DIRECTORY OF SOCIAL SERVICES

for Revelstoke and Area

NOVEMBER 2017

www.revelstokesocialdevelopment.org

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.

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ADULT ABUSE AND NEGLECT

COMMUNITY RESPONSE NETWORK

The Revelstoke Community Response Network is a diverse group of concerned community members and agencies working together to create a coordinated response to adult abuse, neglect, and self-neglect. The CRN is guided by the Adult Guardianship Act and works to prevent adult abuse, neglect and self-neglect. 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 or someone you know is being mistreated, call the BC Crisis Line at 1-888-353-CARE (2273). For more information email revycrn@gmail.com or visit www.bccrns.ca.

CHILDREN'S SERVICES

CHILD CARE

Revelstoke Child Care Society
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 revelstokeccrr@live.ca or visit www.childcarechoices.ca Located at Room 124, 1001 Mackenzie Ave.

Child Care Resource and Referral (contact as above)

- Free child care referrals to Registered License Not Required; Licensed Family Child Care; Licensed Group Child Care and Preschool
- Information and in person support for Child Care Subsidy applications
- Child care provider and parent workshops
- Early learning and child care newsletter
- Child care provider support, training and access to early learning resources

Revelstoke Child Care Society's Licensed Group Centres
Early Childhood Educators provide a child focused program in an environment to promote an individual love of learning. For information about full or part time care, the morning preschool program and school aged care, call 250-805-2304 or 250-837-5855. RCCS's Licensed Group Child Care Centre programs include:

- Corner Stones Infant/Toddler Care
- Corner Stones 3 to 5 year old Care
- Corner Stones After School Care
- Stepping Stones Infant/Toddler Care

Community Connections' Family Centre
Childcare and Preschool programming for children 30 months to five years. Hours 7:30 am to 6:00 pm Monday – Friday. Our beliefs: Children absorb every sight, sound, smell, taste and touch around them. We firmly believe that children learn by interacting with people and environments. Our centre design respects children as active agents in their early learning. To register, contact 250-837-2920. Located in the Alliance Church at 1550 Illecillewaet Rd.

EARLY YEARS SERVICES

Revelstoke Early Years Centre
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. The Revelstoke Early Years Centre embodies the early years sector working together to support Revelstoke families with young children. For more information contact Coordinator Tracy Spannier at 250-805-2305, email revelstokeecd@gmail.com. Early Years Information Office, located at Rm 120-1001 Mackenzie Ave.

Revelstoke Early Childhood Development Committee
Ensuring children 0-6 years have access to programs that support their healthy growth. Contact Tracy Spannier at 250-805-2305 or email revelstokeecd@gmail.com.

Early Learning Resource Library
A full range of early childhood resources to borrow including:

- Early learning resource materials
- Developmentally appropriate toys
- Infant and toddler equipment
- Children's books (free of charge)
- Parenting books and DVD's
- Early childhood education resources
- Activity kits

Located at Room 124, 1001 Mackenzie Ave. For more information call 250-837-6669 or email revelstokeccrr@live.ca.

City of Revelstoke Afterschool Club
At the Community & Aquatic Centre – runs September to June during the school year. Monday – Friday 3:00 pm – 5:00 pm. This 2 hour program after school will incorporate all kinds of fun and learning opportunities. From swimming to fitness, dance, cooking and nutrition, this fun program will keep kids busy and learning! Contact the Community Centre at 250-837-9351 ext. #3 or email prc@revelstoke.ca

Infant Development Program
Supports families who are raising children between birth and 3 years of age who are at risk of developing a delay in their development or who have a disability. An experienced consultant visits families in their homes and suggests ideas that support development. The Infant Development Consultant is able to conduct developmental screenings and assessments to inform goal planning. 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 Amanda MacIntosh at Community Connections, 250-837-2920 or email infantdevelopment@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. 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 Andree Rioux or Erin Maclachlan at Community Connections, 250-837-2920 or email arioux@community-connections.ca or emaclachlan@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 the office at 250-837-7612. Located at 210 Garden Ave.

Online Support for New Dads
A site for dads, by dads. Visit www.newdadmanual.ca

Ready, Set, Learn
An engaging winter 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 revelstokeccrr@live.ca or visit www.childcarechoices.ca Located at Room 124, 1001 Mackenzie Ave.

- **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.

