive change and contribute to a healthy community." YCS has grown to be the largest non-profit, registered charity in the North Thompson and employs highly qualified full and part time staff and contracted workers to deliver a large variety of programs and services. Our services are delivered to Valley communities from McLure to Blue River. Our continuum of services from pre-natal up to the senior years are, for the most part, free of charge. Subsidies are often available when fees are charged.

Phone: (250) 674-2600
Address: 612 Park Dr
Website: <http://yellowheadcs.ca>

Legal / Court Services

British Columbia Centre for Elder Advocacy and Support

Description: Free legal advice and representation to eligible adults 55+ whose legal problem fits into priority areas: older adults who have experienced abuse or are vulnerable to abuse, including those who have legal issues relating to access to housing, problems with assisted living or long term care, access to government benefits, and financial abuse.

Toll Free: 1 (866) 643-1940
Website: www.bcceas.ca

Court Services

Description: Clearwater: Tuesday, Wednesday Thursday, 9-12 & 1-4. Closed Monday and Friday
Contact: 250 674 2113
Address: 209 Dutch Lake Rd

Crown Counsel: Kamloops

Description: Crown Counsel are prosecutors who work for B.C.'s prosecution service - the Criminal Justice Branch of the Ministry of Justice. It is Crown counsel who lay charges in British Columbia.

Phone: 250.828.4021 or Family court: 250.828.4344
Address: # 401-455 Columbia Street

Duty Counsel:

Description: A duty counsel is a lawyer paid by the government, who provides limited

legal services in criminal, family law and child protection matters to people who arrive at court without representation.

Phone: 250.828.4344

Address: Kamloops Provincial Court, 455 Columbia Street

Elizabeth Fry Housing

Description: The Kamloops & District Elizabeth Fry Society is an active community based non-profit agency that offers programs and services in the areas of housing and community justice to people in the Kamloops area, with a focus on women and youth.

Contact: 250.374.2119

Address: Kamloops

Website: www.kamloopsefry.com/

Elizabeth Fry Society Poverty Law

Description: The advocate will provide assistance to people living on low incomes with basic legal problems, questions or concerns about Income Assistance, Residential Tenancy, Disability Benefits, Canada Pension Plan, Debt Related Matters.

Phone: 250.314.1900 ext. 202

Address: Kamloops

Elizabeth Fry Society, Court Work Program

Description: Please note that Elizabeth Fry is not able to send anyone to Clearwater to accompany a client to court here. If you do not have a lawyer and don't qualify for Legal Aid, Duty Counsel is available but you would need to go to Kamloops to meet with them. Calling ahead is always a good idea. Court Work Volunteers are available for Family Court matters – Monday, Tuesday & Wednesday mornings.

Email: courtwork@kamloopsefry.com

Phone: 250.374.2119 ext. 204

Family Justice Centre

Description: Mediation, dispute resolution, and other services to separating or divorcing families or to individuals with a child in common. A service of the Ministry of Justice.

Phone: 250.828.4688

Address: 200-444 St. Paul St

Website: www.ag.gov.bc.ca/family-justice

Legal Services Society: Kamloops Legal Aid Office

Description: Louise Richards, Barrister & Solicitor; Provides legal aid. If you have a legal problem and can't afford a lawyer, they may be able to help.

Phone: 250.314.1900

Website: www.lss.bc.ca

Service BC

Description: Service BC provides front line support for many of the hundreds of programs and services the provincial government offers to residents, businesses and visitors. Services available at Kamloops location: Ambulance Payments BC

Assessment Searches BCeID Point of Service BC Hydro Payments Birth, Death and Marriage Certificate Applications Business Information and Referrals Child Care Subsidy Program Commissioner for Taking Affidavits (limited authority) Community Access Terminals Company Name Searches and Registrations Driver's Licence Services (for Knowledge tests, arrive at least one hour before closing) Fish and Wildlife Licences Freedom of Information Act Applications Hotel Room Tax Collections Legal Services Society Lien Searches Liquor Licence Renewal Payments Logging Tax Payments Lottery Licences Manufactured Home Searches, Transfers, Relocation Permits and Registrations Marriage Licences Medical Services Plan Registration and Billing Payments Mineral Titles Online Navigable Waters Federal Government OneStop Business Registration Personal Property Registry Pesticide Exams Provincial Sales Tax Collections Repairers Liens Residential Tenancy Information Rural Property Tax Collection Violation Ticket Payments Voter Registration Wills Search and Notice Applications

Phone: (250) 828-4540
Address: 250 - 455 Columbia Street, Kamloops
Website: www.servicebc.gov.bc.ca/

Victim Services

Description: RCMP program for victims of crime or accidents
Phone: (250) 674-2577
Email: ntvap@teksavvy.com
Phone: After Hours 250-674-7963

Your Welfare Rights Booklet

Description: This booklet is published by Legal Services providing a guide to a person's rights and responsibilities in relation to income assistance and is available through Legal Aid. Copies are also available at the Dutch Lake Community Centre Trusted Third Party office.
Phone: (250) 314-1900
Website: www.lss.bc.ca

Libraries

Barriere Library- TNRD Library System

Phone: (250) 672-5811
Address: 4511 Barriere Town Road

Bookmobile - TNRD

Description: Mobile library with regular visits to Clearwater, Little Fort, Birch Island and Vavenby. Check website for schedule
Toll Free: 1 (855) 552-2665
Phone: (250) 376-3526
Email: bookmobile@tnrd.ca
Website: <https://www.tnrd.ca/content/library-system>

Clearwater & District Historical Book Committee

Description: Publisher of "North Thompson Reflections". Historical and cookbooks available for purchase as well
Phone: (250) 674-3292

Contact: Goldie Krawec
Phone: 250-674-2660
Contact: Solviieg Graffunder

Clearwater and Area Literacy Program (YCS)

Description: Provides confidential assistance with writing, reading and math skills for all ages. Free training program provided for volunteer tutors.

Contact: Clearwater Phone: 250.674.3530

Contact: Barriere Phone: 250.672.9773

Address: McLure to Blue River

Website: <http://yellowheadcs.ca>

Clearwater Library- TNRD Library System

Phone: (250) 674-2543

Address: 422 Murtle Crescent

Lending Cupboard (YCS)

Description: A free-to-use lending library of food preservation equipment such as canners, jars and dehydrators. Donations welcome

Phone: (250) 674-3530

Contact: Joanna Hurst

Email: joanna.h@yellowheadcs.ca

Address: 209 Dutch Lake Rd

Website: <http://yellowheadcs.ca>

Mental Health and Substance Use Services

AA, Al-Anon, Ala-teen

Description: For info about meetings in the N.T. Valley. Phone: 250.374.2456

Phone: 250.374.2456

Aboriginal Friendship Centre (Kamloops)

Description: A team of creative and responsive professionals dedicated towards empowering Aboriginal people to achieve their fullest potential. All our programs and services offered at the Aboriginal Friendship Centre are free and confidential. We service Aboriginal and non-Aboriginal people from 0 to Elderly.

Phone: 250.376.1296

Address: 125 Palm St and 2355 Parkcrest Ave, Kamloops

Website: www.kafs.ca/

Aboriginal Friendship Centre Alcohol and Drug Counsellor (Kamloops)

Description: Provides one-on-one counselling for individuals who are seeking support and information for recovery from an alcohol or drug addiction. Services from the alcohol and drug counsellor include: counselling, referral to treatment centers, in-house referrals, information and support and prevention workshops.

Phone: 250.376.1296

Address: 125 Palm Street, Kamloops

Website: www.kafs.ca/

Aboriginal Suicide Critical Incident Response Team

Description: Provides education, training and support to Aboriginal children, youth and their families on a variety of serious community concerns, i.e. suicide, drugs and alcohol, violence, etc.

Toll Free: 1 (877) 755-1176

Email: reception@whitebuffalo.name

Phone: 250. 554.1176

Addiction and Substance Use Services (YCS)

Description: Provides individual and family counselling to people who experience problems as a result of alcohol and/or drug use. Counselling is also available to youth, adult children of alcoholism, and to any person involved with someone dependent on alcohol and/or drug substances. No charge and no referral is required.

