



# **DIRECTORY OF SOCIAL SERVICES**

**for  
Revelstoke and Area**

**MARCH 2010**

[www.revelstokesocialdevelopment.org](http://www.revelstokesocialdevelopment.org)

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*The purpose of this directory is to provide information to the public about Social Services that are available to the community. The City of Revelstoke is in no way responsible for the delivery of these services.*

## ADULT ABUSE AND NEGLECT

### **COMMUNITY RESPONSE NETWORK**

The Community Response Network represents a diverse group of concerned community members and agencies working under the Adult Guardianship Act to implement a coordinated response to adult abuse, neglect, and self-neglect for people aged 19 years and older. Individuals have the right to be treated with respect, access to basic needs, protection from neglect and physical, emotional, financial or sexual abuse, information about civil and legal rights, and control over their lives. If you think someone is mistreating you – or someone you know – call the Abuse Response line at 250-814-2267 or for developmentally disabled adults 250-832-1720. For more information about CRN, call Coordinator Mengia Nicholson at 250-837-6803 or email [jmengia@telus.net](mailto:jmengia@telus.net) or visit [www.bccrns.ca](http://www.bccrns.ca)

## CHILDREN'S SERVICES

### **CHILD CARE**

#### **Revelstoke Child Care Society and Child Care Resource and Referral**

RCCS is a non-profit organization that works to provide parents with information about and referrals to quality child care choices in the community and early childhood development. Child care providers are supported through training, education and resources. Contact Linda Chell at 250-837-6669 or email [revccrr@rctvonline.net](mailto:revccrr@rctvonline.net) or visit [www.childcarechoices.ca](http://www.childcarechoices.ca) Located at Room 106, 1401 1<sup>st</sup> St. west.

**First Steps to Stepping Stones** – First Steps Infant and Toddler Child Care Centre licensed child care for children under 36 months old. Contact 250-837-5855 or 250-837-7925. Located at 1401-1<sup>st</sup> street west.

**Stepping Stones and Stepping Stones, Too! Child Care Centres** – Revelstoke's only Licensed Group Child Care Centre offers care for children 30+ months to school aged in a child-focused environment to promote individual love of learning. For information about full or part-time care; the morning preschool, kindercare and school-aged after school care, contact 250-837-5855. Located at #1401-1<sup>st</sup> St. west.

**Stepping Stones After School Care** – For children in Kindergarten, Grades 1 and 2. For further information contact 250-837-5855.

### **EARLY LEARNING**

Early learning for preschool children takes place in multiple settings: homes, preschools, child care environments, early learning centres, and other community settings. Children's early learning is supported by parents, family members, the broader community, early childhood educators, and other service providers. The BC Early Learning Framework provides information and insights on supporting all young children as they learn and develop. For more information contact Coordinator Tracy Spannier at 250-837-6669, email [tspannier@thehub.literacy.bc.ca](mailto:tspannier@thehub.literacy.bc.ca) or visit [http://www.bced.gov.bc.ca/literacy/early\\_learning](http://www.bced.gov.bc.ca/literacy/early_learning)

### **Ready, Set, Learn**

An engaging event to welcome parents/caregivers and their three-year-old children to their local elementary school for an introduction to the school and community early childhood resources. Contact 250-837-2101 for event dates.

### **Revelstoke Child Care Society**

Provides learning opportunities for child care providers and early childhood educators. Contact Linda Chell, Executive Director at 250-837-6669 or email [revccrr@rctvonline.net](mailto:revccrr@rctvonline.net) or visit [www.childcarechoices.ca](http://www.childcarechoices.ca) Located at Room 106, 1401 1<sup>st</sup> St. west

- **Child Care as a Career** – Information on start up and operation grants, Licensed Family Care, and Licensed Not Required Child Care; Introduction to Child Care Level 1, 2 and 3 available.

## **EARLY INTERVENTION AND SUPPORT**

### **Infant Development Program**

Supports families who are raising children between birth and 3 years of age who are at risk for a delay or with a developmental delay or disability. An experienced consultant visits families in their homes, provides ideas to help with child development, and also lends toys, books, and equipment if requested. The Infant Development Consultant is also able to conduct developmental screenings and assessments to determine how a child is developing. The Infant Development Program works in partnership with other community professionals to ensure all aspects of a child's growth and development are considered. Contact Kristal Bradshaw at Community Connections, 250-837-2920 ext 39 or email [kbradshaw@community-connections.ca](mailto:kbradshaw@community-connections.ca)

### **Supported Child Development Program**

This program provides additional supports in preschool or daycare settings for children whose parents or caregivers are concerned about their development. Consultation services are available to the center's staff to promote inclusive environments. When needed, extra staff is available to ensure all children are able to fully participate in the program offered. The program can also arrange referral to other community professionals (Physical Therapy, Occupational therapy, Speech/Language therapy), and has a lending library with toys, equipment, books, videos and other resources. Developmental screenings and assessments can also be arranged. Contact Kristal Bradshaw at Community Connections, 250-837-2920 ext 39 or email [kbradshaw@community-connections.ca](mailto:kbradshaw@community-connections.ca)

### **Ministry of Children and Family Development**

Ministry of Children and Families provides support to families in their efforts for positive and healthy relationships. Services offered include Individual and Family Support, Child and Youth Mental Health, Foster Care, Respite, Adoption and Protective Services. The local office works along side community and families to engage formal and informal supports toward the goal of healthy families. Contact John Yakielashek, Social Worker, Team Leader at 250-837-7612 or email [John.Yakielashek@gov.bc.ca](mailto:John.Yakielashek@gov.bc.ca) Located at 210 Garden Ave Revelstoke BC

### **Revelstoke Child Care Society Early Learning Resource Library**

Provides a full range of early childhood development resources, including books for parents and children, resource materials, and developmentally appropriate toys, infant and toddler equipment. For further information contact 250-837-6669 or email [revccrr@rctvonline.net](mailto:revccrr@rctvonline.net) Located at Room 106, 1401 1<sup>st</sup> Street West.

**Success by Six**

Ensuring children 0-6 years have access to programs that support their healthy growth. Contact Tracy Spannier at 250-837-6669 or email [tspannier@hub.literacy.bc.ca](mailto:tspannier@hub.literacy.bc.ca)

**PLAYGROUPS AND CAMPS****Adventure Summer Day Camp**

For children between the ages of 6 and 11. Children must have completed kindergarten to attend. Camps run Monday to Friday in July and August. Themes may include Drama, Art, Sports, Exploration, and Water Activities. Registration begins in June of each year and takes place at Community Connections (314 – Second Street E.). Sponsorship is available to ensure all children in Revelstoke have an opportunity to participate. For more information contact 250-837-2920.

**Community Connections PACT (Parents and Community Together)**

This program delivers two components: a parent-child drop-in on Thursday mornings, and a variety of Parent Education Groups. The PACT drop-in provides a relaxed, informal, inclusive place for caregivers of young children to socialize, share experiences and access resources to support them in the demanding job of raising children. Facilitators provide information on family life topics, demonstrate play and craft activities, lead discussions on parenting and personal issues, and make referrals to other services families may need. The Parent Education Groups provide skill building and mutual support programs for parents. Contact: Cathy Girling at 250-837-2920, ext 38.

**Community Connections Pre-Teen Camps**

Pre-Teen Camps have especially designed for youth in grades 5, 6, and 7. The camps will run from 9:00 AM to 3:00 PM for the months of July and August, Monday to Friday. Every week of camp will have a different theme. Registration begins June 1, 2010. For more information contact Community Connections at 250-837-2920.

**Leap Land**

An indoor playground located at Mt. View School, 601 west 2<sup>nd</sup> St. Hours are the same as Strong Start. For more information contact Betty Switzer at 250-837-1273 or the Child Care Society at 250-837-6669.

**Play in the Park**

A fun playgroup during summer months; open to the community and free of charge. Wednesdays 10 am –12 noon. Offered by the Revelstoke Child Care Society. Contact 250-837-6669

**StrongStart Early Learning Centre**

A free school-based interactive program for children 5 years and under and their parent/caregiver. A drop-in program, facilitated by an Early Childhood Educator, promotes early learning through art, songs, stories and play with quality materials. For further information on specific times available, Contact Sheri Ralph at 250-837-1273. Located at Mt. View School, Room 102.

## **PRESCHOOLS**

### **Jumping Jacks Preschool**

Licensed and fully integrated preschool for children between the ages of 3 and 5. Classes are delivered by qualified Early Childhood Educators in a caring, stimulating environment – art, singing, games, puzzles, books, toys, movement and more! There are 2 classes to choose from - Mon/Wed/Fri or Tues/Thurs 9 am to 11:30 am. Jumping Jacks also offers the Seeds of Empathy program which uses visits with an infant and his/her parent to help the children develop empathy by learning about their own feelings as well as those of others. The children also deliver literacy skills by reading books specifically chosen to illustrate the ten themes of the program. Contact Rosetta Bernava at 250-837-5773. Located at 1550 Illecillewaet Road.

### **Stepping Stones Child Care**

This program promotes the child's physical, emotional, social, intellectual, and aesthetic development. A theme-based program is geared towards the child's interests. Children and educators learn through play. Materials are carefully selected to promote the development of the whole child, and each child's individual likes/dislikes, abilities and needs are respected. The preschool program is offered 5 days a week from 9 am to 12 noon, embedded in the child care day, and all day child care is also available from 7:45 am to 5:30 pm. For further information contact 250-837-5855 Located at 1401 west 1<sup>st</sup> street.