FASD Key Worker

Key Workers assist families in understanding FASD (Fetal Alcohol Spectrum Disorder) by providing education and information specific to the needs of the child (0-19 years) and family They are familiar with community resources, assisting families in accessing support, health and education services, and can assist with the formal diagnostic processes. Direct counselling or other services are not provided to the FASD-affected individual. Contact Shuswap Children's Services at 250-833-0164 ext. 7 or email keyworker@shuswapchildrens.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 – 2nd St East). Sponsorship is available to ensure all children in Revelstoke have an opportunity to participate. For more information contact Community Connections at 250-837-2920.

Bouts de Chou francophone
Ce programme gratuit s'adresse aux parents/gardiens et enfants de 0-5 ans francophones et francophiles! Venez socialiser et vous amuser en français! Une combinaison de bricolages, de chansons et d'histoires vous y attendent. Le groupe se rencontre tous les 1e et 3e vendredi de chaque mois de 9 à 11h dans le sous-sol du Community Connections (314 Second St. East). Contactez Sarra Dupuis au (250) 837-8072 ou par courriel à sarradupuis@hotmail.com. Visitez la page Facebook du *Groupe culturel francophone de Revelstoke*.

Community Connections Bellies and Babies
We would like to invite expecting moms and families with babies birth to 12 months to join us for a light lunch and great conversation every Tuesday between 11:00am – 1:00pm. This drop in program is located at Community Connections (314 2nd Street East). Contact 250-837-2920.

Community Connections PACT (Parents and Community Together)
This program delivers two components: a parent-child drop-in on Monday and Thursday mornings (9:30 am – 12:30 pm), 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. For more info contact 250-837-2920 or email pact@community-connections.ca

Leap Land
An indoor playground located at Begbie View Elementary School, 1001 Mackenzie Ave. For more information contact 250-837-6669.

Kids Rock Summer Day Camp
For children Kindergarten to Grade 4. Hosted by the Revelstoke Child Care Society. Licensed school-aged Centre is open Monday to Friday, 7:30 am to 5:30 pm in July and August. For parents who need full time or flexible care, and for the child who wants to go to day camp. Licensed staff provide exciting weekly activities. Program eligible for Child Care Subsidy to parents who qualify. Call 250-805-2304 or 250-847-6669 for more information.

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 250-805-2306. Located at Begbie View Elementary School.

PRESCHOOLS

Community Connections Family Centre
Our preschool offers a morning program influenced by a traditional preschool program with opportunities to participate in a learning circle and story time that will gently challenge preschool children preparing for kindergarten. Our educators support the growth of children in their learning journeys by integrating questions and activities based on observation of the group's desires and interests. We invite all ideas and feedback from children and families.
Contact Community Connections to register your child or with questions, at 250-837-2920.
Located in the Alliance Church at 1550 Illecillewaet Rd.

Corner 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 7:00 am to 6:00 pm. For further information contact 250-805-2304, Located at Room 127, 1001 Mackenzie Ave.

Corner Stones 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. Tuesday/Thursday or Monday/Wednesday/Friday mornings 9:00-11:30 am, for children 3 to 5 years of age. Contact 250-805-2304. Located in Room 129, 1001 Mackenzie Ave.

Red Wagon Preschool
This privately owned Preschool offers two morning programs for children 3-5 years old. Experienced educators Rosetta and Monica welcome you. Our belief is that each child is unique and our stimulating, enriched and balanced program is designed to promote and strengthen each child's development through play based and structured activities in a safe and caring environment. Classes operate from September to June, 8:45am to 12:00pm. We offer: Monday/Wednesday/Friday class: for 4 and 5 year olds. Tuesday/Thursday: for 3 and 4 years olds. Contact Rosetta Bernava or Monica Degerness at 250-837-1623 or email redwagon.rev@gmail.com Located in Rm 105, Arrow Heights Elementary, 1950 Park Dr.

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. For further information contact 250-837-9351 or email prc@revelstoke.ca Located at the Revelstoke Community Centre, 600 Campbell Ave.

PRE-TEEN & YOUTH

Community Connections Youth Programs
Contact 250-837-2920

- **School Mentoring Program**
  This program pairs high school teen mentors with elementary aged youth to meet for one hour a week at the end of the school day. The pairs of mentors and mentees spend time getting to know one another through fun activities such as swimming, sports, board games, arts/crafts, cooking etc. This unique experience benefits both the high school and elementary student and each year we see the mentors and mentees returning to the program.
- **School Outreach Program**
  Offering services and programs for all school aged kids in the elementary and high schools. This is a collaborative effort between the School District and Community Connections providing support and counselling in the schools, in-class presentations, and lunch and after school groups. The program is available for youth to engage in meaningful therapeutic relationships, as well as to build on respectful and meaningful relationships with their peers.
- **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. Volunteer (adult) Youth Mentors are always needed.