Contact: 250-674-2600 (Clearwater)

Contact: 250-672-9773 (Barriere)

Address: McLure to Blue River

Website: <http://yellowheadcs.ca>

Adult Mental Health Services (YCS)

Description: Provides support and assistance for adults diagnosed with mental disorders and those who are experiencing depression and/or anxiety, emotional difficulties, family conflict, stress issues and problems that affect daily living. YCS counselling and support services are free of charge. No referral is necessary.

Contact: (250) 674-2600 (Clearwater)

Contact: (250) 672-9773 (Barriere)

Address: 612 Park Drive, Clearwater

Website: <http://yellowheadcs.ca>

Alcoholics Anonymous, Al-Anon, Al-Ateen

Description: Clearwater AA meetings: Tuesdays, 8pm @ Clearwater Elks Hall

Website: www.aa.org/

Axis Family Resources – 1st Step Mobile Treatment Program

Description: The 1st Step Mobile Treatment Program is a free day treatment program offered throughout the Thompson/Cariboo region; funded by the Interior Health Authority. The program is offered in eleven communities including; Chase, Clearwater, Lillooet, Lytton, Merritt, Williams Lake, 100 Mile House, Ashcroft, Barriere, Logan Lake, and Kamloops. Programs run for one, two, or four weeks. The program is for youth 13 to 24 years of age who are struggling with substance misuse. The program utilizes a harm reduction approach by meeting youth where they are at in their readiness for change. Anyone can refer a youth to the program. We are responsive to a variety of treatment options to address the individual, emotional, and social needs of the participants. The program includes alcohol and drug education, feelings/emotions group work, relapse prevention, anger management, critical thinking, family issues, exercise and recreation, sexual health, individual counseling, written assignments, and 12-step meetings.

Phone: (250) 851-2947
Address: #101 - 655 Victoria Street Kamloops, B.C. V2C 2B3
Website: www.axis.bc.ca

BC Ambulance Service

Description: In case of emergency call 911
Phone: (250) 674-3356

BC Nurses Line

Description: Free medical information 24 hours a day.
Phone: 811

Canadian Mental Health Association

Description: The Canadian Mental Health Association (CMHA), a nation-wide, volunteer organization, promotes the mental health of all, and supports the resilience and recovery of people experiencing mental illness. CMHA accomplishes this mission through advocacy, education, research and service.

Phone: (250) 374-0440
Email: kamloops@cmha.bc.ca
Address: 857 Seymour Street, Kamloops
Website: <http://kamloops.cmha.bc.ca>

Child and Youth Mental Health (CYMH)/Ministry of Children and Family Development (MCFD)

Description: As part of the provincial government's Ministry of Children and Family Development we are a free and voluntary service. Services are offered to children and youth who are experiencing mental health challenges. We use a team approach which includes Master's level clinician, social workers, psychologists, nurses, and outreach workers who provide a variety of services and specialized programs. Services offered include: Intake, assessment/screening, and case management consultation. These are available based on need, current demand, and best fit for the individual and family. In addition, we can advocate for you with the schools, physicians, social workers, or others who may require more understanding of you and your child's concerns. We do our best to connect you with the service or support that will best meet your needs. This may be another local mental health agency. Our CYMH office in Clearwater offers drop-in intake Clinic every Tuesday from 9:30 - 11:30am and then from 1:30 - 3:30pm. This 90-minute face-to-face screening provides clarity about the best next steps for your family, child or youth.

Phone: (250) 674-6810
Address: 660 Park Drive, Clearwater
Website: www.mcf.gov.bc.ca/mental_health/contacts.htm

Children Who Witness Abuse (YCS)

Description: Children Who Witness Abuse program is a service to children and youth under the age of 19 years who have witnessed abuse. YCS counselling and support services are free of charge. No referral is necessary.

Contact: 250-674-2600 (Clearwater)
Contact: 250-672-9773 (Barriere)
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Domestic Violence BC/ Victim Link

Description: Hotline. 24 hours a day, confidential.
Toll Free: 1 (800) 563-0808

Emerald Hostel

Description: Emergency Homeless Shelter For Men" Emerald Hostel Emergency Shelter provides short-term accommodation for men and their children who are homeless. The hostel is a minimum barrier or "damp" shelter. There is no clean time required before coming in for a bed. However, the Hostel is recovery-friendly. Our focus is on helping men find homes and supports in the community to help maintain stable housing. To inquire about bed availability or for more information please contact us. No referral necessary.

Phone: (250) 374-3031
Email: emerald.hostel@cmha.bc.ca
Website: www.kamloops.cmha.bc.ca

Emerald House

Description: Emergency Homeless Shelter For Women" Emerald House Emergency Shelter provides short-term accommodation for women and their children who are homeless. Our House is a minimum barrier or "damp" shelter. There is no clean time required before coming in for a bed. However, the House is recovery-friendly. Our focus is on helping women find homes and supports in the community to help maintain stable housing. To inquire about bed availability or for more information please contact us. No referral necessary.

Phone: (250) 828-1121
Email: emerald.house@cmha.bc.ca
Phone: 250.828.1121
Website: www.kamloops.cmha.bc.ca

Family Navigator (Canadian Mental Health Association)

Description: CMHA's Interior Region Family Navigator works collaboratively with partners in your community to help Parents/Caregivers access relevant programs and services based on their individual needs. Receive help at the right time, in the right place, from the right people. Families can expect from the Interior Region Family Navigator: - To support families in their time of need - Answer telephone-based inquiries - Provide information on mental health and substance use issues and resources (on-line and community based) - Connect families to necessary and relevant community-based supports and services in the BC Interior - Complete an assessment and develop a plan of care with parents/caregivers - Caregivers assessment can be completed on-line or via Skype

Toll Free: 1 (844) 234-6663
Email: family.navigators@cmha.bc.ca
Website: www.BCFamilyNavigator.com

Family Tree Family Centre

Description: Family Tree Family Centre offers peer driven programs to vulnerable families including families dealing with mental health issues, addictions, violence at home and poverty. We run a drop-in program Monday – Thursday 9:00am – 2:30pm, a Mothers for Recovery support group on Thursdays from 12 – 2:00pm and various workshops throughout the year. Participants can access infant development, and on-site counselor, daily lunch, case management,

advocacy, supervised visits, workshops, peer support, and donations (clothing, toys, baby equipment, etc.)

Phone: (250) 377-6890
Address: 657 Seymour Street Kamloops, BC V2C 2H1
Website: www.kfrs.ca

Interior Health Crisis Line

Description: Answer calls for those individuals in crisis. Interior Health Crisis Line will direct the called to the appropriate health care provide required.
Toll Free: 1 (888) 353-2273

Interior Indian Friendship Society

Description: Alcohol and drug counselling, family support
Phone: 250.376.1296
Address: 125 Palm, Kamloops

Kamloops Mental Health and Substance Use

Description: Provides assessments for all mental health and addiction services programs; referrals to community resources; support for clients in crisis; education and support to consumers, families, community.
Phone: (250) 377-6500
Phone: After hours: 250.377.0088
Address: 235 Lansdowne Street Kamloops
Website: www.interiorhealth.ca

Kamloops Youth Shelter (ICS)

Description: he Kamloops Youth Shelter offers non-residential, support services and short-term residential stays (7 to14 days) for youth. The Kamloops Youth Shelter encourages youth to make safe, responsible choices in order to work towards creating positive changes in their lives. The Kamloops Youth Shelter is the residential component and is for any youth 13 to 18 years of age, in need of a safe place to stay, support or assistance. This is a self-referral program that is open and staffed 24 hours a day, 7 days a week. Services are provided to assist those, who are street involved or are at risk of becoming street involved, adopt a healthier lifestyle.
Toll Free: 1 (855) 629-7233
Website: <http://interiorcommunityservices.bc.ca>

Mind Over Madder

Description: Understanding anger and managing conflict.
Contact: Interior Community Services
Phone: 250.554.3134
Website: www.interiorcommunityservices.bc.ca

Mood Disorders Association of BC, Kamloops Branch

Description: Support, education and friendship for people with mood disorder (depression, bipolar illness, etc.), as well as their families and friends as they build an understanding community.
Phone: 250.376.7855
Address: 126 King Street

Website: www.mdabc.net/

Parents Support Society of BC & Grandparents Raising Grandchildren Support Line

Description: GRG Support Line This toll-free line assists grandparents and other relatives raising a family member's child to navigate complex services systems such as MCFD; to find the answers, assistance and resources they need to prevent or solve problems; and to learn about benefits and services that will support the whole family. The GRG Support line is staffed by two part-time advocates with training in advocacy, social work, family law, and government services pertaining to kinship caregiving. The GRG Support line is open on Monday, Tuesday, Thursday and Friday from 11 AM to 3 PM. At all other times callers are encouraged to leave a voicemail message or send an e-mail, which will be returned as soon as possible. GRG Support Line Contacts: By phone toll-free province-wide: 1-855-474-9777 By confidential e-mail GRGline@parentsupportbc.ca.

