



Local Community Contact List (Template)

Name of CRN/Community: Salmon Arm & area Date Submitted/Updated: July 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 not for 911 Police – 250-832-6044 Fire – 250-803-4060 Ambulance – 250-833-0188
Crisis Line Salmon Arm, Sicamous, Sorrento Enderby	1-888-353-8911 250-833-1488 250-838-0880	Toll-free
Poison Control	1-800 567 8911	Toll-free
Okanagan-Interior Health Lifeline Program	1-800-994-8414	Toll-free
Shuswap Emergency Response Program (CSRD)	250-833-5927 Emergency Phone 1-877-996-3344	

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Interior Health Authority– for reporting Senior abuse	1-844-870-4754	Toll-free
Police-based Victim Services	250-832-4453	
Community- based Victim Services	250-832-0005	

SAFE Society Transition House and Sexual Assault Support Services (24-7)	250-832-9616 – 24-7	(formerly called the 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	Call or text

LBGTQ – QMUNITY Resource Centre	604-684-5307 1-800-566-1170	Toll free
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INFORMATION AND REFERRAL

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach Seniors Drop In Eagle Valley Resource Society Salmon Arm Seniors Resource Centre	250-832-1065 250-832-3015 250-836-3440 250-832-7000	Sicamous
Home & Community Care – Adult Day programs	250-832-6643	After hours
Geriatric programs for Seniors Seniors Mental Health	250-833-4100 250-833-4102	
5 th Avenue Seniors	250-832-1065	
Harmony Haven - Respite Services for the Caregiver Journey (Salmon Arm)	250-803-4525	
Veterans Affairs Canada	1-866-522-2122	Toll Free
Crisis Line	1-888-353-2273	Toll Free
Seniors Advocate BC	1-877-952-3181	Toll Free

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Salmon Arm Substance Use Services	250-833-4102	
Canadian Mental Health Association – CMHA	250-832-8477	Shuswap-Revelstoke branch
Salmon Arm Seniors Health & Wellness Centre	778-489-5191	Wednesday & Thursday
South Shuswap Health Services Society-Copper Island Health and Wellness Centre	250-675-3661 250-675-2196	Office Medical Clinic

Opioid Agonist Treatment (OAT Clinic)	250-833-4177	
Home and Community Health	250-832-6643	
Shuswap Outpatient Laboratory Enderby Community Health Centre Sicamous Health Centre Laboratory	250-803-4501 250-838-2450 250-803-4501	Salmon Arm Enderby Sicamous
March of Dimes Community Brain Injury Services	250-515-0845	Formerly NOSBIS

Shuswap Lake General Hospital & Chronic Pain Clinic	250-833-3600	
Salmon Arm Health Centre Day Program	250-833-4100	
Nav Care/Hospice	250-832-7099	
Community Living BC - CLBC	250-832-1718 1-877-660-2522	Toll-Free
Salmon Arm Medical Clinic Mt. Ida Medical Clinic Maple Tree Medical Clinic Shuswap Providence Medical Clinic	250-832-6092 250-833-1990 250-832-9361 250-832-3377	
Dial a Dietician Nutrition Information	1-800-667-3438	Toll-Free
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	Toll-Free
Online Medical Support - Medeo	1-888-297-2973	Toll-Free
Problem Gambling Helpline	1-888-795-6111	Toll free

HOUSING

SERVICE	CONTACT NUMBER	NOTES
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BC Housing	604-433-1711 1-866-465-6873	Vancouver Toll Free
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	Toll Free
Seniors Services Society	604-520-6621	
CMHA Homeless/Housing Outreach & Housing Coordinators	250-832-8477	

UTILITIES

SERVICE	CONTACT NUMBER	NOTES
Gas Leaks (Fortis BC)	1-800-663-9911	Toll Free
Power Outages (Fortis BC)	1-866-436-7847	Toll Free 7am to 7pm
Power Outages (BC Hydro)	1 800 BCHYDRO (1 800 224 9376)	Toll Free