### **Leap and Learn Preschool**

This unique program has parents involved in all aspects of the program by volunteering in the classroom once every 15 times. "Learning will transfer between home and school helping to ensure a smooth kindergarten transition." Early Childhood Educators offer an enriched play-based program that promotes learning for the whole child. Tuesdays and Thursday mornings, 9:15-11:45 am, for children ages 2 1/2 to 5 years of age. Contact Betty Switzer at 250-837-1273 or 250-837-6669, Located at Mt. View School on west 2<sup>nd</sup> street. This program is offered through the Revelstoke Child Care Society in partnership with School District #19.

### **Toddler Time and Cool Kids Preschool Programs**

This preschool offers your child a variety of unique experiences in a licensed preschool setting. The staff are certified Early Childhood Educators who are dedicated to quality child care. Children participate in art, circle time, music, physical activities, field trips and socializing with other children. The program promotes activities for the optimal development of your child in a safe and positive environment. For further information contact 250-837-9351, Located at the Revelstoke Community Centre, 600 Campbell Ave.

## **PRE-TEEN & TEEN EVENTS**

### **Community Connections Youth Services Program**

Offers weekly, free or low cost events to local youth, ages 9 to 12 and 13 to 17 all year long. The goal of these events is to provide an opportunity for youth to engage in pro-social activities, learn more about themselves and others in a safe and respectful atmosphere, and to have fun. Monthly calendars can be found at the Recreation Centre, at Community Connections, in local businesses and on our website at [www.community-connections.ca](http://www.community-connections.ca) For more info, please call Anne Corrie, Youth Program Coordinator at (250) 837-2920, ext. 27 or e-mail at [acorrie@community-connections.ca](mailto:acorrie@community-connections.ca)

The Youth Mentoring Program is an opportunity to provide youth in the community experiences where they can develop new skills and interests. The program is available to youth ages 10-18 years. For more information contact Community Connections at 250-837-2920.

## **SPEECH AND LANGUAGE**

### **Speech-language support for children aged 0 to 6 years**

Serves families of children, 0-6, with speech, language or hearing difficulties. Contact Carolyn Duncan at 250-837-4285 or email [carolyn.duncan@interiorhealth.ca](mailto:carolyn.duncan@interiorhealth.ca)

### **Speech-language and/or hearing support for all school-aged children**

Contact Vivian Binnington, School District Speech & Language Therapist at 250-837-5911 or email [vbinnington@sd19.bc.ca](mailto:vbinnington@sd19.bc.ca)

## **COMMUNITY LIVING (for persons with developmental disabilities)**

### **Children and Youth with Special Needs (CYSN)**

The Ministry of Children and Family Development (MCFD) funds a range of programs and services for children and youth with special needs and their families. Services and supports are intended to promote children's healthy development, maximize quality of life, assist families in their role as primary caregivers and support full participation in community life. Contact Britt Hunchak, Social Worker, at 250-837-7612, Tuesday and Thursday, or email [britt.hunchak@gov.bc.ca](mailto:britt.hunchak@gov.bc.ca) Website: [www.mcf.gov.bc.ca/spec\\_needs/index.htm](http://www.mcf.gov.bc.ca/spec_needs/index.htm)

### **Community Living BC (CLBC)**

CLBC delivers support and services to adults with developmental disabilities and special needs, and their families. The role of CLBC is to help people with developmental disabilities live and work in their communities as independently as possible by providing both individual supports and funding services. Contact Facilitator Lori Skinner (in Salmon Arm), at 250-832-1720 (cell: 250-517-0652) or main regional office in Vernon at 250-549-5490.

## **COMMUNITY LIVING SERVICES FOR CHILDREN**

All programs are managed by Community Connections and have a family-centered practice – staff believe that parents know their children best, and should be actively involved in all decisions about their children. Contact Kristal Bradshaw at Community Connections, 250-837-2920 ext 39 or email [kbradshaw@community-connections.ca](mailto:kbradshaw@community-connections.ca)

**Infant Development Program** – supports families who are raising children from birth to three years old, who are at risk for, or who already have a delay in development. Our experienced Infant Development Consultant visits families in their homes, provides ideas to help with child development, and also lends toys, books, equipment and resources if needed. She is also able to conduct developmental screenings and assessments to determine how a child is developing. The Infant Development Program works in partnership with other community professionals to ensure all aspects of a child's growth and development are considered.

**Supported Child Development Program** – This program provides additional supports in preschool or daycare settings for children whose parents or caregivers are concerned about their development. Consultation services are available to the center's staff to promote inclusive environments. When needed, extra staff is available to ensure all children are able to fully participate in the program offered. The program can also arrange referral to other community professionals (Physical Therapy, Occupational therapy, Speech/Language therapy), and has a lending library with toys, equipment, books, videos and other resources. Developmental screenings and assessments can also be arranged.

**Community Connectors** - is a program available for school aged children who have been diagnosed with Autism Spectrum Disorder, a physical disability, or a developmental delay or disability.

**Respite** -is a program available for children who are eligible to participate in the Community Connectors or Autism Services programs. The goal of the program is to support the family by hiring a qualified care giver to look after their child in the parent's absence.

**Autism Services** - For children under the age of six, an Intensive Behavioral Intervention program is developed in consultation with the family and an approved Applied Behavioral Analysis supervisor.

### **COMMUNITY LIVING SERVICES FOR ADULTS**

This program offers 3 residential group homes, supported work, and individualized community inclusion. The residences provide safe, caring homes where clients develop the skills they need to live independently with the support of staff, family, and friends. In the individualized community inclusion program, participants design a plan that meets their own needs, wants, and goals. Individuals access the community through social and recreational opportunities. Contact Loni Williams (Human Resources), email [williams@community-connections.ca](mailto:williams@community-connections.ca) and Kelly Rignedell (Client Care), email [krignedell@community-connections.ca](mailto:krignedell@community-connections.ca) or call 250-837-2920.

## **EDUCATION AND LITERACY**

### **COLLEGE**

#### **Okanagan College – Revelstoke Centre - Continuing Studies**

Business certificates, Computers & Technology, Employment & Professional Development, First Aid & Safety, Health, Online & Distance Learning, English Language Services for Newcomers (ESLN), Adult Academic & Career Preparation (AACP – see below), Volunteer Literacy Tutoring Program, Revelstoke Centre of Learning. Located at 1401 West 1<sup>st</sup> Street, mailing address P.O. Box 3118 Revelstoke BC V0E 2S0. Phone 250-837-4235 Fax 250-837-2882 or visit [www.okanagan.bc.ca/csreg](http://www.okanagan.bc.ca/csreg) for online registration.

#### **Adult Academic & Career Preparation (AACP)**

AACP is for adults wanting to upgrade their general academic skills, meet entrance prerequisites for post-secondary programs, or complete high school graduation. Courses in mathematics, English, and the humanities are available at the local OC centre. All AACP courses are tuition free but minor miscellaneous fees apply. Two delivery methods are offered: traditional classroom delivery and flexible delivery through the Revelstoke Centre of Learning. For information regarding this program, including intake dates and the specific courses available, contact the AACP coordinator, Claudette Kendel, at (250) 837-4235 local 6516 or [ckendel@okanagan.bc.ca](mailto:ckendel@okanagan.bc.ca)

## **ENGLISH AS A SECOND LANGUAGE SETTLEMENT ASSISTANCE PROGRAM**

The **ESLSAP** program is offered at Okanagan College in Revelstoke from September to June and includes free English language tutoring, weekly classes, field trips and access to ESL software to eligible adults who are residents of Canada. Contact BR Whalen at 250-837-4235 or email [brwhalen@okanagan.bc.ca](mailto:brwhalen@okanagan.bc.ca)

## **LIBRARY**

### **Okanagan Regional Library**

Located at 605 Campbell Ave. Contact Librarian Joan Holzer at 250-837-5095 or email [jholzer@orl.bc.ca](mailto:jholzer@orl.bc.ca) or visit [www.orl.bc.ca](http://www.orl.bc.ca)

Programs: Storytime, Tiny Tickle, and Toddler Tales, Contact Zoe Knuff at [zknuff@orl.bc.ca](mailto:zknuff@orl.bc.ca)

Open hours:

Tuesday	12-8 pm
Wednesday	12-7 pm
Thursday	10-4 pm
Friday	10-5 pm
Saturday	10-5 pm

#### Library Services:

In addition to the immense selection of fiction and non-fiction books, magazines, newspapers, and reference materials available at the library, your library card gives you access to:

- A myriad of programs for children such as Storytime, Toddler Tales, Summer Reading Club
- Free in-branch Internet access at computer workstations or wireless up to one hour per day per person
- A collection of DVD movies ranging from classics to recent blockbusters, and television series on DVD
- Write invigilated exams for free
- Download Audio books and eBooks online at Library To Go
- Become a fan of the Okanagan Regional Library on Facebook
- Join an online book club
- BC Library OneCard, giving you borrowing privileges at public libraries throughout the province.

## **LITERACY PROGRAMS**

### **Adult Literacy**

Revelstoke Volunteer Literacy Tutoring Program is a free and confidential one to one tutoring program for adults offered at Okanagan College. Learners do not have to be enrolled as students at the college to access the program. The focus is to help adult learners gain literacy skills so they can achieve life goals. Contact 250-837-4235 extension 6504.

### **Columbia Basin Alliance for Literacy**

Contact Tracy Spannier, Program Coordinator at 250-837-6669 or email [tspannier@thehub.literacy.bc.ca](mailto:tspannier@thehub.literacy.bc.ca) Located at Room 106, 1401 1<sup>st</sup> St, west or visit [www.cbal.org](http://www.cbal.org)

#### **Programs:**

- **Family Literacy Drop-In** – Drop by or call with any requests for information or to use the 'Share the Word' book exchange program.