Website: www.parentsupportbc.ca

Phoenix Centre

Description: Phoenix Centre is a 20 bed in-patient facility that provides withdrawal management programming for adults 19 years and older. Dependant upon circumstances youth under 19 years of age may be accepted.

Toll Free: 1 (877) 318-1177

Phone: (250) 374-4634

Address: 922-3rd Avenue, Kamloops, BC

Website: www.phoenixcentre.org

Phoenix Centre (Kamloops Society for Alcohol & Drug Services)

Description: Phoenix Centre is a 20-bed in-patient facility that provides withdrawal management programming for adults 19 years and older. Dependent upon circumstances youth under the age of 19 may be accepted. The program provides medically monitored withdrawal services, assessment, individual support, psycho-educational groups and yoga, as well as medical management for clients on supervised prescription withdrawal protocols. This program also makes referrals to local community health centres for addiction counselling and methadone services. Open seven days a week 24 hours a day, 365 days of the year. We also provide out-patient detox, out-patient counselling to youth & families; youth outreach, a full-time attendance program; and supportive transitional living in recovery. These programs operate Monday to Friday 8:30am – 4:00pm.

Phone: (250) 374-4634

Email: ksad@phoenixcentre.org

Address: 922 3rd Avenue Kamloops, BC V2C 6W5

Website: www.phoenixcentre.org

RCMP - non emergency

Description: In case of emergency call 911

Phone: Barriere: 250 672 9918

Contact: Clearwater: 250 674 2237

Safe Home Response Service

Description: Available 24 hours a day to women and their children who have experienced,

or are at risk of abuse, threats, or violence. Trained individuals are available to assist women in assessing their current circumstances and needs for various types of supports that can be offered by this service, including: Crisis intervention and referral support; assistance with the development of a safety plan; temporary emergency accommodation and limited assistance with transportation. ****This is a free service****

Contact: 250-674-2135 (Clearwater & area)
Contact: 1-855-674-2135 (North Thompson Valley & Area outside of Clearwater)
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Services to Adults with Developmental Disabilities (STADD), ELMSD within MSDSI

Description: STADD brings existing ministries, authorities and agencies together to support a “one-government” approach to service delivery and provides the service of a Navigator for eligible individuals and families. STADD Navigators are key to the “one-government” approach. They work closely with partner agencies so that young people have the support of effective and well-functioning teams. Navigators provide this planning and transition support to youth and young adults between ages of 16 to 24 who have a developmental disability. Transition planning is a collaborative process, with youth and families working together with Navigators and their support teams to develop a plan for a youth's future. Teams comprise agency workers, professionals, and important people in a youth's life. Transition plans are based on a full picture of the young person, and the youth's expressed needs and goals. Goals may include adult living arrangements, employment, post-secondary education, recreation, and active participation in the community.

Toll Free: 1 (855) 356-5609
Phone: (250) 356-5609
Address: 330-301 Victoria Street Kamloops, BC V2C 2A3
Website: www.gov.bc.ca/adultdevelopmentaldisabilityservices

Stopping the Violence (YCS)

Description: The Stopping the Violence Program (STV) provides counselling services for women who have experienced abuse and/or violence. Counselling is provided to women who are in, or have been in, an abusive relationship or who are survivors of sexual violence - either a recent assault or historical abuse - and who reside between McLure and Blue River.

Phone: (250) 674-2600
Contact: Ava Perraton (Clearwater)
Email: ava.p@yellowheadcs.ca
Phone: 250-672-9773
Contact: Grace Baker (Barriere)
Email: grace.b@yellowheadcs.ca
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Suicide Prevention Crisis Line

Toll Free: 1 (800) 784-2433

Support Services for Families Program - Kamloops (ICS)

Description: An outreach intervention service for children, youth and their families who are

experiencing difficulties and who are potentially at risk of family or placement breakdown.

Phone: (250) 554-3134

Website: [http:// www.interiorcommunityservices.bc.ca/](http://www.interiorcommunityservices.bc.ca/)

Victim Services

Description: Provides emotional support, referrals and practical assistance to victims of crimes and traumas. Available 24 hours a day, 7 days a week .

Contact: Phone: 250.674.2577

Contact: Cell: 674.7963

Address: 313 Dutch Lake Rd

Yellowhead Community Services

Description: Our Mission Statement: "Providing services through collaboration, leadership and innovation that create positive change and contribute to a healthy community." YCS has grown to be the largest non-profit, registered charity in the North Thompson and employs highly qualified full and part time staff and contracted workers to deliver a large variety of programs and services. Our services are delivered to Valley communities from McLure to Blue River. Our continuum of services from pre-natal up to the senior years are, for the most part, free of charge. Subsidies are often available when fees are charged.

Phone: (250) 674-2600

Address: 612 Park Dr

Website: <http://yellowheadcs.ca>

Natural Resources

Central North Thompson Rod and Gun Club

Phone: (250) 674-3768

Contact: Ron & Gwen Anderson

Website: <http://cntrodandgunclub.weebly.com/>

Lower North Thompson Community Forest Society

Description: Promoting self determination, economic diversity and healthy communities in the lower North Thompson Valley.

Phone: (250) 672-1941

Contact: Mike Francis

Email: intcfsociety@telus.net

North Thompson Fish and Game Club Society

Description: We are a community non profit organization for outdoor sportsmanship with fishing, hunting, archery and teaching and training youth the right way

Phone: (250) 672-5890

Email: nt-fish-n-game@hotmail.com

Address: Barriere

Website: <https://www.facebook.com/norththompsonfishandgame>

Wells Gray Community Forest 2010 Society

Description: The purposes of the society are: 1. To promote the economic and social

welfare of the residents of the Wells Gray Country (including the District of Clearwater), including the provision of support for benevolent and charitable enterprises, federations, agencies and societies engaged in furthering these purposes; 2. To hold the shares, and receive all the benefit of the shareholdings, of the Wells Gray Community Forest Corporation, which company manages a Community Forest License (the "Community Forest") in the Wells Gray Country (Thompson-Nicola Regional District Electoral Area 'A').

Contact: Richard Christensen
Email: rchristen51@gmail.com
Address: 209 Dutch Lake Rd
Website: www.wgcfc.ca

Wells Gray Community Forest

Description: The Wells Gray Community Forest Corporation's mission is to operate and manage a Community Forest Agreement License on a long term sustainable, environmental, and social plan that will maximize economic opportunities and benefits for the residents of Wells Gray Country.

Phone: (250) 674-3530
Contact: George Brcko
Email: george.brcko@wgfc.ca
Address: 209 Dutch Lake Rd, Clearwater
Website: www.wgcfc.ca

Seniors

Aboriginal Friendship Centre (Kamloops)

Description: A team of creative and responsive professionals dedicated towards empowering Aboriginal people to achieve their fullest potential. All our programs and services offered at the Aboriginal Friendship Centre are free and confidential. We service Aboriginal and non-Aboriginal people from 0 to Elderly.

Phone: 250.376.1296
Address: 125 Palm St and 2355 Parkcrest Ave, Kamloops
Website: www.kafs.ca/

Barriere and District Senior's Society

Description: Seniors helping seniors. Both weekly and annual events held.

Phone: (250) 672-5239
Contact: Gloria Gartner
Phone: 250-672 2477
Contact: Monica Ireland

Canadian Mental Health Association

Description: The Canadian Mental Health Association (CMHA), a nation-wide, volunteer organization, promotes the mental health of all, and supports the resilience and recovery of people experiencing mental illness. CMHA accomplishes this mission through advocacy, education, research and service.