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Shuswap Better at Home	250-836-3440	
Grocery Shopping	250-836-3440	
Home repairs & Maintenance	250-832-7000	Formerly Fletcher Park Seniors Resource Society
Peer Counselling	250-833-4100	
Friendly Visiting	250-832-7000	By Phone Seniors Resource
Monday Market – help with grocery shopping	Phone 250-832-7000 to register	Salmon Arm Seniors Resource Centre

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250 -832 -0191	
Health Connections – BC Transit	1-855-993-3100	Toll Free
Bus Pass Program	1-833-583-3636	Toll Free
Taxi (s) Salmon Arm Sicamous Sorrento	250-832-2252 250-836-0044 250-803-8445	
Parking Permit (disabled) SPARC BC	1-888-718-7794	
Translink Trip Planner	604-953-3333	Lower Mainland

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	Toll Free
Legal Advocacy Program - The Shuswap Family Centre	250-832-2170	
Family Justice Clinic	1-888-282-2283	Toll Free
Crown Counsel	250-832-1651	
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services	250-832-3272	
Access Pro Bono Legal Services – in person only	1-877-762-6664	Toll Free
Crime Stoppers	1-800-222-8477	Toll Free

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	

AA	1-866-531-7045	Toll-free
NA	1-866-778-4772	Toll-free
Al-Anon	1-866-531-7045	Toll-free
Substance recovery	250-833-4103	
Alzheimer Society of BC	1-250-860-0305	
Caregiver support groups	250-832-7000	
Parkinson's Group	250-833-4100 250-832-4785	
CMHA Family Support (mental illness)	250-832-8477	
MS Society	250-803-0109	
Arthritis	1-800-628-9494 250-833-4100	Toll-free
Diabetes	1-888-628-9494 250-833-3600	Toll-free
Grandparents raising Grandchildren	250-832-2170	
Cancer Support	250-833-4334	

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Aboriginal Patient Navigator	250-309-1495	Shuswap Lake General Hospital
Neskonlith Indian Band Health & Wellness – Melamen Centre	250-833-0202	Salmon Arm
North Okanagan Friendship Centre	1-250-542-1247	
Band Office	1-778-471-8200	
Métis Services	250-832-4800	
First Nations Health Authority	1-866-913-0033	Toll free

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	250-804-2726	
Settlement Services	250-804-2726	
Translation Services	250-804-2726	
English as a second Language	250-832-2126	

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-832-4044	
Parks and Recreation - programs	250-832-4044	
Library(s)	250-832-6161	

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INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	1-866-866-0800	Service BC
Community Volunteer Income Tax Prep.	1-250-832-7000	
Service Canada	1-800-622-6332	Toll Free
Service BC	250-832-1611	
Ministry of Social Development & Poverty Reduction - MSDPR	1-866-866-0800	Toll free

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
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Hospice	250-832-7099	
Grief Counselling	250-832-2223 250-833-1129	
Compassionate Friends	250-657-3793	
Grief support	250-832-2131	

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Banks: Second Harvest	250-833-4011	
SA/Sorrento Salvation Army	250-832-9194	
SA Good Food Box	250-832-4127	
Enderby FED Box	250-838-3114	
Grocery Delivery	250-832-7000 250-832-2064 250-836-3440	
Youth Community Kitchen	250-832-2170	SA Family Resource Centre
Better Meals	250-832-7000	SA Seniors Resource Centre
Shuswap Food Action Society	250-517-4767	
First Community Weekly Lunch Program	250-833-6100	

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
David Williams	250-387-3507	MLA - provincial
Mel Arnold	250-260-5020	MP - federal
Alan Harrison	250-803-4034	Mayor – City of Salmon Arm

Other area Community Response Networks – information & referral

SERVICE	CONTACT NUMBER	NOTES
Revelstoke Community Response Networks	revycrn@gmail.com	
Shuswap Community Response Network	250-675-2421 Ext 102	North & South Shuswap area
Sicamous & Area CRN	waltersmb7491@gmail.com	Malakwa to Sicamous to Enderby