City of Revelstoke Youth Advisory Committee
Works collaboratively and actively to build community capacity for youth aged 12 to 30, to value and strengthen the resiliency of youth, and enable all young people in the community to meet needs associated with a successful transition to adulthood. Contact Greg Kenyon, Chair, at 250-837-2173 or City of Revelstoke Youth Liaison, Leslie Hogg, at info@stokeyouthnetwork.ca

- **Stoke Youth Network**
  The Stoke Youth Network is a network designed by youth for youth, focused on increasing opportunities for meaningful youth engagement in our community.
- **Youth Access Fund**
  A program to help remove financial barriers (including registration fees, equipment, transportation, and other costs associated with participation), for children & youth aged 6 to 19 years whose family exhibits financial need.

Child and Youth Mental Health & Substance Use Collaborative Local Action Team
A local collaborative working together to increase the number of children, youth and their families receiving timely access to integrated mental health and substance use services and supports in our community. For more information contact revelstokecymhsu@gmail.com **NOTE:** for practitioners and other services see **Mental Health & Counselling Services.**

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 Located at Room 134, 1001 Mackenzie Ave.

Speech-language and/or hearing support for all school-aged children
Contact Monica Penner, School District Speech & Language Therapist at 250-805-2302 or email mpenner@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 Website: 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

Community Connections
Family-centered practices – staff believe that parents know their children best, and should be actively involved in all decisions about their children. Contact Gorette Imm at Community Connections, 250-837-2920 ext 31 or email clsc@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 daycare, preschool, elementary school and high school for children, age 3 – 19, 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). Developmental screenings and assessments can also be arranged.
- **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 Programs** – We offer an array of services to families with children and youth who have been diagnosed with Autism Spectrum Disorder including behaviour intervention, social skills development, group activities, preschool and daycare support as well as parent support group and family counselling.

Kristal Bradshaw
Kristal Bradshaw works collaboratively with families and specialty therapists to design programming that will develop and enhance the life and social skills of children and youth with the characteristics of Autism Spectrum Disorder. Programming is often based on the principles of Michelle Garcia Winner's Social Thinking. Contact Kristal Bradshaw at 250-683-8180 or kristalbradshaw@gmail.com.

COMMUNITY LIVING SERVICES FOR ADULTS

Community Living Services offers an array of programs for Adults with Developmental Disabilities, which include Residential Options and Community Support Programs. The Group Residence provides safe, caring homes where individuals are encouraged to participate in skill enhancement or development to live as independently or interdependently as possible with the support from their staff, family and friends. CCRS coordinates Home share options; where a person shares a home with a family or individual. Successful Home shares are when the participants not only share the physical space, but share their lives. Individual Community Support programs are available to individuals who would like to access the community through social, recreation, educational opportunities. Each person participates in designing their plan and setting goals that meet their individual needs and aspirations. Customized Employment is available to individuals seeking employment within our city. Community Connections and CLBC strive to ensure "every person with a disability who wants a job is employed."
Contact Kelly Bateman at 250 837 2920 ext. 34 or 250 814 7468 or kbateman@community-connections.ca

EDUCATION AND LITERACY

OKANAGAN COLLEGE

Okanagan College – Revelstoke Centre - Continuing Studies
Business certificates, Computers & Technology, Employment & Professional Development, First Aid & Safety, Health, Online & Distance Learning, ESL Settlement Services, Adult Academic & Career Preparation, and Volunteer Adult Literacy Tutoring Program. Located at 1401 West 1st Street, mailing address P.O. Box 3118 Revelstoke BC V0E 2S0. Phone 250-837-4235 local 6501, Fax 250-837-2882 or visit 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 and English are available at the local OC centre. Financial aid available to cover fees for those in need. Courses are delivered through a self-paced, flex class module with one-to-one assistance from an instructor. For information regarding this program, including intake dates and the specific courses available, contact (250) 837-4235.

ESL SETTLEMENT SERVICES

A volunteer tutor program offered at Okanagan College from September to June. Includes free English Language tutoring, weekly practice group, field trips, and access to English Language software to eligible adults who are residents of Canada. Contact Jill Pratt at 250-837-4235 ext. 6505 or email jpratt@okanagan.bc.ca

LIBRARY

Okanagan Regional Library – Revelstoke Branch
Located at 605 Campbell Avenue inside the Community Center.
Contact 250-837-5095 or email revelstoke@orl.bc.ca
Or visit www.orl.bc.ca/branches/revelstoke
Follow our Facebook Page: Love the Library and Twitter Feed: @RevelstokeB
Community Librarian: Kendra Runnalls krunnalls@orl.bc.ca
Open hours: Tues 12-8 pm; Wed 12-7 pm; Thurs 10-4 pm; Fri & Saturday 10-5 pm

Members of the library (free with ID and proof of local address) have access to a multitude of print and digital resources located in 29 branches throughout southern B.C. We carry resources for adult, children, ESL, print-challenged, and other-language readers. We carry online resources that are not freely available on the internet such as building codes, legal information, auto-repair manuals, government documents, and much more. Members also have free access to current digital magazines, journals, newspapers, eBooks, audioBooks, videos, movies, music.