Phone: (250) 374-0440
Email: kamloops@cmha.bc.ca

Address: 857 Seymour Street, Kamloops
Website: <http://kamloops.cmha.bc.ca>
Clearwater Royal Canadian Legion Branch #259
Phone: (250) 674-2120
Address: 257 Glen Rd

Connection Circle

Description: The Connections Circle is to support and promote the importance of traditional ways of early learning, through play, songs, stories, and the healthy development and wellbeing of all Aboriginal children, their families and their communities. Everyone is welcome.

Phone: (250) 674-3703
Contact: Cindy Wilgosh
Address: Clearwater, Barriere and Blue River
Website: <http://yellowheadcs.ca>

Evergreen Acres Senior Citizens Home Society

Description: We provide Independent retirement living in Clearwater, BC.
Phone: (250) 674-0099
Address: 144 Evergreen Place

Home Adaptations for Independence (HAFI) grants

Description: A BC Housing program for low-income seniors and people with disabilities which provides financial assistance for home adaptations for safe, independent living.

Contact: Toll Free: 1.800.407.7757 ext 7055
Email: hafi@bchousing.org
Website: www.bchousing.org

Parents Support Society of BC & Grandparents Raising Grandchildren Support Line

Description: GRG Support Line This toll-free line assists grandparents and other relatives raising a family member's child to navigate complex services systems such as MCFD; to find the answers, assistance and resources they need to prevent or solve problems; and to learn about benefits and services that will support the whole family. The GRG Support line is staffed by two part-time advocates with training in advocacy, social work, family law, and government services pertaining to kinship caregiving. The GRG Support line is open on Monday, Tuesday, Thursday and Friday from 11 AM to 3 PM. At all other times callers are encouraged to leave a voicemail message or send an e-mail, which will be returned as soon as possible. GRG Support Line Contacts: By phone toll-free province-wide: 1-855-474-9777 By confidential e-mail GRGline@parentsupportbc.ca.

Website: www.parentsupportbc.ca

SAFER – Shelter Aid for Elderly Renters

Description: A B.C. Housing program that provides cash assistance to eligible BC residents who are age 60 years old or over and pay rent for their homes. Applications are available online.

Website: www.bchousing.org/Initiatives/Providing/SAFER

Seniors Activity Centre

Description: Offering help, education, referrals; promoting community outreach and awareness about how to recognize the signs and symptoms of elder abuse and the steps that can be taken to report suspected abuse.

Email: info@csikamloops.ca

Phone: 250.554.4145 or 778.470.6000

Address: Kamloops

Website: www.csikamloops.ca

Seniors Housing: Emergency Unit

Description: A furnished unit in an existing low income housing development available to seniors for up to three months. Here seniors in crisis (at risk of homelessness) have the services of a support services worker to give them one-on-one support to help them live independently and to obtain permanent, appropriate housing.

Email: info@kamseniorsoutreach.ca

Phone: 250.828.0600

Address: Kamloops

Seniors Outreach Housing Program

Description: Seniors Outreach has developed a comprehensive housing directory that contains information on independent living, assisted living, low income housing and extended care facilities. The Housing Coordinator will provide clients and their families with information to assist them with the selection of an appropriate housing option. Staff members will be happy to assist clients with up to date available housing for the Kamloops area, provide information on the SAFER program for elderly renters and assist with completion of required documentation.

Phone: 250.828.0600

Address: Kamloops

Website: www.kamseniorsoutreach.ca

Service Canada - Outreach

Description: Provides access and information on Government of Canada benefits and services such as Canada Pension Plan, Old Age Security, Employment Insurance, Social Insurance Numbers, and Employment Assistance Programs. Comes to the Dutch Lake Community Centre the third Tuesday of every month, 9:30 - noon and 1:00 - 3:00 pm. No appointment necessary.

Phone: (250) 674-3530

Phone: 1-800 O CANADA (1-800-662-6232)

Address: Dutch Lake Community Centre

Website: <http://servicecanada.gc.ca>

Wells Gray Country Seniors Society

Description: Seniors Drop In Centre located at the Dutch Lake Community Centre is open to all seniors Monday - Friday, 8:30 - 4:30 to utilize all amenities at the centre. Monthly meetings are the 1st Wednesday of each month at 10:00 am. Information on other seniors' activities is available at the Seniors Centre.

Email: seniorsnetworkcoordinator@gmail.com

Phone: 250-674-8185

Contact: Lynne Frizzle

Address: 209 Dutch Lake Rd

Yellowhead Community Services

Description: Our Mission Statement: "Providing services through collaboration, leadership and innovation that create positive change and contribute to a healthy community." YCS has grown to be the largest non-profit, registered charity in the North Thompson and employs highly qualified full and part time staff and contracted workers to deliver a large variety of programs and services. Our services are delivered to Valley communities from McLure to Blue River. Our continuum of services from pre-natal up to the senior years are, for the most part, free of charge. Subsidies are often available when fees are charged.

Phone: (250) 674-2600

Address: 612 Park Dr

Website: <http://yellowheadcs.ca>

Sports & Recreation

1st Wells Gray Scouts, Beavers and Cubs

Phone: (250) 674-2096

4H Club - Rodeo Rednecks

Description: Rodeo Rednecks is a equitation 4-H club - we learn new things and advance in learning for both our horses and ourselves. We have 4-H lessons for our horses every Tues. and Thurs. where we learn how to leg yield, collect, we do a command class, and often practice a routine for a drill team. Rodeo Rednecks 4-H club

Phone: (250) 674-8591

Contact: Dani Noble

Adult Hockey

Description: Ladies Hockey: 250-674-0019 Mens rec league – 250-674-2143 Clearwater Blackhawks – 250-674-3690 Clearwater Hosers – 250-674-3119

Barriere & District Riding Club

Description: All are welcome to join this club. Reasonable membership fees.

Phone: (250) 318-9975

Contact: Darcey Woods

Website: www.barrieredistrictridingclub.com/

Barriere Curling Club

Description: The Curling Club has been operating in the community since 1979, providing the residents of Barriere and the surrounding area with a facility where folks can go to socialize, have fun and enjoy the sport of curling.

Phone: (250) 672-5112

Contact: Curling Hall

Address: Dunn Lake Road

Barriere Minor Fastball Association

Description: Keeps Barriere youth playing ball.

Phone: (250) 672-2338
Contact: Phil Ransome
Email: pransome@shaw.ca

Blue River Tourism

Description: The Thompson Headwaters Services Committee is devoted to Tourism Marketing within Electoral Area "B" (Thompson Headwaters) region of the Thompson Nicola Regional District.

Phone: (250) 674-3530
Contact: Sherri Madden
Email: bluerivertg@gmail.com
Website: www.blueriverbc.ca

Central North Thompson Rod and Gun Club

Phone: (250) 674-3768
Contact: Ron & Gwen Anderson
Website: <http://cntrodandgunclub.weebly.com/>

Clearwater Badminton Club

Description: Meets Mondays and Wednesdays 7:30-9:30 pm at Clearwater Secondary School (Oct - March)

Phone: (250) 674-2518
Contact: Denis Leonard

Clearwater Minor Hockey Association

Description: Promotes the game of hockey for the enjoyment of all players. Registration can be at any time. For more information visit their website.

Email: clearwaterminorhockey@gmail.com
Address: 2-248 Murtle Crescent □ Clearwater, BC
Website: www.cdmha.info/

Clearwater Mixed Slo Pitch

Description: Season runs May - July Minimum Age - 16
Phone: (778) 208-1773
Phone: 250-674-2632

Clearwater Ski Club

Description: The Clearwater Ski Hill is a cozy family resort that includes a fast T-bar, runs for all abilities, and a spacious lodge. In summer, there is a disc golf course, and the lodge can be rented for private functions. The operations of the hill are directed by a board of volunteers whose objectives are to make local skiing accessible and affordable.