- **Family Tutoring** – A tutor is provided to families in which some member has identified difficulty with reaching learning goals. Parents receive assistance to learn strategies to support their children’s learning.
- **Family Night Out** – An evening program for the whole family to enjoy together, with a different theme each week.
- **One to one** – Trained volunteers work with students struggling with reading. Strategies are aimed at increasing self-confidence and reading skills.
- **Parents as Literacy Supporters (PALS) and Parents of Primary Students (POPS)** – Programs provide activities, tools, and kits to families to support learning at home. Offered in partnership with School District #19.
- **Revelstoke Book Exchange** – Free books for all ages to borrow and bring back or keep and treasure. There are 7 locations: Community Center, CBAL Centre, StrongStart Centre, the Food Bank Family Laundry, the Revelstoke Awareness and Outreach Program, and the Queen Victoria Hospital waiting room.
- **Revelstoke Mother Goose** – For parents and family members with children aged 0 to 3 years old – rhymes, songs, stories, giggles and snacks. Older siblings aged 3 to 5 can attend **Little Gosling Activity Time** at the same time – facilitated by qualified staff.
- **Special Events** – watch for special events for all ages to promote literacy awareness.
- **Story Adventure Kit Lending Library** – Fun take home kits to borrow and discover the magic of imagination. Kits include a book and engaging activities for families to explore together.
- **Stress Free Reading at Home Workshops** – A free evening workshop to provide tips and tools to parents to take the stress out of reading at home.

### **Revelstoke Board of Education**

Literacy in our schools and beyond – the Revelstoke Board of Education places extremely high importance on the literacy of its students. Programs include early screening/identification assessment in Kindergarten and Grade 1; monitoring throughout Grade 1 through 3; reassessment in Grades 4 to 9; support/intervention for students not achieving success at the school level ranging from classroom teachers, support teachers and trained educational assistants; school library programs and services; and community-wide collaboration and partnerships to support literacy. For further information contact 250-837-2101 or visit [www.sd19.bc.ca](http://www.sd19.bc.ca)

### **Revelstoke Literacy Action Committee**

RLAC is group of service providers and community members interested in creating and strengthening learning opportunities for all in Revelstoke. RLAC acts as an advisory body to guide community literacy initiatives in Revelstoke. For further information contact Tracy Spannier at 250-837-6669 or email [tspannier@thehub.literacy.bc.ca](mailto:tspannier@thehub.literacy.bc.ca)

## ***ELEMENTARY AND SECONDARY SCHOOLS***

### **School District #19**

Superintendent: Anne Cooper. The administration office is located at 1121 Vernon Ave. Contact 250-837-2101 or visit [www.sd19.bc.ca](http://www.sd19.bc.ca)

- Arrow Heights Elementary School, 1950 Park St. Call 250-837-6360
- Columbia Park Elementary School, 120 Colbeck, Call 250-837-4744
- Mount Begbie Elementary School, 420 Downie St., Call 250-837-4056
- Mountain View Elementary School, 601 2<sup>nd</sup> St W. Call 250-837-3320
- Revelstoke Secondary School, 301 10<sup>th</sup> St. E. Call 250-837-2173

## **Registering For School**

If you are a Canadian citizen, to register your child for school, go to your neighbourhood school and enquire at the front desk. At the school you will be asked to fill out a registration form and present the child's birth certificate, Medical Services Plan Care Card number, and proof of address. If your child is not a Canadian Citizen, registration is confirmed by the District Superintendent and a copy of the student's immigration documents are required. For more information, contact 250-827-2101 or visit [www.sd19.bc.ca](http://www.sd19.bc.ca)

## **SCREEN SMART INITIATIVE**

Screen Smart seeks to provide media information to families to promote a better understanding of how electronic media – TV, computers and the internet – may influence the lives of children of all ages, and suggest ways that parents and children can best manage media. Visit [www.screensmart.ca](http://www.screensmart.ca).

## **VOLUNTEER OPPORTUNITIES**

- One to One Children's Literacy Program Volunteers – 250-837-6669 or email [tspannier@thehub.literacy.bc.ca](mailto:tspannier@thehub.literacy.bc.ca)
- Revelstoke Volunteer Literacy Tutoring Program at Okanagan College. Free and confidential one to one tutoring for adults. Tutors have access to training and need only basic skills – patience, a good sense of humor, a positive attitude, and a willingness to try new things. Contact 250-837-4235 extension 6504.
- English Language Services for Newcomers One to One Program at Okanagan College – 250-837-4235 or email [brwhalen@okanagan.bc.ca](mailto:brwhalen@okanagan.bc.ca)

## **EMERGENCY SERVICES**

### **EMERGENCY NUMBERS**

For All Emergencies	CALL 911
Children's Help Line	310-1234
Crisis Line	250-837-6601
Poison Control Centre	1-800-567-8911
Revelstoke Crisis Line	250-837-6601
Victim Services	250-837-9260
Victim Link	1-800-563-0808
Women's Shelter	250-837-1111
Youth against violence	1-800-680-4264

### **CRIMESTOPPERS**

Crimestoppers is a completely anonymous community service program not attached to the RCMP in any way. Work is done in association with the public, media, and police to solve crime and make Revelstoke a safer place to live. Information is given anonymously – participants will never have to be a witness in Court, or suffer alienation from friends or family. Cash rewards are offered for information leading to an arrest or the solution of a crime. Tipsters call a special telephone number 1-800-222-TIPS (8477) that features no \*69 or caller display functions, so calls cannot be traced or identified at any time. Code numbers are issued to Tipsters to ensure

anonymity. Volunteers are always needed. For further information contact Glenn Fiebig at 250-837-5211 or Roberta Ciolli at 250-837-2939 or visit [www.revelstokecrimestoppers.com](http://www.revelstokecrimestoppers.com)

### **EMERGENCY SOCIAL SERVICES**

Emergency Social Services provides for basic short-term services required by people who are forced from their homes by disasters. Essential services include: food, lodging, clothing, family reunification, and emotional support. Other specialized services are provided as required. Volunteers receive extensive training, and provide support in emergency situations. To volunteer, call 1-866-925-2909. For local information, contact Luana Kaleikini, Emergency Social Services Director, at [jlkalei@yahoo.ca](mailto:jlkalei@yahoo.ca) or through the fire department at 250-837-2884. For more information about ESS locally or provincially, please visit [www.revemergency.com](http://www.revemergency.com), [www.ess.bc.ca](http://www.ess.bc.ca) or [www.pep.bc.ca](http://www.pep.bc.ca).

### **COMMUNITY CONNECTIONS FOOD BANK**

Located downstairs at the Legion, 600 1st St. W. –Coordinates free food distribution to those in need in the community of Revelstoke. The Food Bank is open every Friday between 8:30 am – 11:00 am and provides non-perishable food hampers as well as milk, bread, fresh fruit and vegetables, the Kids Snack Program and the Christmas Hamper program during the month of December. Contact Patti Larson, Community Connections Outreach Services Coordinator, at 250-837-2920, ext. 28.

### **QUEEN VICTORIA HOSPITAL**

Offers services related to major trauma, maternity, minor elective surgeries, laboratory and radiology, physiotherapy, outpatient ambulatory care, nutrition, care for the elderly, respite and hospice. Contact 250-837-2131 or visit [www.interiorhealth.ca](http://www.interiorhealth.ca) Located at 1200 Newlands Rd.

### **REVELSTOKE FIRE DEPARTMENT**

The Revelstoke Fire Department has both volunteers and paid fire protection members. The Department also houses the Revelstoke Highway Rescue Society equipment & volunteer base. For further information contact Fire Chief Rob Girard at (non-emergency number) 250-837-2884. Located at 227 4<sup>th</sup> St west.

### **REVELSTOKE RCMP DETACHMENT**

Contact Staff Sergeant Jacquie Olsen, Detachment Commander at (non-emergency) 250-837-5255 or email [jacquie.olsen@rcmp-grc.ca](mailto:jacquie.olsen@rcmp-grc.ca) Mailing address P.O Box 1480, Revelstoke, BC V0E 2S0. Located at 404 Campbell Ave.

### **SELKIRK MEDICAL CLINIC**

Local physicians (9), including an on-call doctor, and laboratory services. Open Monday to Friday 9 am to 5 pm. Contact 250-837-9321 for an appointment. Located at 101 1<sup>st</sup> St east. Fax: 250-837-9444.

### **VICTIM SERVICES**

Police-based support services for victims of any crime or trauma, including family and/or sexual violence, staffed by people trained to help victims, free of charge. Services may include crisis intervention, practical assistance, emotional support, help applying for criminal injury compensation, accompanying you to court, referral to other agencies and information on the progress of a police investigation. Contact Paul Carter, Revelstoke Program Manager at 250-837-9260 or email [victimservices@rctvonline.net](mailto:victimservices@rctvonline.net) Fax 250-837-5033.