Non-members are welcome to a variety of services as well:
- Weekly Toddlertimes and Storytimes
- Free exam invigilation
- Internet access at 3 computer workstations (1 hour/day) & unlimited wireless access
- Use of our private meeting room for study, meetings, or your own event
- A variety of adult programs and events (see our website)

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 250-805-2305 or email revelstokecoordinator@cbal.org Located at Room 120, 1001 Mackenzie Ave. or visit 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
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 Grades 1 through 3; reassessment in Grades 4 to 9; support/intervention for students not achieving success at the school level; 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

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 250-805-2305 or email revelstokecoordinator@cbal.org

Elementary and Secondary Schools

School District #19
Superintendent: Mike Hooker. The administration office is located at 501 11th St. E. Contact 250-837-2101 or visit www.sd19.bc.ca

- Arrow Heights Elementary School, 1950 Park Dr. Call 250-837-6360
- Columbia Park Elementary School, 120 Colbeck, Call 250-837-4744
- Begbie View Elementary School, 1001 Mackenzie Ave. Call 250-837-3085
- Revelstoke Secondary School, 1007 Vernon Ave. Call 250-837-2173

School District #93, CSF (Conseil Scolaire Francophone)
L'École des Glaciers is Revelstoke's public francophone school offering grades K to 7. Located at 1950 Park Drive. Principal: Hugo Desnoyers. Contact 250-837-6364 or email hugo_desnoyers@csf.bc.ca or visit www.glaciers.csf.bc.ca

Registering For School District #19

If you are a Canadian citizen, to register your child for school, go to your neighbourhood school and enquire at the office. 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, and proof of address. If your child is not a Canadian Citizen, registration is confirmed by the District Superintendent and a copy of the parent's and student's immigration documents are required. For more information, contact 250-827-2101 or visit www.sd19.bc.ca

Registering For School District #93

Section 23 of the Canadian Charter of Rights and Freedoms guarantees Canadian citizens living in BC have the right to educate their children in a Francophone education program so long as:

- Their first language learned and still understood is French, or
- They received primary school instruction in Canada in French (not including French immersion), or
- Their children have received or are receiving primary or secondary school instruction in Canada in French (not including French immersion), or
- One of the parents is an immigrant who, if they were a Canadian citizen, would be a right holder under section 23 of the Charter.

For more information, contact l'École des Glaciers 250-837-6364 or visit www.glaciers.csf.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 for more information or email revscreensmart@gmail.com with any questions.

Literacy Volunteer Opportunities

- One to One Children's Literacy Program Volunteers – 250-805-2305 or email revelstokecoordinator@cbal.org
- 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 humour, a positive attitude, and a willingness to try new things. Contact Briana Sadler at 250-837-4235

- ESL Settlement Services at Okanagan College. Volunteers needed to tutor adult immigrants who are new to Canada, to help them improve their English language skills and to learn about Canadian culture. Call Jill Pratt at 250-837-4235

EMERGENCY SERVICES

EMERGENCY NUMBERS

For All Emergencies	CALL 911
HealthLink BC	CALL 811 – For trusted health information and advice from a Registered Nurse, Pharmacist or Dietitian.
TTY (Deaf/hearing impaired)	CALL 711
BC Help Line	310-1234
Crisis Line	1-888-353-CARE (2273)
Poison Control Centre	1-800-567-8911
Suicide Crisis Line	1-800-SUICIDE (784-2433)
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

Crime Stoppers 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. Tipsters can also submit an anonymous tip online at www.revelstokecrimestoppers.ca. Volunteers are always needed. For further information contact Teresa Lerose at 250-837-6619 or visit www.revelstokecrimestoppers.ca

EMERGENCY SOCIAL SERVICES

Emergency Social Services (ESS) 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. These services are delivered by the Revelstoke and Area Emergency Social Services (RAAESS) volunteer team as directed by the Emergency Management BC (EMBC). Volunteers receive extensive training, and provide support in emergency situations to residents that have been displaced. For local information, contact Gary Sulz, ESS Coordinator at 250-837-8629.