Phone: (250) 674-3848
Contact: For Disc Golf: 250-674-3562
Email: info@clearwaterskihill.com
Contact: For lodge rentals: 250-674-4167
Address: 566 Dunn Lake Rd
Website: <http://clearwaterskihill.com>

Clearwater Sno-Drifters

Description: Non-Profit, family orientated snowmobiling club for all ages.
Phone: (250) 676-9443
Contact: Richard Christensen
Phone: 250-674-3773
Contact: Ralph Sunderman

Cleawater Minor Ball Association

Description: Program runs April - July for youth ages 5 - 17
Phone: (778) 208-5355
Contact: Christy Kjenstad
Phone: 250-674-3031
Contact: Tera Carter

Community Recreational Healthy Living / DOC

Description: Community swimming lessons, fitness classes, drop in hockey, tennis and soccer, health and wellness programs for all ages
Phone: (250) 674-1878
Contact: Eleanor Collins
Email: healthyliving@docbc.ca
Phone: 250-674-2257
Address: 209 Dutch Lake Rd
Website: <http://docbc.ca>

Freshwater Fisheries Society of BC

Phone: (250) 674-2580
Address: 40 N E Old North Thompson Highway

Information Wells Gray

Description: Non-profit organization that operates the Visitors Info Centre for Wells Gray Park and area
Phone: (250) 674-3334
Email: info@wellsgraypark.info
Address: 425 Southern Yellowhead Hwy, Clearwater
Website: <http://wellsgraypark.info/>

Little Fort Recreation Society

Description: Both weekly and annual events- all are welcome to join.
Phone: (250) 677-4367
Contact: Barb Denton

North Thompson Agriplex

Description: The Agriplex on its own, offers a full compliment of rodeo arena pens and chutes, a 3000 sq. ft. meeting and banquet hall, full washroom and shower facilities, offices, and ample parking for any sized event. The balance of our facility offers a full outdoor rodeo arena with grandstand seating for over 2500, an outdoor light horse arena, a pony chuck wagon race track, barns for horses, sheep, goats, beef and poultry, two additional banquet halls, indoor

picnic area, showers and washrooms, dry camping areas, and plenty of green space.

Address: 4856 Dunn Lake Road PO Box 873 Barriere, BC V0E 1E0

Website: www.fallfair-rodeo.com/

North Thompson Fish and Game Club Society

Description: We are a community non profit organization for outdoor sportsmanship with fishing, hunting, archery and teaching and training youth the right way

Phone: (250) 672-5890

Email: nt-fish-n-game@hotmail.com

Address: Barriere

Website: <https://www.facebook.com/norththompsonfishandgame>

North Thompson Garden Club

Description: We adopted the Community Garden in Barriere and act as Steward for them, which consists of the Planning and Direction of its use. The Community Garden will remain central in our focus and act as a base for our club's activities. We encourage the Community to get involved by having a program each month with a guest speaker on such topics as composting, pests and fertilizing naturally. In the summer, we hold these in the Community Garden. We have a great time among the flowers and the veggies.

Phone: (250) 672-9337

Contact: Liz Gilbertson

Email: jamesgil@telus.net

Website: www.bcgardenclubs.com/clubs/north_thompson_valley_garden_club.html

North Thompson Sportsplex

Description: This facility provides a great place for hockey, figure skating, curling and many other community events.

Phone: (250) 674-2143

Contact: Roger Mayer

Email: rmayer@docbc.ca

Address: 428 Murtle Crescent, Clearwater

Website: www.districtofclearwater.com/community/parks-rec/ntsp/

Raft Mountain Skating Club

Description: This club offers programs taught by certified coaches to all levels ages of skaters. Skating starts in September and runs until March.

Email: membership@raftmountain.com

Website: www.raftmountain.com

Raft Mountain Skating Club

Description: Raft Mountain Skating Club is a local non-profit club that has been in existence since 1975, operated by volunteers. The club offers programs taught by a certified coach to all levels and ages of skaters.

Phone: (250) 587-6234

Contact: Jennifer Wadlegger

Email: jennwadlegger@gmail.com

Address: North Thompson Sportsplex

Website: <http://raftmountain.com/>

Raft River Rockhounds

Phone: (250) 587-6213
Contact: Dave Cooper
Email: raftriverrockhounds@gmail.com

Tourism Wells Gray

Description: Tourism Wells Gray is a non-profit tourism destination marketing society that showcases Wells Gray Provincial Park and the North Thompson Valley to a national and international audience through use of social and printed media.

Phone: (250) 674-3530
Email: stephanie@wellsgray.ca
Address: 209 Dutch Lake Rd
Website: <http://wellsgray.ca>

Wells Gray Country Seniors Society

Description: Seniors Drop In Centre located at the Dutch Lake Community Centre is open to all seniors Monday - Friday, 8:30 - 4:30 to utilize all amenities at the centre. Monthly meetings are the 1st Wednesday of each month at 10:00 am. Information on other seniors' activities is available at the Seniors Centre.

Email: seniorsnetworkcoordinator@gmail.com
Phone: 250-674-8185
Contact: Lynne Frizzle
Address: 209 Dutch Lake Rd

Wells Gray Curling Club

Phone: (250) 674-3768
Contact: Gwen Anderson
Address: #4-428 Murtle Crescent, Clearwater, BC

Wells Gray Outdoors Club

Description: The Club has 28 km of trails in the Candle Creek Ski Trails in Clearwater, BC. The Club runs a full BC Rabbits series: this program provides a fun introduction to cross-country skiing for children starting at age 4 to 14 years old. Annual Birchleg Festival and Mountain Bike Trails

Phone: (250) 674-3998
Contact: Hazel Wadlegger
Email: info@wellsgrayoutdoorsclub.ca
Phone: 250-674-1674
Website: <http://wellsgrayoutdoorsclub.ca>

Wells Gray Riders Association

Description: Regular club meetings are held on the 2nd Wednesday of each month usually at the Wells Gray Inn to plan and update members on events. This is an open invitation to all riders of all ages in the community.

Phone: (250) 674-1650
Contact: Candus Graffunder
Email: info@wellsgrayriders.com
Website: <http://wellsgrayriders.com>

Wells Gray Trails Society

Description: The Wells Gray Trail Society maintains the winter cross-country ski trails in Wells Gray Park

Phone: (250) 674-3657

Contact: Andrew Nelson

Email: info@helmckenfalls.com

Address: 6664 Clearwater Valley Rd

Yellowhead Community Services

Description: Our Mission Statement: "Providing services through collaboration, leadership and innovation that create positive change and contribute to a healthy community." YCS has grown to be the largest non-profit, registered charity in the North Thompson and employs highly qualified full and part time staff and contracted workers to deliver a large variety of programs and services. Our services are delivered to Valley communities from McLure to Blue River. Our continuum of services from pre-natal up to the senior years are, for the most part, free of charge. Subsidies are often available when fees are charged.

Phone: (250) 674-2600

Address: 612 Park Dr

Website: <http://yellowheadcs.ca>

Youth Group - Barriere (YCS)

Description: All youth are welcome to attend free activities. Meets Friday nights starting in mid-October to April from 7-10pm.

Phone: (250) 672-9773

Contact: Nikki Vincent

Website: <http://yellowheadcs.ca>

Youth Group - Clearwater (YCS)

Description: Fun activities such as: watching movies, playing games, arts and crafts activities, - and just hanging out. The gym is used for a variety of sports activities such as floor hockey, basketball, volleyball and badminton. Mid-October to mid-May, 7-10pm

Phone: (250) 674-2600

Contact: Nikki Vincent

Email: nikki.v@yellowheadcs.ca

Address: Dutch Lake Community Centre, Clearwater

Website: <http://yellowheadcs.ca>

Support Services / Service Providers

Aboriginal Friendship Centre (Kamloops)

Description: A team of creative and responsive professionals dedicated towards empowering Aboriginal people to achieve their fullest potential. All our programs and services offered at the Aboriginal Friendship Centre are free and confidential. We service Aboriginal and non-Aboriginal people from 0 to Elderly.

Phone: 250.376.1296

Address: 125 Palm St and 2355 Parkcrest Ave, Kamloops

Website: www.kafs.ca/

Adults with Developmental Disabilities (YCS)

Description: Yellowhead Community Services offer a variety of services and activities to adults with developmental disabilities living in the North Thompson area. One aspect of our program is offering individual services for those requiring additional support to live independently and confidently in the community. There are five aspects to our Services to Adults with Developmental Disabilities, currently funded through Community Living BC: Job Skills, Life Skills, Supported Living, Home Share, and Community Inclusion Services
**Individuals interested in accessing these programs need to be eligible for services through Community Living BC (CLBC).