## **WOMEN'S SHELTER**

### **Revelstoke Women's Shelter Society Forsythe House – A Safe Place**

The Revelstoke Women's Shelter Society is a non-profit society that provides safe refuge and support to women (and their children) at risk of all forms of abuse. Emergency contact 250-837-1111 or Contact Nelli Richardson, Executive Director at 250-837-4382 or email [forsythe@telus.net](mailto:forsythe@telus.net)

## **EMPLOYMENT SERVICES**

### **Bowman Employment Services**

The Shuswap Training Access Centre provides funding for training for unemployed eligible persons who are having difficulty finding work due to a lack of skills or certification. Eligible persons must be currently receiving Employment Insurance Benefits or have had an EI claim in the last 3 years, or a parental or maternity claim in the last 5 years. For further information contact the Revelstoke Employment Centre at 250-814-0244 or email [resc@okanagan.bc.ca](mailto:resc@okanagan.bc.ca)

### **Community Futures Development Corporation of Revelstoke (CFDC)**

Offers business loans, equity financing, employment and business-related counselling, access to training, knowledge, experience and advice from people who know and understand business, and support in developing financial and human resources for employment creation and economic diversification in Revelstoke. CFDC administers the Self-Employment Benefit Program. For further information contact Darryl Willoughby at 250-837-5345 or visit [www.revelstokecf.com](http://www.revelstokecf.com)

### **Goshen Consultants Inc.**

Goshen specializes in employment counselling, residential and life skills support. Programs include Employment Program for Persons with Disabilities (EPPD), and other specialized programs for persons with disabilities. For further information contact Lindsay Wood at 1-877-832-3696 or email [lwood@goshen.ca](mailto:lwood@goshen.ca)

### **Revelstoke Employment Services Centre**

Offers support for resume and cover letter writing, labour market research, interview skills, job search, employment facilitation and referrals to other programs like the Employment Wage Subsidy program and Self-Employment Benefit Program. For further information contact 250-814-0244 or visit [www.resc.ca](http://www.resc.ca) Located at 117 Campbell Ave.

### **Stepping Stones Consulting**

Offers workshops and individual support designed to enhance other employment services, clarify steps that move clients forward to a new career, build confidence and enhance skills. For further information contact 250-814-0304 or visit [www.stepstones.ca](http://www.stepstones.ca)

## **FOOD SECURITY**

### **Community Connections Outreach Services**

Offers a variety of programs for those in need. Contact Outreach Coordinator Patti Larson at 250-837-2920 ext 28 or email [plarson@community-connections.ca](mailto:plarson@community-connections.ca)

- **Food Bank** (downstairs at the Legion, 600 1<sup>st</sup> St. west) – Coordinates free food distribution to those in need in the community of Revelstoke. The Food Bank is open every Friday between 8:30 am – 11:00 am and provides non-perishable food hampers as well as milk, bread, fresh fruit and vegetables, the Kids Snack Program and the Christmas Hamper program during the month of December.
- **Kid's Snack Program** – provides families with a bag of nutritious snacks for their children to last 5 days each week.
- **Baby Bundles** – Provides nutritional support and items specifically for pregnant moms and families with babies less than one year old.
- **Community Kitchen** – located at Community Connections, the Community Kitchen is a group of individuals who meet regularly to cook healthy, nutritious meals, bake goods, or preserve food. All participants learn new recipes and experience the good food and social benefits of shared efforts. Wednesday mornings.
- **Community Garden** – A common space where people work together to grow vegetables, herbs and flowers – a place where participants share skills and knowledge, spend time outside, beautify their neighbourhoods and contribute to their own food security.
- **Revelstoke Food Network** – Created to increase food security awareness within the community – when all people at all times have access to nutritious, safe, personally acceptable, culturally appropriate foods that are produced in ways that are environmentally friendly and socially just.

**Revelstoke United Church** - Soup and a Smile begins October 20th Every Monday from 11:30 am to 1:00 pm. A hot meal of (usually) soup, a bun, beverage, and dessert is provided for those in need. Located at 314 Mackenzie Ave.

## GOVERNMENT MINISTRIES, REPRESENTATIVES AND CONTACTS

### **FEDERAL**

**Member of Parliament Jim Abbot MP, Kootenay-Columbia** [www.jimabbott.ca](http://www.jimabbott.ca)

#### **Federal Contact Information**

1. Canada Mortgage & Housing Corp. [www.cmhc-sch.gc.ca](http://www.cmhc-sch.gc.ca)
2. Canada Pension Plan 1-800-277-9914 [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)
3. Canada Revenue Agency [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)
  - GST Credit 1-800-959-1953
  - Tax Refund Status 1-800-959-1956
  - Tax info phone service 1-800-267-6999
4. Child Tax Benefit 1-800-387-1193 [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)
5. Citizenship & Immigration 1-888-242-2100 [www.cic.gc.ca](http://www.cic.gc.ca)
6. Employment Insurance
  - Enquiries 1-800-206-7218
  - Employer Services 1-888-800-9612
  - Foreign Worker Confirmations 1-888-246-7712
  - Employment Services 1-800-304-0595
7. Old age security 1-800-277-9914 [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)
8. Passport Canada 1-800-567-6868 [www.pptc.gc.ca](http://www.pptc.gc.ca)
9. Service Canada 1-800-622-6232 [www.canada.gc.ca](http://www.canada.gc.ca)
10. Social Insurance Numbers 1-800-206-7218 [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)
11. Veterans Affairs Canada 1-866-522-2122 [www.vac-acc.gc.ca](http://www.vac-acc.gc.ca)

## **PROVINCIAL**

**Member of the Legislative Assembly Norm MacDonald MLA, Columbia River-Revelstoke**  
Revelstoke Office 250-814-6700 or 1-866-870-4188 or [www.normmacdonald.ca](http://www.normmacdonald.ca) Located at 416  
1<sup>st</sup> St West.

### **Provincial Contact Information**

1. Child Care Resource and Referral call 250-837-6669 or visit [www.mcf.gov.bc.ca/childcare](http://www.mcf.gov.bc.ca/childcare) or [www.childcarechoices.ca](http://www.childcarechoices.ca)
2. Child Care Subsidy call 250-837-6669 or visit [www.mcf.gov.bc.ca/childcare](http://www.mcf.gov.bc.ca/childcare) or for advice on financial help for eligible families to meet child care costs call 250-837-6669 or visit [www.mhr.gov.bc.ca/ccs](http://www.mhr.gov.bc.ca/ccs)
3. Community Care Facilities Licensing visit [www.healthplanning.gov.bc.ca/ccf](http://www.healthplanning.gov.bc.ca/ccf)
4. ECE Registry – registry & renewal of early childhood educators call 250-837-6669 or visit [www.mcf.gov.bc.ca/childcare/ece](http://www.mcf.gov.bc.ca/childcare/ece)
5. Employment and Income Assistance call 1-866-866-0800 and ask for a pre-application number to be assigned to you, then go to <http://www.weborientation.gov.bc.ca/intro.asp> or visit [www.gov.bc.ca/hsd](http://www.gov.bc.ca/hsd)
6. Enquiry BC – for general enquiries call 1-800-663-7867 or email [EnquiryBC@gems3.gov.bc.ca](mailto:EnquiryBC@gems3.gov.bc.ca) or visit [www.gov.bc.ca](http://www.gov.bc.ca)
7. Government Agent Revelstoke, located at 1123 west 2<sup>nd</sup> St. call 250-837-6981
8. Health Information Line call 1-800-465-4911 or visit [www.hlth.gov.bc.ca](http://www.hlth.gov.bc.ca)
9. Help Line for Children 310-1234
10. Housing – BC Housing, call 1-800-834-7149 or visit [www.bchousing.org](http://www.bchousing.org)
11. Interior Health, call 250-837-2131 or visit [www.interiorhealth.ca](http://www.interiorhealth.ca)
12. Medical Services Plan (MSP) call 1-800-663-7100
13. Ministry of Children and Family Development, located at 210 Garden Ave, call 250-837-7612 or email [john.yakielashek@gov.bc.ca](mailto:john.yakielashek@gov.bc.ca) or visit [www.mcf.gov.bc.ca](http://www.mcf.gov.bc.ca)
14. Vital Statistics call Kelowna Office 250-712-7562 or visit [www.vs.gov.bc.ca](http://www.vs.gov.bc.ca)
15. Workers' Compensation call 1-888-967-5377 or visit [www.worksafebc.com](http://www.worksafebc.com)

## **HEALTH CARE**

### **Application for Medical Services Plan of BC (MSP) Enrollment**

A person must be a resident of British Columbia to qualify for benefits with MSP. A resident is defined as a person who:

- is a citizen of Canada or is lawfully admitted to Canada for permanent residence;
- makes his or her home in BC; and
- is physically present in BC at least six months in a calendar year and is not a tourist or visitor to BC.

If MSP benefits are available through your employer, union or pension plan, contact that agency for information and the appropriate application form.

MSP is a premium based plan – residents with limited income can apply for premium assistance.

The application can be downloaded from: [www.health.gov.bc.ca/exforms/msp/enrolment.html](http://www.health.gov.bc.ca/exforms/msp/enrolment.html)

For MSP related questions, call the Health & Seniors Information line at 1-800-465-4911

## **ACUPUNCTURE/CHINESE MEDICINE**

- Melanie Jensen, R. AC. Call 250-837-9363
- Erin Potter, R. AC. Call 250-837-0808
- Revelstoke Acupuncture Clinic, Jim Gawiuk R. AC. Located at #130-103 1<sup>st</sup> St. E. Call 250-837-3666

## **CHIROPRACTORS**

Dr. Ross Hoshizaki and Dr. Wade Viznaugh

Located at 300 3<sup>rd</sup> St. W. Call 250-837-2110 Open Mon, Tues, Thurs, Fri.

