



BC ASSOCIATION OF

Community Response Networks

Stopping Adult Abuse and Neglect ...Together.

Local Community Contact List

Name of CRN/Community: Kamloops CRN

Date Submitted/Updated: July 4, 2026

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(Name)

(Phone)

(Email)

Where there are no local services, list the closest community that has services available under "NOTES". Add rows or use the back of the page if needed to create a complete list for your community.

EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire and Ambulance	911	Numbers to call if no 911 service
Crisis Line		
Poison Control	1-800-567-8911	
Lifeline (or similar service)	250-374-3540	
RCMP	250-828-3000	Kamloops CLBC-250-377-4444

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse	250-851-7900	See regional resources list for each CRN
Police-based Victim Services	250-828-3223	RCMP Victim Services
Community- based Victim Services	250-372-0179	Kamloops Sexual Assault Centre
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)	250-374-2119 250-374-6162	E-Fry (women and children only) YMCABC-Women's Shelter
Emergency Shelter (s)	250-374-6162	YWCABC- Women's Shelter
BCCEAS – SAIL (Seniors Abuse and Information Line) – for information about abuse and for emotional support	604-437-1940 1-866-437-1940	Toll free
Victim Link	1-800-563-0808	
bc211	211	Lower Mainland only

LGBTQ Contact	604-684-5307 1-800-566-1170	Toll free

INFORMATION AND REFERRAL

(Local services – often grouped in one multi-service agency – listed below)

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach/Seniors Navigator	250-828-0600	Better at Home
Community Services	250-554-4145	Centre for Seniors Information
Geriatric and Other programs for Seniors	250-851-7900	Interior Health
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	250-374-4634	Day One-Society
Veterans Affairs Canada	1-866-522-2122	
Aboriginal Outreach	250-376-1296	Kamloops Aboriginal Friendship Society
Seniors Community Centre	250-314-6810	Seniors Centre at Desert Gardens

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	250-828-2624	Canadian Mental Health Association
Mental Health and Addiction Services	250-377-6500	Kamloops Mental Health
Home and Community Health	250-851-7900	Interior Health-Home and Community Care
Hospital	250-374-5111	Royal Inland Hospital
MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
BC Nurse/Pharmacist Line	811	
Assisted Living Registry	1-866-714-3378	
Online Medical Support - Medeo	1-888-297-2973	
Addiction Services	250-374-6551	Sage Health Centre(private)
Aboriginal	250-828-9700	Tk'emlups Te Secwepemc
Wellness Programs & Workshops	250-376-4771	YMCABC- Mental Wellness Department (Aging Mindfully)
General Health and Drop In Programs	250-376-4777	Cottonwood Community Centre

Crisis Response, Community Lead (CRCL)	778-470-2725	11am-11pm Hosted by Kamloops Aboriginal Friendship Society
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HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	604-433-1711 1-866-465-6873	Vancouver Toll Free
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Advocacy and Appeals re Housing	250-374-2119	Kamloops & District E -Fry
	250-376-7558	ASK Wellness
Metis- including elder housing	250-554-9486	Lii Michif Otipemisiwak
Indigenous	250-376-1296	Kamloops Aboriginal Friendship
All Levels	250-376-7558	

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250-828-0600	
Grocery Shopping	250-828-0600	Better at Home
Home repairs and Maintenance	250-828-0600 (light yard work)	Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling/Senior Navigation	250-828-0660	Better at Home/ICS
Friendly Visiting	250-828-0660	Better at Home
People in Motion	250-376-7878	

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-376-7625	Handy Dart
Health Connections – bus service		
Bus Pass Program	1-866-866-0800/ 250-828-3500	City of Kamloops
Taxi (s)	250-374-5151	Kami Cabs
Parking Permit (disabled)	250-376-7878	People in Motion
Translink Trip Planner	604-953-3333	Lower Mainland
Community Van	250-376-7878	People in Motion

LEGAL

SERVICE	CONTACT NUMBER	NOTES
BC CEAS (SAIL)	604-437-1940 1-866-437-1940	Legal Advocacy Program and Elder Law Clinic
Legal Aid	1-866-577-2525	
Family Justice Clinic	250-828-4688	Kamloops
Crown Counsel		
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services		
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services	250-374-2119	Kamloops & District E-Fry
	250-554-4145	Centre for Senior Information

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA	250-374-2456	
NA	250-320-5032	
Al-Anon	250-374-2456	
Nar-Anon	604-878-8844	
Alzheimer Society of BC	250-377-8200	Local Office
Caregiver support groups	250-377-8200	
MS Society	250-314-0773	
Arthritis	250-686-8643	Interior Region Office
Diabetes	250-762-9447	Kamloops & Area
Deaf and Hard of Hearing	1-866-888-2422	Canadian Association
Brain Injury Support	250-372-1799	Kamloops Brain Injury

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Kamloops Aboriginal Friendship Centre	250-376-1296	
Indigenous Community Office (TTSE)	250-828-9700	Tk'emplups Te Secwepemc

Métis Services	250-554-1176	Lii Michif Otimpemisiwak
First Nations Health Authority	1-866-913-0033	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	778-470-6101	Kamloops Immigrant Services
Settlement Services	778-470-6101	Kamloops Immigrant Services
Translation Services	778-470-6101	Kamloops Immigrant Services

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-828-3580	
Parks and Recreation - programs	250-828-3580	
Library(s)	250-372-5145	Kamloops Library
	250-554-1124	North Kamloops Library
Group Fitness	250-372-7725	YMCA BC-Downtown Y
	250-376-4771	John Tod Centre (YMCA)
	250-828-3580	City of Kamloops- TCC

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	250-828-4540	Service BC
Community Volunteer Income Tax Prep.	250-554-4145	

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
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Hospice	250-372-1336	Marjorie Willoughby
Grief Counselling	250-372-1336	

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-376-2252	
Grocery Delivery	250-828-0660	
Meal Delivery	250-376-0660	
Mount Paul Food Centre	250-421-1011	
Reduced Cost Portable Meals	250-554-4145	Centre for Seniors Information

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Ward Stammer-Kamloops North Thompson	250-554-5416	MLA-Conservative
Peter Milobar-Kamloops Centre	778-471-9371	MLA-Conservative
Frank Caputto	250-851-4991	MP-Conservative
Services Canada	1-800-622-6332	