Phone: (250) 674-2600
Contact: Nikki Vincent
Email: nikki.v@yellowheadcs.ca
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Axis Family Resources – 1st Step Mobile Treatment Program

Description: The 1st Step Mobile Treatment Program is a free day treatment program offered throughout the Thompson/Cariboo region; funded by the Interior Health Authority. The program is offered in eleven communities including; Chase, Clearwater, Lillooet, Lytton, Merritt, Williams Lake, 100 Mile House, Ashcroft, Barriere, Logan Lake, and Kamloops. Programs run for one, two, or four weeks. The program is for youth 13 to 24 years of age who are struggling with substance misuse. The program utilizes a harm reduction approach by meeting youth where they are at in their readiness for change. Anyone can refer a youth to the program. We are responsive to a variety of treatment options to address the individual, emotional, and social needs of the participants. The program includes alcohol and drug education, feelings/emotions group work, relapse prevention, anger management, critical thinking, family issues, exercise and recreation, sexual health, individual counseling, written assignments, and 12-step meetings.

Phone: (250) 851-2947
Address: #101 - 655 Victoria Street Kamloops, B.C. V2C 2B3
Website: www.axis.bc.ca

BC Ambulance Service

Description: In case of emergency call 911
Phone: (250) 674-3356

BC Nurses Line

Description: Free medical information 24 hours a day.
Phone: 811

Blackpool Volunteer Fire Department

Description: In case of emergency call 911
Phone: (250) 587-6252

Child and Youth Mental Health (CYMH)/Ministry of Children and Family Development (MCFD)

Description: As part of the provincial government's Ministry of Children and Family Development we are a free and voluntary service. Services are offered to

children and youth who are experiencing mental health challenges. We use a team approach which includes Master's level clinician, social workers, psychologists, nurses, and outreach workers who provide a variety of services and specialized programs. Services offered include: Intake, assessment/screening, and case management consultation. These are available based on need, current demand, and best fit for the individual and family. In addition, we can advocate for you with the schools, physicians, social workers, or others who may require more understanding of you and your child's concerns. We do our best to connect you with the service or support that will best meet your needs. This may be another local mental health agency. Our CYMH office in Clearwater offers drop-in intake Clinic every Tuesday from 9:30 - 11:30am and then from 1:30 - 3:30pm. This 90-minute face-to-face screening provides clarity about the best next steps for your family, child or youth.

Phone: (250) 674-6810
Address: 660 Park Drive, Clearwater
Website: www.mcf.gov.bc.ca/mental_health/contacts.htm

Child Protection MCFD

Phone: (250) 674-6810
Phone: 250 310-1234 after-hours
Address: Clearwater

Children's Therapy and Family Resource Centre

Description: The Children's Therapy & Family Resource Centre is an accredited, non-profit agency owned and operated by the Thompson Nicola Family Resource Society. We provide therapy for children with an identified need(s) (up to age 19) and support these children, their families and the communities in which they live. We provide occupational therapy and physiotherapy to Clearwater. Occupational therapy helps people participate in all areas of their lives. A child's main occupations are playing, learning, and daily living, and occupational therapy can help a child to participate to the best of their abilities in each of these areas. An occupational therapist is in Clearwater once per month. A physiotherapist is trained to assess movement and physical development. They provide suggestions and support to improve mobility and mobility skills to help your child reach the highest level of independence. A physiotherapist comes to Clearwater once per month. Open daily from 8:30am to 4:30pm – Closed weekends and holidays

Phone: (250) 371-4100
Email: info@kamloopschildrenstherapy.org
Address: 801 McGill Road Kamloops, BC V2C 6R1
Website: www.kamloopschildrenstherapy.org/home

Clearwater and District Hospice

Description: Provides volunteer help and support to terminally ill patients and their families.
Phone: (250) 674-0166
Contact: Shirley Barnard
Address: 257d Glen Road, Clearwater

Clearwater Volunteer Fire Department

Description: In case of emergency call 911
Phone: (250) 674-3733

Domestic Violence BC/ Victim Link

Description: Hotline. 24 hours a day, confidential.
Toll Free: 1 (800) 563-0808

Dutch Lake Community Centre

Description: Business centre offers printing and design services, faxing, photocopies, facility rentals, scanning, public computer use. Trusted Third Party office for Ministry of Social Development.
Phone: (250) 674-3530
Contact: Kerry Milner Cairns (manager)
Email: dlcc@yellowheadcs.ca
Address: 209 Dutch Lake Road, Clearwater
Website: <http://yellowheadcs.ca>

Early Years Centre

Description: The Early Years Centre offers drop-in space and resources for young children and their families
Contact: 250-674-3530 (Clearwater)
Email: dlcc@yellowheadcs.ca
Address: 209 Dutch Lake Rd
Website: www.yellowheadcs.ca

Elizabeth Fry Housing

Description: The Kamloops & District Elizabeth Fry Society is an active community based non-profit agency that offers programs and services in the areas of housing and community justice to people in the Kamloops area, with a focus on women and youth.
Contact: 250.374.2119
Address: Kamloops
Website: www.kamloopsefry.com/

Emergency Social Services

Contact: 24 hr Line 1-800-663-3456

Family Navigator (Canadian Mental Health Association)

Description: CMHA's Interior Region Family Navigator works collaboratively with partners in your community to help Parents/Caregivers access relevant programs and services based on their individual needs. Receive help at the right time, in the right place, from the right people. Families can expect from the Interior Region Family Navigator: - To support families in their time of need - Answer telephone-based inquiries - Provide information on mental health and substance use issues and resources (on-line and community based) - Connect families to necessary and relevant community-based supports and services in the BC Interior - Complete an assessment and develop a plan of care with parents/caregivers - Caregivers assessment can be completed on-line or via Skype

Toll Free: 1 (844) 234-6663
Email: family.navigators@cmha.bc.ca
Website: www.BCFamilyNavigator.com

Family Tree Family Centre

Description: Family Tree Family Centre offers peer driven programs to vulnerable families including families dealing with mental health issues, addictions, violence at home and poverty. We run a drop-in program Monday – Thursday 9:00am – 2:30pm, a Mothers for Recovery support group on Thursdays from 12 – 2:00pm and various workshops throughout the year. Participants can access infant development, and on-site counselor, daily lunch, case management, advocacy, supervised visits, workshops, peer support, and donations (clothing, toys, baby equipment, etc.)

Phone: (250) 377-6890

Address: 657 Seymour Street Kamloops, BC V2C 2H1

Website: www.kfrs.ca

Interior Community Services

Description: Interior Community Services enriches the lives of individuals and families by providing integrated family support, individual life skills development, and safe, nurturing home environments designed to assist people to live to their potential in the community. Interior Community Services is a non-profit agency providing close to 50 programs in 32 communities. We provide support and services to approximately 1,100 people a day providing programs from prenatal to seniors. Interior Community Services offers a wide range of prevention and supports to children, youth and family, community living and affordable housing.

Toll Free: 1 (877) 376-3660

Phone: (250) 554-3134

Contact: 765 Tranquille Rd, Kamloops, BC V2B 3J3

Website: www.interiorcommunityservices.bc.ca/

Interior Health Crisis Line

Description: Answer calls for those individuals in crisis. Interior Health Crisis Line will direct the called to the appropriate health care provide required.

Toll Free: 1 (888) 353-2273

Interior Metis Child and Family Services

Description: Our vision is to ensure Métis children, families and communities have opportunities and access to services and resources by: promoting cultural identity; providing education in the areas of mental, physical, emotional and spiritual well-being; promoting and strengthening programs and service resources that are relevant to the Métis community; and working with all levels of government to promote the self-determination of community.

Phone: 250.554.9486

Address: 707 Tranquille Rd, Kamloops, BC V2B 3J1

Website: www.metiscommission.com

Kamloops Pride

Description: Formally known as the Gay and Lesbian Association (GALA), we are a non-profit organization supporting people who identify on the gender and sexuality spectra. This includes gay, lesbian, bisexual, trans, queer, and many other individuals living in the Kamloops region.