## **DENTISTS**

- Mackenzie Dental Centre, Dr. Philomena Gale, Located at 101 1<sup>st</sup> St. W. Call 250-837-4253
- Revelstoke Dental Centre, Dr. Scott LeBuke, Located at 111 2<sup>nd</sup> St. W. Call 250-837-6231
- Selkirk Dental Clinic (Dr. Mark Schwenk) Located at 314 Connaught Ave. Call 250-837-5249

## **HOME AND COMMUNITY CARE**

Care options that provide independence, choice and dignity for seniors and adults with disabilities, including: community care nursing and aid to help seniors remain independent in their own homes, adult day programs, respite, assisted living, and residential care. For further information contact professionals listed below or visit [www.interiorhealth.ca](http://www.interiorhealth.ca)

**Home Care Nursing** – Long-term care assessment for home care support, assisted living, and residential care & day care program; home care nursing and home support services for people in their homes and assisted living units; manages adult day care program; first contact for elder abuse. Contact Karen Herbert, RN at 250-814-2267 or email [karen.Herbert@interiorhealth.ca](mailto:karen.Herbert@interiorhealth.ca)

**Community Care Social Work** – Social Work services provide counselling regarding: abuse and neglect related to older, vulnerable adults; client and family adjustment to changes in health; financial concerns; locating resources, development of community resources to support clients; palliative care and bereavement. Contact Tuulikki Tennant, MSW at 250-837-2131 ext 204 or email [tuulikki.tennant@interiorhealth.ca](mailto:tuulikki.tennant@interiorhealth.ca)

**Meals on Wheels** - Nutritious meals are provided at home for seniors and people with disabilities who want to maintain an independent life in their homes but are unable to prepare their own meals. Call Moberly Manor at 250-837-3147.

## **HOSPICE**

The hospice philosophy encourages a focus on life and living. The goal of hospice care is to help the client live the fullest life possible, while also helping all those involved to come to terms with the illness. We offer information, companionship, and emotional support. We also provide caregivers a “breather” to have some time for themselves. Contact 250-837-5523 or email [revhosp@telus.net](mailto:revhosp@telus.net) or visit [www.revelstokehospicesociety.com](http://www.revelstokehospicesociety.com) Mailing address is PO Box 3133, Revelstoke BC V0E 2S0

## **HOSPITAL**

Queen Victoria Hospital offers services related to major trauma, maternity, minor elective surgeries, laboratory and radiology, physiotherapy, outpatient ambulatory care, nutrition, care for the elderly, respite and hospice. For further information contact 250-837-2131 or visit [www.interiorhealth.ca](http://www.interiorhealth.ca) Located at 1200 Newlands Rd.

## **MASSAGE THERAPY**

- Suzie Cameron RMT #103-103 east 1<sup>st</sup> St. Call 250-837-3666
- Heather Goodman RMT, 215 Mackenzie Ave (upstairs), Call 250-814-3006
- Revelstoke Massage Therapy Clinic 301 east 1<sup>st</sup> St. Call 250-837-6677 or visit [www.revelstokemassagetherapy.com](http://www.revelstokemassagetherapy.com) (Liane Dorrius RMT, Sarah Wex RMT, Karen Schneider RMT, David Walker RMT)
- Ashley Sumner RMT, Hillcrest Hotel a Coast Resort, Call 250-837-3322
- Tina Giotsalitis, RMT Helios Rehabilitation, 1605 Victoria Rd W. Unit 5, Call 250-837-7171
- Brenda Olynyk, RMT, Call 250-814-4064

## **MEDICAL DOCTORS**

At Selkirk Medical Clinic there are 9 local physicians, including an on-call doctor, and laboratory services. Open Monday to Friday 9 am to 5 pm. Contact 250-837-9321 for an appointment. Located at 101 1<sup>st</sup> St, East. Fax 250-837-9444.

## **NUTRITION AND DIABETES COUNSELLING**

### **Interior Health**

Contact Sandra Rourke at 250-814-2276 or email [sandra.rourke@interiorhealth.ca](mailto:sandra.rourke@interiorhealth.ca). Located at Queen Victoria Hospital, 1200 Newlands Rd.

### **Namaste Nutrition**

Nutritional consulting: Individualized dietary, supplement and lifestyle recommendations aimed at bringing balance and wellness to your body. Giving you personalized tools for dealing with a diagnosed illness, prevention strategies, or improving general wellbeing. Services include nutrition consults in regards to specific issues; questionnaire-based full-body analysis to determine deficiencies and imbalances; menu plans; grocery store tours, and seminars. Contact Melissa Hemphill, BSc, RHN, RNCP at 250-837-9176 or email [namastenuitrition@yahoo.ca](mailto:namastenuitrition@yahoo.ca) or visit [www.namastenuitrition.ca](http://www.namastenuitrition.ca)

## **OCCUPATIONAL THERAPY**

- Occupational Therapy Services are offered at Queen Victoria Hospital (Doctor referral needed), Contact the Community Rehab department at 250-814-2270.
- Whitney Kendrick, Monashee Occupational Therapy Services, Contact 250-837-7987 or email [whitneykendrick@hotmail.com](mailto:whitneykendrick@hotmail.com)

## **OPTOMETRIST**

Contact Dr. Terrance O'Hagan at 250-387-5244, Located at 310 Connaught Ave.

## **PHYSIOTHERAPY**

- Amy Guidinger, RPT, Helios Rehabilitation, located at 1605 Victoria Rd. W, Unit 5, Contact 250-837-7171 or visit [www.heliophysio.com](http://www.heliophysio.com)
- Prue Hicks RPT Physiotherapy Services, located at Suite 204 Victoria Rd Alpine Village Mall, Contact 250-814-8275
- Shendra Kelly RPT, located at 215 Mackenzie Ave (upstairs), Contact 250-837-4825
- Jocelyn Kutcher RPT Red Cedar Physiotherapy, located at Suite 204 Victoria Rd Alpine Village Mall, Contact 250-837-8519 or visit [www.redcedarphysio.ca](http://www.redcedarphysio.ca)
- Physiotherapy services are available at Queen Victoria Hospital (Doctor referral needed), Contact 250-837-2131 ext 259

## ***PUBLIC HEALTH***

### **Public Health Clinic**

Offers immunizations, hearing screens, baby clinics, influenza and pneumococcal vaccines, communicable & STD disease investigation, education, and resources, prenatal services, support for new mothers, services for children with special needs, tobacco education, school health services, and environmental health services. The public health team includes a public health inspector, health unit aide, public health nurses, a school-based prevention worker, and speech and language pathologist. Contact 250-814-2244 or visit [www.interiorhealth.ca](http://www.interiorhealth.ca)  
Located at Queen Victoria Hospital, 1200 Newlands Rd.

### ***PRENATAL SERVICES***

For a complete directory of prenatal services contact Revelstoke Early Childhood Development Coordinator, Tracy Spannier at 250-837-6669 or email [tspannier@thehub.literacy.bc.ca](mailto:tspannier@thehub.literacy.bc.ca) or drop by and pick one up at Room 106, 1401 1<sup>st</sup> St West.

**Prenatal Classes** are offered regularly by Okanagan College. For more information contact 250-837-4235 or visit [www.okanagan.bc.ca](http://www.okanagan.bc.ca) *Subsidy available if required.*

### ***RED CROSS LOAN CUPBOARD***

Medical supplies and equipment available. Located at the old Big Eddy School at 970 Begbie Rd. Hours: Saturdays only 12 noon to 2 pm. Contact Louise Burling at 250-814-7767 or 250-814-0200

### ***TRAVEL MEDICINE AND VACCINATION CLINIC***

Dr. Rosemary Kelsall, and Vivian Mitchell RN. Clinics held Mondays from 7-9pm, located at 310 1<sup>st</sup> St. E. Call 1-888-288-8682 for an appointment.

### ***TREES FOR TOTS***

Revelstoke Trees for Tots Society is a registered charity that offers financial assistance, where possible, to families in Revelstoke whose children need to travel outside our community for specialized medical services. For further information, contact any of the directors: Randy Driediger, RCU Insurance, at 250-837-6291 or Linda Beerling, Begbie Glass, at 250-837-5179.

## ***SEXUAL HEALTH***

### **SAFER Clinic (Sexual Awareness for Everyone in Revelstoke)**

Confidential, unbiased and non-judgmental services open to all ages. Low cost birth control, condoms, pregnancy, pap tests, and sexually transmitted disease testing. Someone to talk about relationships and your sexual and reproductive health. Drop-in Wednesdays from 7-9 pm. Located at Community Connections at 314 2<sup>nd</sup> St. E. Also contact 1-800-Sex-Sense (1-800-739-7367) or visit [www.wontgetweird.com](http://www.wontgetweird.com)

## **HOUSING**

### **Housing Outreach Worker**

The Housing Outreach worker provides client focused, community based housing services to adults who are homeless, or at risk of homelessness. The worker seeks out homeless individuals and engages them in identifying and meeting their housing, and other, needs. The

Housing Outreach Worker provides a range of services to decrease barriers and increase success in keeping permanent housing, including assessment, service planning, skills teaching, resource identification and follow-up. Drop-in appointments are available first come, first serve Wednesday, Thursday and Friday afternoons (1 – 4 pm) at Community Connections. For further information, contact Melissa Jameson at 250-837-2920 ext 41, cell 250-814-3478, or email [mjameson@community-connections.ca](mailto:mjameson@community-connections.ca)

### **Revelstoke Community Housing Society**

RCHS is a non-profit corporation formed by the citizens of Revelstoke in conjunction with the municipality. The primary objective is to provide, manage and promote a range of affordable housing options within the city of Revelstoke that are accessible to local residents. For further information contact Corin Flood, Manager at 250-837-7120 or email [cflood@telus.net](mailto:cflood@telus.net) or fax 1-866-339-9519

### **Revelstoke Renters' Voice**

A 'grass roots' organization which promotes universal access to affordable, suitable and sustainable housing, free from discrimination and inequity by supporting positive and productive relationships between renters and owners, landlords and tenants and anyone concerned with living accommodations in Revelstoke; an understanding and caring support for those who need a voice and an outreach for those who need information or a helping hand.

Email: [revelstokerentersvoice@gmail.com](mailto:revelstokerentersvoice@gmail.com).

### **Tenant Support Worker**

Provides services to tenants currently living in BC Housing buildings in Revelstoke and assists tenants to overcome the various challenges that may arise when living in a social housing environment, in order that they can be successful in their tenancies, and in their lives. The program involves coaching, capacity building, assessment, service planning, skills teaching, resource identification and referral, and follow-up. Contact Doug Hulley at Community Connections 314 2nd St West, 250-827-2920 ext 34, cell 250-814-3815, or email [dhulley@community-connections.ca](mailto:dhulley@community-connections.ca).

## **LEGAL SERVICES**

### **Duty Council**

On the first Thursday of each month, from 9 am to 2 pm at the Revelstoke Courthouse, there is a lawyer available to provide general legal information and assist people with questions about family and criminal law issues. You don't need an appointment, simply show up and wait your turn. There may be additional availability on the first Wednesday and Friday of each month. This service is free of charge. For more information contact Sandra Sinclair at the Legal Aid office in Vernon at 250-545-3666 or visit [www.ag.gov.bc.ca/family-justice/resources/links/index.htm](http://www.ag.gov.bc.ca/family-justice/resources/links/index.htm).

### **Lawyers**

- Constance M. Brothers, Located at Suite 201, 217 Mackenzie Ave. Box 2699 Revelstoke BC V0E 2S0. Call 250-837-4971 or email [cmb@revelstokelaw.com](mailto:cmb@revelstokelaw.com) Fax 250-837-4912
- Christopher Johnston and Melissa Klages, Located at #201-103 East 1<sup>st</sup> St. Box 2639 Revelstoke BC V0E 2S0. Call 250-837-6171, email [christopher@revelstokelawyer.com](mailto:christopher@revelstokelawyer.com) and [melissa@revelstokelawyer.com](mailto:melissa@revelstokelawyer.com), or visit [www.revelstokelawyer.com](http://www.revelstokelawyer.com)
- Bernard Lavallee, Located at 109 Connaught Ave., Call 250-837-5168
- Robert A. Lundberg, Located at 119 Campbell Ave. Box 2940 Revelstoke BC V0E 2S0, Call 250-837-5196, Fax 250-837-4746

## **Legal Aid**

For information about legal problems and/or if you cannot afford a lawyer, call the Legal Services Society call centre at 1-866-577-2525. The nearest legal aid office to Revelstoke is in Salmon Arm. For further information contact 250-545-3666.

- Lawline is a toll-free telephone service that provides general legal information and, in some cases, advice about legal issues. Call 1-866-577-2525, press 7.
- Legal Services Society has information about the law at [www.lss.bc.ca](http://www.lss.bc.ca)
- LawLINK is specific to BC residents at [www.lawlink.bc.ca](http://www.lawlink.bc.ca)
- Family Law in BC at [www.familylaw.lss.bc.ca](http://www.familylaw.lss.bc.ca)
- PovNet has information about poverty law problems at [www.povnet.org](http://www.povnet.org)

## **Notary Public**

- Meghann Hutton, Located at #103, 103 2<sup>nd</sup> St East, Call 250-837-6716 or Email: [mhutton@notaries.bc.ca](mailto:mhutton@notaries.bc.ca)

# **MENTAL HEALTH AND COUNSELLING SERVICES**

## **Canadian Mental Health Association (CMHA)**

The Canadian Mental Health Association is a nation wide, volunteer organization that 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. Contact Dawn Dunlop-Pugh, Executive Director at 250-832-8477 ext. 201 or email [dawn.dunloppugh@cmha.bc.ca](mailto:dawn.dunloppugh@cmha.bc.ca) Located at 433 Hudson Ave., or visit [www.shuswap-revelstoke.cmha.bc.ca](http://www.shuswap-revelstoke.cmha.bc.ca) Mailing Address: Box 3275 Salmon Arm, BC V1E 4S1

## **FOR CHILDREN**

### **Child and Youth Mental Health Clinical Services, Ministry of Children and Family Development**

Services provided for children with mental health disorders and support for their families. Contact Inamarie Oppermann at 250-837-7612 or email [Inamarie.Oppermann@gov.bc.ca](mailto:Inamarie.Oppermann@gov.bc.ca)

### **Community Connections, Clinical Services**

Experienced professionals offer individual, family and group counselling services to children and youth who may be experiencing a range of problems including anxiety, depression, stress, loss/grief, and violence including sexual, physical and emotional abuse. Clinical Services also delivers the Children Who Witness Abuse Program through the Ministry of Community Services. All services are free of charge. For more information contact Community Connections at 250-837-2920.

### **School District #19 Counsellor & Elementary Behaviour Intervention Specialist**

Services and counselling support to children, their families and the systems around them. Contact Sean Borthwick at 250-837-1393 or email [sborthwick@sd19.bc.ca](mailto:sborthwick@sd19.bc.ca)

### **School District #19 Psychologist**

Assessment services for students in School District #19. Contact Andrew Sykes at 250-837-5911 or email [asykes@sd19.bc.ca](mailto:asykes@sd19.bc.ca)

## **FOR ADULTS**

### **Community Connections Clinical Services**

Experienced professionals offer individual, family and group counselling services to adults who may be experiencing a range of problems including anxiety, stress, relationship conflict, loss/grief, and violence including sexual, physical, and emotional abuse. Clinical Services also delivers the Stopping The Violence Program through the Ministry of Community Services. All services are free of charge. For more information contact Community Connections at 250-837-2920.

### **Community Care Social Work**

Social Work services provide counselling regarding: abuse and neglect related to older, vulnerable adults; client and family adjustment to changes in health; financial concerns; locating resources, development of community resources to support clients; palliative care and bereavement. Contact Tuulikki Tennant, MSW at 250-2131 ext 204 or email [tuulikki.tenant@interiorhealth.ca](mailto:tuulikki.tenant@interiorhealth.ca) Located downstairs at Queen Victoria Hospital, 1200 Newlands Rd.

### **Interior Health – Revelstoke Mental Health and Addiction Services**

For further assistance contact 250-814-2241 or visit [www.interiorhealth.ca](http://www.interiorhealth.ca) or contact the professionals listed below. Located at Queen Victoria Hospital at 1200 Newlands Rd.

- **Adult Mental Health** – Virginia Thompson [virginia.thompson@interiorhealth.ca](mailto:virginia.thompson@interiorhealth.ca)
- **Adult Mental Health (including elderly)** – Wayne Heinrichs [wayne.heinrichs@interiorhealth.ca](mailto:wayne.heinrichs@interiorhealth.ca)
- **Alcohol and Drug Counsellor** Contact Bertha Stone at 250-814-2241 or email [bertha.stone@interiorhealth.ca](mailto:bertha.stone@interiorhealth.ca)
- **Psychiatry** – Robin Brooks-Hill [robin.brooks-hill@interiorhealth.ca](mailto:robin.brooks-hill@interiorhealth.ca)

### **Mageena River Counselling**

Individual, couple, and family counselling dealing with personal growth, family of origin and abuse issues, grief, stress and anger management, parent/teen conflict, communication and conflict resolution. Contact Tuulikki Tennant at 250-837-2155

### **Revelstoke Awareness and Outreach Program (RAOP)**

RAOP offers friendship, support and empathy to people isolated by the effects of mental illness. Trained peer volunteers assist people to build self-confidence. For further information contact 250-837-6030.

## **ALCOHOL AND DRUG**

### **Community Connections, Clinical Services**

Experienced professionals provide counselling services to individuals struggling with drug and alcohol abuse. All services are free of charge. For more information contact Community Connections at 250-837-2920.

### **Interior Health – Revelstoke Mental Health and Addiction Services**

Alcohol and Drug Counselling – Contact Bertha Stone at 250-814-2241 or email [bertha.stone@interiorhealth.ca](mailto:bertha.stone@interiorhealth.ca) or visit [www.interiorhealth.ca](http://www.interiorhealth.ca) Located at Queen Victoria Hospital 1200 Newlands Rd.

### **Interior Health – School-based Alcohol and Drug Prevention**

Contact Lory Borges at 250-837-2173 (September to June) or 250-814-2244 (July & August) or email [lborges@sd19.bc.ca](mailto:lborges@sd19.bc.ca) Located at Revelstoke Secondary School at 301 10<sup>th</sup> St. E.