Email: kamloopspride@gmail.com

Website: <http://kamloopspride.wixsite.com/kamloopspride>

North Thompson Volunteer and Information Center

Description: The Vision of the North Thompson Volunteer and Information Center is to be the place to coordinate, provide support and focus the energies of people across the North Thompson Valley. The North Thompson Volunteer and Information Center is the hub for community organizations in the Lower North Thompson. We offer facilities for local organizations to have meetings or offer workshops. We have projector, TV, Laptop, Nintendo Wii, Tables, chairs, and much more for successful presentations and tele-communications. Have a qualified administrator to help you apply for grants and offer guidance. NTVIC publishes a weekly newsletter on weekly events and news called "What's Up In Barriere". Facilitate the Barriere After School Program Facilitate the Spring Income Tax Program. Summer Camps Member Cupboards Program. Offers a lockable, central place for organizations to store paperwork, supplies and other organization property. We are located at 4936 Barriere Town Road. For more information about us, or to get your event listed on our calendar, call us at 250-672-0033, or email us at ntvic@telus.net .

Phone: (250) 672-0033
Email: ntvic@telus.net
Address: 4936 Barriere Town Rd
Website: www.norththompsonvolunteer.com

Parents Support Society of BC & Grandparents Raising Grandchildren Support Line

Description: GRG Support Line This toll-free line assists grandparents and other relatives raising a family member's child to navigate complex services systems such as MCFD; to find the answers, assistance and resources they need to prevent or solve problems; and to learn about benefits and services that will support the whole family. The GRG Support line is staffed by two part-time advocates with training in advocacy, social work, family law, and government services pertaining to kinship caregiving. The GRG Support line is open on Monday, Tuesday, Thursday and Friday from 11 AM to 3 PM. At all other times callers are encouraged to leave a voicemail message or send an e-mail, which will be returned as soon as possible. GRG Support Line Contacts: By phone toll-free province-wide: 1-855-474-9777 By confidential e-mail GRGline@parentsupportbc.ca.

Website: www.parentsupportbc.ca

Phoenix Centre (Kamloops Society for Alcohol & Drug Services)

Description: Phoenix Centre is a 20-bed in-patient facility that provides withdrawal management programming for adults 19 years and older. Dependent upon circumstances youth under the age of 19 may be accepted. The program provides medically monitored withdrawal services, assessment, individual support, psycho-educational groups and yoga, as well as medical management for clients on supervised prescription withdrawal protocols. This program also makes referrals to local community health centres for addiction counselling and methadone services. Open seven days a week 24 hours a day, 365 days of the year. We also provide out-patient detox, out-patient counselling to youth & families; youth outreach, a full-time attendance program; and supportive transitional living in recovery. These programs operate Monday to Friday 8:30am – 4:00pm.

Phone: (250) 374-4634
Email: ksad@phoenixcentre.org
Address: 922 3rd Avenue Kamloops, BC V2C 6W5

Website: www.phoenixcentre.org

RCMP - non emergency

Description: In case of emergency call 911

Phone: Barriere: 250 672 9918

Contact: Clearwater: 250 674 2237

Service BC

Description: Service BC provides front line support for many of the hundreds of programs and services the provincial government offers to residents, businesses and visitors. Services available at Kamloops location: Ambulance Payments BC Assessment Searches BCeID Point of Service BC Hydro Payments Birth, Death and Marriage Certificate Applications Business Information and Referrals Child Care Subsidy Program Commissioner for Taking Affidavits (limited authority) Community Access Terminals Company Name Searches and Registrations Driver's Licence Services (for Knowledge tests, arrive at least one hour before closing) Fish and Wildlife Licences Freedom of Information Act Applications Hotel Room Tax Collections Legal Services Society Lien Searches Liquor Licence Renewal Payments Logging Tax Payments Lottery Licences Manufactured Home Searches, Transfers, Relocation Permits and Registrations Marriage Licences Medical Services Plan Registration and Billing Payments Mineral Titles Online Navigable Waters Federal Government OneStop Business Registration Personal Property Registry Pesticide Exams Provincial Sales Tax Collections Repairers Liens Residential Tenancy Information Rural Property Tax Collection Violation Ticket Payments Voter Registration Wills Search and Notice Applications

Phone: (250) 828-4540

Address: 250 - 455 Columbia Street, Kamloops

Website: www.servicebc.gov.bc.ca/

Service Canada - Outreach

Description: Provides access and information on Government of Canada benefits and services such as Canada Pension Plan, Old Age Security, Employment Insurance, Social Insurance Numbers, and Employment Assistance Programs. Comes to the Dutch Lake Community Centre the third Tuesday of every month, 9:30 - noon and 1:00 - 3:00 pm. No appointment necessary.

Phone: (250) 674-3530

Phone: 1-800 O CANADA (1-800-662-6232)

Address: Dutch Lake Community Centre

Website: http://servicecanada.gc.ca

Services to Adults with Developmental Disabilities (STADD), ELMSD within MSDSI

Description: STADD brings existing ministries, authorities and agencies together to support a "one-government" approach to service delivery and provides the service of a Navigator for eligible individuals and families. STADD Navigators are key to the "one-government" approach. They work closely with partner agencies so that young people have the support of effective and well-functioning teams. Navigators provide this planning and transition support to youth and young adults between ages of 16 to 24 who have a developmental disability. Transition planning is a collaborative process, with youth and families working together with Navigators and their support teams to develop a plan for a youth's future. Teams comprise agency workers, professionals,

and important people in a youth's life. Transition plans are based on a full picture of the young person, and the youth's expressed needs and goals. Goals may include adult living arrangements, employment, post-secondary education, recreation, and active participation in the community.

Toll Free: 1 (855) 356-5609
Phone: (250) 356-5609
Address: 330-301 Victoria Street Kamloops, BC V2C 2A3
Website: www.gov.bc.ca/adultdevelopmentaldisabilityservices

Support Services for Families Program - Kamloops (ICS)

Description: An outreach intervention service for children, youth and their families who are experiencing difficulties and who are potentially at risk of family or placement breakdown.

Phone: (250) 554-3134
Website: <http://www.interiorcommunityservices.bc.ca/>

Vavenby Volunteer Fire Department

Description: In case of emergency call 911
Phone: (250) 676-9223

Victim Services

Description: Provides emotional support, referrals and practical assistance to victims of crimes and traumas. Available 24 hours a day, 7 days a week .

Contact: Phone: 250.674.2577
Contact: Cell: 674.7963
Address: 313 Dutch Lake Rd

Wells Gray Country Seniors Society

Description: Seniors Drop In Centre located at the Dutch Lake Community Centre is open to all seniors Monday - Friday, 8:30 - 4:30 to utilize all amenities at the centre. Monthly meetings are the 1st Wednesday of each month at 10:00 am. Information on other seniors' activities is available at the Seniors Centre.

Email: seniorsnetworkcoordinator@gmail.com
Phone: 250-674-8185
Contact: Lynne Frizzle
Address: 209 Dutch Lake Rd

Wells Gray Search and Rescue

Description: In case of emergency call 911 Wells Gray Search and Rescue is a volunteer organization operating out of Clearwater, British Columbia. We primarily assist the RCMP in search and rescue operations, but we also work with BC Ambulance Service and the Coroner's Office. Training: 2nd and 4th Mondays and 3rd Saturday of each month. New members welcome!

Phone: (250) 674-0100
Address: 36 E Old North Thompson Hwy, Clearwater
Website: <http://wellsgraysar.ca>

Yellowhead Community Services

Description: Our Mission Statement: "Providing services through collaboration, leadership and innovation that create positive change and contribute to a healthy

community." YCS has grown to be the largest non-profit, registered charity in the North Thompson and employs highly qualified full and part time staff and contracted workers to deliver a large variety of programs and services. Our services are delivered to Valley communities from McLure to Blue River. Our continuum of services from pre-natal up to the senior years are, for the most part, free of charge. Subsidies are often available when fees are charged.