### **Support Groups**

- Alcoholics Anonymous (AA) meets at the Anglican Church (2<sup>nd</sup> St across from Mt. View School) Monday through Saturday at 12 noon and 8 pm.
- Alanon meets Mondays and Thursdays at the United Church at 8 pm.
- Narcotics Anonymous meets Sundays and Wednesdays at the Anglican Church at 7:30 pm. Help line 1-877-782-7409 or visit [www.narconon.ca](http://www.narconon.ca)

## **MINISTERIAL SERVICES**

### **Alliance Church**

Morning Worship Service – 10:30 am, Sunday Night Impact – 6 pm (Sept to April)  
1559 Illecillewaet Road, Contact 250-837-4008  
Pastor Rev. Lewis Hauer, Music & Arts Director Mathew Carter

### **Christian City Church**

Sunday Services – 10:30 am, Kids' Klub – 11:05 am  
108 First Street West (Above the Royal Bank) Contact 250- 837-4894

### **Fellowship Baptist Church**

Worship Service – 10:30 am with Sunday School, Small Groups – Sun evening  
1806 Colbeck Road, Big Bend Hwy Contact 250-837-9414 or visit [www.revelstokebaptist.com](http://www.revelstokebaptist.com)  
Pastors Rick Eby, Jason Harder

### **Kingdom Hall of Jehovah's Witnesses**

Services – Sundays at 10:00 am, Tuesdays 7:00 pm and Thursdays 7:30 pm  
Home bible study available on request  
250 Basford Drive Clayton Schmidt, Contact 250-814-2000

### **Legion Chaplain**

Non-denominational ministerial services  
Marlene McQuarrie, Contact 250-837-6047

### **Lutheran Church of the Resurrection**

Sunday Services – 9:30 am Sunday School (Sept – May), 10:30 am Divine Service  
1502 Mt. View Drive Contact 250-837-3330 Rev. Erik Trovall

### **Revelstoke United Church**

Sunday Worship Service – 10:00 am with Sunday School  
Crystal bowl meditations Monday-Fridays 9-9:40 am. Guided meditation Wed 6-6:30 pm. (no cost but donations are welcome)  
314 Mackenzie Avenue Contact 250-837-3198 Rev. Ken Jones

### **Seventh Day Adventist Church**

Saturday Services – 9:30 am with Sabbath School, Worship Service 11 am  
502 Boyle Ave Contact 250-344-4795 Pastor Frank Johnson

**St. Francis of Assisi Catholic Church**

Mass times – Saturday 7 pm, Sunday 10 am

510 Mackenzie Ave Contact 250-837-2071 or email [sanfran@telus.net](mailto:sanfran@telus.net) Fr. Ramon Basillia

**St Peter's Anglican Church**

Holy Communion – Sunday 8 am, Traditional Prayer Book Service, Holy Eucharist – Sunday 10 am, Family Worship Service & Sunday School

622 Second Street West Contact 837-3275

## MULTI-CULTURAL SERVICES

**English as a Second Language Settlement Assistance Program (ESLSAP)**

Operated at Okanagan College from September to May – free ESL tutoring, weekly classes, field trips, ESL Cafe and access to English Language software. Canadian immigrants aged 17 years or older are eligible for the program. Contact B.R. Whalen at 250-837-4235 or email [brwhalen@okanagan.bc.ca](mailto:brwhalen@okanagan.bc.ca)

**School District #19 Elementary Aboriginal Education Program**

Offers students of both aboriginal and non-aboriginal ancestry opportunities to learn about the contributions of aboriginal peoples in history. Students develop pride, respect and a cultural understanding through activities such as drama, in-class instruction, individual academic support, crafts and film. Contact Shan Jorgenson-Adam, District Principal and Aboriginal Education Programming at 250-837-4056 or visit [www.sd19.bc.ca](http://www.sd19.bc.ca)

**School District #19 Secondary Aboriginal Education Program**

The Aboriginal Education Program at Revelstoke Secondary School supports students to achieve their greatest potential in the school system. The program promotes high regard to Aboriginal Culture among all students. Contact Shan Jorgenson-Adam, Aboriginal Education Programming at 250-837-4056 or Supervisor of Aboriginal Student Services, Lynne Barisoff at 250-837-2173 or email [lbarisoff@sd19.bc.ca](mailto:lbarisoff@sd19.bc.ca) or visit [www.sd19.bc.ca](http://www.sd19.bc.ca)

## MULTI-SECTORAL COMMITTEES

**REVELSTOKE COMMUNITY SOCIAL DEVELOPMENT COMMITTEE**

In the spring 2008, the Revelstoke Community Social Development Committee was formed by the Community Development Department to support the citizens of Revelstoke through a responsible and caring social system. It is a committee of City Council and comprised of social sector professionals, business representatives, community members and City Councillors. Its objective is to facilitate proactive planning for positive social change in the City of Revelstoke and immediate vicinity. Contact Nelli Richardson, Chair at 250-837-4382 or email [forsythe@telus.net](mailto:forsythe@telus.net) or Jill Zacharias, Social Development Coordinator at 250-814-3875 or email [jill.zacharias@telus.net](mailto:jill.zacharias@telus.net)

**REVELSTOKE EARLY CHILDHOOD DEVELOPMENT COMMITTEE**

A coalition of service providers, parents, and businesses interested in creating the best environment possible for the children of the community. Contact Tracy Spannier, Early Childhood Development Coordinator at 250-837-6669 or email [tspannier@thehub.literacy.bc.ca](mailto:tspannier@thehub.literacy.bc.ca)  
Located at Room 106, 1401 West 1<sup>st</sup> Street

### **REVELSTOKE LITERACY ACTION COMMITTEE**

RLAC is a group of service providers and community members interested in creating and strengthening learning opportunities for all in Revelstoke. RLAC acts as an advisory body to guide community literacy initiatives in Revelstoke. For more information contact Tracy Spannier at 250-837-6669 or email [tspannier@thehub.literacy.bc.ca](mailto:tspannier@thehub.literacy.bc.ca)

## **MULTI-SERVICE AGENCIES**

### **COMMUNITY CONNECTIONS (REVELSTOKE) SOCIETY**

Community Connections is a CARF Accredited, community-based, not for profit multi-service agency which provides social services to the community of Revelstoke.

Contact Gayle Morgan, Executive Director at 250-837-2920 or email [gmorgan@community-connections.ca](mailto:gmorgan@community-connections.ca) or visit [www.community-connections.ca](http://www.community-connections.ca) Located at 314, 2<sup>nd</sup> Street East

### **MINISTRY OF CHILDREN AND FAMILIES**

MCFD provides support to families in their efforts for positive and healthy relationships. Services offered include Individual and Family Support, Child and Youth Mental Health, Foster Care, Respite, Adoption and Protective Services. The local office works along side community and families to engage formal and informal supports toward the goal of healthy families.

Contact John Yakielashek, Social Worker, Team Leader at 250-837-7612 or email [John.Yakielashek@gov.bc.ca](mailto:John.Yakielashek@gov.bc.ca) Located at 210 Garden Ave Box 380 Revelstoke BC V0E 2S0

### **REVELSTOKE CHILD CARE SOCIETY**

The Revelstoke Child Care Society is a non-profit organization that works to provide parents with information about quality child care choices and early childhood development and support child care providers through training, education and resources. **Child Care Resource and Referral** provides parents with information about quality child care choices, early childhood development, child care subsidies, and free child care referrals. Provides care provider and parent education and workshop opportunities. Contact Linda Chell, Executive Director at 250-837-6669 or email [revccrr@rctvonline.net](mailto:revccrr@rctvonline.net) or visit [www.childcarechoices.ca](http://www.childcarechoices.ca) Located at Room 106, 1401 West First Street

### **REVELSTOKE EMPLOYMENT SERVICES CENTRE**

RESC offers support for resume and cover letter writing, labour market research, interview skills, job search, employment facilitation and referrals to other programs like the Employment Wage Subsidy program and Self-Employment Benefit Program. For further information contact 250-814-0244 or visit [www.resc.ca](http://www.resc.ca) Located at 117 Campbell Ave.

### **SCHOOL DISTRICT #19**

The purpose of School District No. 19 (Revelstoke) is to provide all learners with an opportunity to acquire knowledge and skills according to individual potential, to develop positive attitudes towards life-long learning and to develop personal social values that will prepare them to participate in and contribute to, a healthy, sustainable and democratic society. Contact Superintendent Anne Cooper, call 250-837-2101 or email [acooper@sd19.bc.ca](mailto:acooper@sd19.bc.ca). Administration office located at 1121 Vernon Ave, or visit [www.sd19.bc.ca](http://www.sd19.bc.ca)

## RECREATION PROGRAMS

For a complete listing of all recreation services in the Revelstoke, visit the Revelstoke Community and Aquatic Centre, located at 600 Campbell Ave. Contact 250-837-9351 or email [recreation@cityofrevelstoke.com](mailto:recreation@cityofrevelstoke.com) or See the City of Revelstoke, Parks & Recreation Department, Community and Aquatic Centre Leisure Guide at [www.cityofrevelstoke.com](http://www.cityofrevelstoke.com)

**Pool Passes** – For clients who meet the criteria as low income, outreach provides passes for the Revelstoke Aquatic Centre, on behalf of the City of Revelstoke. This service is provided Thursday afternoons at Community Connections from 1:00 pm to 3:00 pm. For more information contact Patti Larson at 250-837-2920 ext 28 or email [plarson@community-connections.ca](mailto:plarson@community-connections.ca)

## SENIORS SERVICES

### ***ELDER ABUSE AND NEGLECT***

#### **Community Response Network**

The Community Response Network represents a diverse group of concerned community members and agencies working under the Adult Guardianship Act to implement a coordinated response to adult abuse, neglect, and self-neglect for people aged 19 years and older. Individuals have the right to be treated with respect, access to basic needs, protection from neglect and physical, emotional, financial or sexual abuse, information about civil and legal rights, and control over their lives. If you think someone is mistreating you – or someone you know – call the Abuse Response line at 250-814-2267 or for developmentally disabled adults 250-832-1720. For more information about CRN, call Coordinator Mengia Nicholson at 250-837-6803 or email [jmengia@telus.net](mailto:jmengia@telus.net) or visit [www.bccrns.ca](http://www.bccrns.ca)

### ***HOME AND COMMUNITY CARE***

Care options that provide independence, choice and dignity for seniors and adults with disabilities, including: community care nursing and aid to help seniors remain independent in their own homes, adult day programs, respite, assisted living, and residential care. For further information contact Karen Herbert, RN at 250-814-2267 or email [karen.Herbert@interiorhealth.ca](mailto:karen.Herbert@interiorhealth.ca) or visit [www.interiorhealth.ca](http://www.interiorhealth.ca). For more detail and information on Community Care Social Work and Meals on Wheels, see Health Care section.

### ***SENIORS CENTRE***

**Revelstoke Senior's Citizens Association and Seniors Centre** - A variety of activities throughout each month, including a monthly birthday party, bowling, card playing, choir, computer centre, potluck supper, 'toonie' aqua-fit and fitness classes. Contact President Ruth Boettger at 250-837-4126

## **SENIORS COUNSELLOR**

For assistance with applying for or understanding pension forms, medical assistance, bus pass, income tax or any other government forms or applications, contact Bev Wiege at 250-837-2494 or 250-837-9456.

## **VETERANS' AFFAIRS**

For information and assistance for War Veterans and spouses, regarding programs like the Veterans Independence Program and War Veterans pensions, contact Marlene McQuarrie, Service Officer, at 250-837-6047. Hours available 9 am – 12 noon Monday to Friday.

## **SOCIAL ADVOCACY**

### **Social Justice Advocate**

The advocate serves as a point of contact for citizen concerns with local, provincial, and federal social issues, and assists in facilitating resolutions. It delivers community education activities that enhance public knowledge of social issues, and provides support in accessing services. Social advocacy assists in ensuring that all people have equal access to resources, services and opportunities they require to meet their basic needs and develop fully. For individual or group consultation contact Cathy Girling at Community Connections, 314 Second Street West, 250-837-2920, ext 38 or email [cgirling@community-connections.ca](mailto:cgirling@community-connections.ca).

### **Columbia Kootenay Advocacy and Education Society**

Offers one to one advocacy program around family law, child protection, mental health, tenancy, income security and seniors' issues. Contact Alice Daniels, Executive Director/Legal Advocate, at 250-837-4779 or email: [alicevca@telus.net](mailto:alicevca@telus.net).

## **SUPPORT GROUPS**

**Alcoholics Anonymous (AA)** meets at the Anglican Church (2<sup>nd</sup> st across from Mt. View School) Monday through Saturday at 12 noon and 8 pm.

**Alanon** meets Mondays and Thursdays at the United Church at 8 pm.

### **Canadian Cancer Society (CCS) - Community Support Programs**

Offer a variety of programs from Camp Good times, Cancer Connection, Support Groups, Volunteer Driver Service, Wig & Breast Prosthesis Banks, to the Emergency Aid Program. Some are available locally while others are accessible by calling 1-800-403-8222. The CCS is funded solely by the generosity of our donors. The Emergency Aid Program has a local volunteer and is for anyone living with cancer who finds they may need financial aid for treatment related expenses. We are able to provide limited, short-term financial assistance towards transportation, accommodation and drugs for eligible patients. For more information contact Melanie, your local volunteer, at 837-3107.

**Cancer Support Group** - Contact Doug Hamilton at 250-837-2623

**Cancer Support Group for Women** - Contact Ginger Shoji at 250-837-4129

**Prostate Cancer Support Group** - Contact Darryl Goodman at 250-837-3663.

**CP Pensioners** - Contact Peter Zmaeff at 250-837-4846

**Narcotics Anonymous** meets Sundays and Wednesdays at the Anglican Church at 7:30 pm. Help line 1-877-782-7409 or visit [www.narconon.ca](http://www.narconon.ca)

### **Revelstoke Renters' Voice**

A 'grass roots' organization which promotes universal access to affordable, suitable and sustainable housing, free from discrimination and inequity by supporting positive and productive relationships between renters and owners, landlords and tenants and anyone concerned with living accommodations in Revelstoke; an understanding and caring support for those who need a voice and an outreach for those who need information or a helping hand.

Email: [revelstokerentersvoice@gmail.com](mailto:revelstokerentersvoice@gmail.com).

### **Revelstoke Women's Shelter Society, Forsythe House – A Safe Place**

The Revelstoke Women's Shelter Society is a non-profit society that provides safe refuge and support to women (and their children) at risk of all forms of abuse.

Emergency contact 250-837-1111 or contact Nelli Richardson, Executive Director at 250-837-4382 or email [forsythe@telus.net](mailto:forsythe@telus.net)

### **Victim Services**

Police-based support services for victims of any crime or trauma, including family and/or sexual violence, staffed by people trained to help victims, free of charge. Services may include crisis intervention, practical assistance, emotional support, help applying for criminal injury compensation, accompanying you to court, referral to other agencies and information on the progress of a police investigation. Call Paul Carter, Revelstoke Program Manager at 250-837-9260 or email [victimservices@rctvonline.net](mailto:victimservices@rctvonline.net) Fax 250-837-5033.

## **THRIFT STORES**

### **Anglican Church Thrift Store**

Household items, books, clothing, dishes and more. Will pick-up donated items if necessary. Proceeds go to the church and world-wide disaster relief. Located downstairs in the Anglican Church Hall at 622 west 2nd street. Open Tuesday through Friday from 1 pm to 4 pm. For further information or pick-up contact Gayle Holitzki at 250-837-2233.

### **Hospital Auxiliary Thrift Store**

A variety of clothing for adults and children, house ware, furniture, appliances, books and toys. Open Monday through Saturday, 1 pm to 4 pm; Monday & Thursday evenings 7 pm to 9 pm. For further information contact 250-837-5052 Located at 315 West 2<sup>nd</sup> St.

## **TRANSPORTATION**

### **REVELSTOKE CAR SHARE**

Save money and help the environment: The Revelstoke branch of the Nelson Carshare Coop has two cars and a 4x4 truck for its members which offers the benefits of vehicle use without the hassles of ownership. For further information contact Sarah Newton at 837-4290 or visit [www.nelsoncar.com](http://www.nelsoncar.com).

## **Kootenay Rideshare**

The Kootenay Rideshare is a free service to the community that helps to connect riders and drivers. Save carbon emissions, fuel, money, and meet new people! If you need a ride somewhere or if you could use some help with driving and costs, you can post on this website.

Think of it as electronic hitchhiking! Visit [www.kootenayrideshare.com](http://www.kootenayrideshare.com)

## **REVELSTOKE TRANSIT SYSTEM**

### **Fixed Route Transit Service**

Provided by a wheelchair accessible minibus which is in service throughout the day on regular routes Monday through Saturday, except statutory holidays. A route map, schedules of times and fares can be picked up at the Community Centre or City Hall, or contact 250-837-3888 or visit [www.busonline.ca/regions/rev/?p=2.list](http://www.busonline.ca/regions/rev/?p=2.list)

### **Door-to-Door Handi-Pass (Taxi)**

Transportation service for people with disabilities. Passengers must first register with the system. There is no fee for registration and information you provide is confidential. Please note there is no evening or Sunday service available. This service is not accessible for those who cannot transfer from a wheelchair into a taxi.

To register:

- Application forms for Taxi-Pass eligibility are picked up at and must be returned to the front desk of Queen Victoria Hospital, along with a photograph of the applicant.
- Eligibility must be approved by a health care professional – please refer to the form for a list of qualified professionals.
- Once the form is completed and returned and card signed by the applicant – a Taxi-Pass is issued and the applicant is registered.
- To book a taxi for use, call 250-837-3000 at least 24 hours in advance. Service is available between 7 am and 6 pm.
- Each applicant is eligible for 20 one-way trips per month at a cost of \$2.00 per trip.

For further information call Queen Victoria Hospital reception at 250-837-2131 or Community Care Social Work at 250-837-2131 extension 204.

### **BC Bus Pass Program**

For seniors and persons with disabilities on restricted incomes, there is an annual bus pass which allows unlimited travel on the community bus. For information or to apply for this pass, call toll-free 1-866-866-0800 (Choose Option 4, then Option 3).

### **Health Connections**

Health Connections is a transit partnership program that provides transportation to non-emergency medical appointments, funded by Interior Health. Although medical appointments are a priority, everyone is eligible to use this service if space is available. To guarantee a seat, call 24 hours in advance. Contact 250-837-3000 or if outside of Revelstoke, 1-866-618-8294.

**Schedule: Tuesday** – Revelstoke – Sicamous - Salmon Arm – Sorrento – Kamloops

**Leaves** Revelstoke at 8:00 am, Sicamous at 9:00, Salmon Arm at 9:30 and Sorrento at 10:00, arriving in Kamloops at 11:15 am.

**Return** – Leaves Kamloops for the return trip at 3:00 pm, Sorrento at 4:05 pm, Salmon Arm at 4:40 and Sicamous at 5:10, arriving in Revelstoke at 6:00 pm.

**Wednesday** – Revelstoke – Sicamous – Enderby – Armstrong – Vernon – Kelowna

**Leaves** Revelstoke at 8:00 am, Sicamous at 9:00, Enderby at 9:30, Armstrong at 9:50, Vernon at 10:15, arriving in Kelowna at 11:15 am.

**Return** – Leaves Kelowna for the return trip at 3:00 pm, Vernon at 4:00, Armstrong at 4:25, Enderby at 4:50, and Sicamous at 5:10, arriving in Revelstoke at 6:00 pm.

**Fare** - \$5.00 one-way. Please have exact change.

### ***TAXI SERVICE***

<b>Johnnie's Taxi</b>	250-837-3000
<b>R Taxi</b>	250-837-4000

## **WELCOME WAGON**

Community Welcome and Baby Welcome provides a personal visit from the local Welcome Wagon representative, with valuable information about Revelstoke area and services, and gifts from local businesses. For more information visit [www.welcomewagon.ca](http://www.welcomewagon.ca) or contact Marina Ozero at 250-837-6675 or email [marina.ozero@hotmail.com](mailto:marina.ozero@hotmail.com).