Phone: (250) 674-2600
Address: 612 Park Dr
Website: <http://yellowheadcs.ca>

Transportation

Clearwater & Area Transit

Description: Regularly scheduled bus service is offered throughout the Clearwater District and Electoral A. Operates Monday to Friday from 8:00 am to 4:30 pm. Rates within the District of Clearwater on the fixed route are as follows: \$1.50 per person; Blackpool OR Vavenby to Clearwater \$2.00 per person. Bus vouchers are available from numerous supporting agencies for those in need. A Kamloops bus service is also offered every Tuesday and Thursday, fare from Clearwater/Vavenby is \$7.50 one way per person and from Barriere/Little Fort is \$5.00 one way per person. Must pre-book a seat. Schedules are available throughout the communities and the website.

Toll Free: 1 (855) 359-3935
Phone: (250) 674-3935
Website: <http://yellowheadcs.ca>

Greyhound Bus Lines

Phone: (250) 674-3100
Website: <http://greyhound.ca>

Wells Gray Taxi

Contact: Clearwater: 250 674 1542
Contact: Barriere: 250 571 9864

Yellowhead Community Services

Description: Our Mission Statement: "Providing services through collaboration, leadership and innovation that create positive change and contribute to a healthy community." YCS has grown to be the largest non-profit, registered charity in the North Thompson and employs highly qualified full and part time staff and contracted workers to deliver a large variety of programs and services. Our services are delivered to Valley communities from McLure to Blue River. Our continuum of services from pre-natal up to the senior years are, for the most part, free of charge. Subsidies are often available when fees are charged.

Phone: (250) 674-2600
Address: 612 Park Dr
Website: <http://yellowheadcs.ca>

Veterans / Canadian Forces

Barriere Royal Canadian Legion Branch #242

Description: They serve veterans, which includes military and RCMP members and their

families, to promote remembrance and service to their communities and their country.

Phone: (250) 672-5913
Clearwater Royal Canadian Legion Branch #259
Phone: (250) 674-2120
Address: 257 Glen Rd

Service Canada - Outreach

Description: Provides access and information on Government of Canada benefits and services such as Canada Pension Plan, Old Age Security, Employment Insurance, Social Insurance Numbers, and Employment Assistance Programs. Comes to the Dutch Lake Community Centre the third Tuesday of every month, 9:30 - noon and 1:00 - 3:00 pm. No appointment necessary.

Phone: (250) 674-3530
Phone: 1-800 O CANADA (1-800-662-6232)
Address: Dutch Lake Community Centre
Website: <http://servicecanada.gc.ca>

Women's Services

Aboriginal Friendship Centre (Kamloops)

Description: A team of creative and responsive professionals dedicated towards empowering Aboriginal people to achieve their fullest potential. All our programs and services offered at the Aboriginal Friendship Centre are free and confidential. We service Aboriginal and non-Aboriginal people from 0 to Elderly.

Phone: 250.376.1296
Address: 125 Palm St and 2355 Parkcrest Ave, Kamloops
Website: www.kafs.ca/

Beta Sigma Phi

Description: Women's group that meet in members homes once or twice a month. Cultural programs are held to encourage personal growth

Phone: (250) 676-9565
Contact: Wendy Pollard
Phone: 250-674-3437
Contact: Lynda Dunkley

Changes That Heal

Description: A volunteer group that is taking action against violence and abuse
Phone: (250) 674-0148

Domestic Violence BC/ Victim Link

Description: Hotline. 24 hours a day, confidential.
Toll Free: 1 (800) 563-0808

Elizabeth Fry Housing

Description: The Kamloops & District Elizabeth Fry Society is an active community based non-profit agency that offers programs and services in the areas of housing

and community justice to people in the Kamloops area, with a focus on women and youth.

Contact: 250.374.2119
Address: Kamloops
Website: www.kamloopsefry.com/

Emerald House

Description: Emergency Homeless Shelter For Women" Emerald House Emergency Shelter provides short-term accommodation for women and their children who are homeless. Our House is a minimum barrier or "damp" shelter. There is no clean time required before coming in for a bed. However, the House is recovery-friendly. Our focus is on helping women find homes and supports in the community to help maintain stable housing. To inquire about bed availability or for more information please contact us. No referral necessary.

Phone: (250) 828-1121
Email: emerald.house@cmha.bc.ca
Phone: 250.828.1121
Website: www.kamloops.cmha.bc.ca

Family Tree Family Centre

Description: Family Tree Family Centre offers peer driven programs to vulnerable families including families dealing with mental health issues, addictions, violence at home and poverty. We run a drop-in program Monday – Thursday 9:00am – 2:30pm, a Mothers for Recovery support group on Thursdays from 12 – 2:00pm and various workshops throughout the year. Participants can access infant development, and on-site counselor, daily lunch, case management, advocacy, supervised visits, workshops, peer support, and donations (clothing, toys, baby equipment, etc.)

Phone: (250) 377-6890
Address: 657 Seymour Street Kamloops, BC V2C 2H1
Website: www.kfrs.ca

North Thompson Women in Business

Description: Mission Statement: NTWIB has a mission to connect women to help promote healthy and professional businesses by networking with other accomplished women. Through support and learning we strive to build strong businesses. Monthly lunch meetings May - Sept

Email: ntwomeninbusiness@gmail.com
Website: <http://thingstodoclearwaterbc.com/#WIB>

Prenatal and Early Years Home Visiting Program (YCS)

Description: The Prenatal and Early Years Home Visiting Program provides home visits to those who are pregnant or parents of children under school age. The program provides information about establishing healthy living practices and environments and how to develop secure, nurturing relationships with their children throughout their infancy and early childhood. Weekly, bi-weekly and/or monthly in home visits are available to provide information and support to families in developing personal and family goals, creating support networks and strengthening parenting skills to create healthy, safe & secure home environments for children. Home based and family-centered Participation is completely voluntary and confidential. You do not need a professional referral, you may contact the program yourself to ask for

support. Transportation and support to attend community parent-child programs. Prenatal vitamins and weekly food vouchers provided to pregnant women and those who are breastfeeding.

Phone: (250) 674-2600
Email: susanne.b@yellowheadcs.ca
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Safe Home Response Service

Description: Available 24 hours a day to women and their children who have experienced, or are at risk of abuse, threats, or violence. Trained individuals are available to assist women in assessing their current circumstances and needs for various types of supports that can be offered by this service, including: Crisis intervention and referral support; assistance with the development of a safety plan; temporary emergency accommodation and limited assistance with transportation. ****This is a free service****

Contact: 250-674-2135 (Clearwater & area)
Contact: 1-855-674-2135 (North Thompson Valley & Area outside of Clearwater)
Address: McLure to Blue River
Website: <http://yellowheadcs.ca>

Stopping the Violence (YCS)

Description: The Stopping the Violence Program (STV) provides counselling services for women who have experienced abuse and/or violence. Counselling is provided to women who are in, or have been in, an abusive relationship or who are survivors of sexual violence - either a recent assault or historical abuse - and who reside between McLure and Blue River.

Phone: (250) 674-2600
Contact: Ava Perraton (Clearwater)
Email: ava.p@yellowheadcs.ca
Phone: 250-672-9773
Contact: Grace Baker (Barriere)
Email: grace.b@yellowheadcs.ca
Address: McClure to Blue River
Website: <http://yellowheadcs.ca>

Women's Emergency Shelter

Description: Violence Against Women is not just a family issue but a community issue. The Kamloops Community YMCA-YWCA provides safe refuge through the Y-Women's Emergency Shelter, ongoing supports for women in the community through our Outreach Services supports for children and their caregiver through the Children Who witness Abuse Program.

Phone: (250) 374-6162
Address: Kamloops

Yellowhead Community Services

Description: Our Mission Statement: "Providing services through collaboration, leadership and innovation that create positive change and contribute to a healthy community." YCS has grown to be the largest non-profit, registered charity in the North Thompson and employs highly qualified full and part time staff and contracted workers to deliver a large variety of programs and services. Our

services are delivered to Valley communities from McLure to Blue River. Our continuum of services from pre-natal up to the senior years are, for the most part, free of charge. Subsidies are often available when fees are charged.

Phone:

(250) 674-2600

Address:

612 Park Dr

Website:

<http://yellowheadcs.ca>