COMMUNITY CONNECTIONS FOOD BANK

Located downstairs at the Legion, 600 1st St. W. Distributes food to community members in need. The Food Bank is open every Friday between 8:30 am – 11:00 am, and is a free year round service to community members, providing:

- Weekly Food Bank services following a Client Choice Model
- Light breakfast provided to participants each week during Food Bank hours
- Kids Snack Program including: granola bars, fresh fruit and juice boxes
- Christmas Hampers during the month of December
- Personal hygiene items, diet-specific food and vitamins

- Referrals to other services as required
- Confidential services
- Nutrition and skill building workshops
- Free clothing, household items etc. when available

Contact Patti Larson, Community Connections at 250-837-2920, ext. 28, or email foodbank@community-connections.ca.

Medical Alarms

These companies provide paid personal response services to summon help and/or detect falls 24 hours/day. Lifeline (Vernon) 1-800-994-8414. Lifecall: 1-800-661-5433 or visit www.lifecall.ca

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 Located at 1200 Newlands Rd.

Revelstoke Fire Rescue Services

The Revelstoke Fire Rescue Services is a composite fire department of paid and Volunteer Firefighters and provides fire suppression, rescue, highway rescue and prevention for the City of Revelstoke and it's protection area. For further information contact Fire Chief Rob Girard at (non-emergency number) 250-837-2884. Located at 227 4th St W.

Revelstoke RCMP Detachment

Contact (non-emergency) 250-837-5255. Mailing address P.O Box 1480, Revelstoke, BC V0E 2S0. Located at 404 Campbell Ave.

Safely Home

Program now available through MedicAlert Foundation Canada. The MedicAlert ID and service was originally created to help medics treat people quickly and effectively who couldn't speak for themselves. Today, the service can also help people with dementia who go missing. People with dementia can become lost even in familiar places. Personal information and a hotline number are engraved on the unique MedicAlert blue bracelet that's worn full-time by a person with dementia. Should they ever go missing, police can quickly identify them by calling the MedicAlert 24-hour Emergency Hotline. For more information or to download the application form, visit www.medicalert.ca/safely-home or call 1-855-581-3794.

Selkirk Medical Clinic

Local physicians (16) including an on-call doctor. Open Monday to Friday 9 am to 7 pm. Contact 250-837-9321 for an appointment. Located at 101 1st St. W. Fax: 250-837-9444.

Victim Services (RCMP)

Whether you are a victim, family member, friend or a witness of a crime or traumatic event, the Revelstoke RCMP Victim Services is a free resource designed to assist you. The program operates on the philosophy that the immediacy and nature of assistance that an individual receives following an incident can have a significant impact on their resulting wellness. Program services include emotional and practical support, crisis intervention, referrals, information specific to your needs and court support. We can also offer assistance and support in the completion of CVAP (Crime Victim Assistance Program) applications and Victim Impact Statements. For further information please contact Program Manager, Stephanie Melnyk at 250-837-9260, Fax 250-837-5033 or email victim.services@revelstoke.ca or visit us at 404 Campbell Avenue, at the RCMP detachment.

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. Regular services contact 250-837-4382 or email forsythe@telus.net or visit www.revelstokewomensshelter.com

- The **Moving Forward Program**, an outreach project supported by the Revelstoke Women's Shelter, helps vulnerable women living in and outside of the shelter move forward with their lives. The project offers preventive and life skill programming such as painting, trauma sensitive yoga therapy, music classes and opportunities to attend community events. The Moving Forward program educates youth weekly on cultivating healthy relationships in the high school. Through these activities the women (and youth) that are served break isolation and build friendships, skills and confidence to help them thrive in their personal lives and in our community. For more information, please contact movingforward@telus.net

EMPLOYMENT SERVICES

Basin Business Advisors Program

Provides free one-to-one, confidential business counselling and assessment services to owners of existing small – medium sized businesses in the Columbia Basin, including social enterprises. The advisor may recommend the services of business consultant to provide further analysis and recommendations. The BBA program provides a contribution to the cost of consulting. To participate in the program, the business or social enterprise MUST be: headquartered in the Basin, actively conducting business and earning business income, and in compliance with all Canadian laws and regulations. The program also provides free Me Inc. workshops designed to answer questions to those who are thinking about entrepreneurship. For further information contact Roberta Ciolli at 250 837-5345 ext. 3204 or visit www.bbaprogram.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 administrates the Self-Employment Benefit Program. For further information contact Kevin Dorrius at 250-837-5345 or visit www.communityfuturesrevelstoke.com.

WCB/ WorkBC Employment Services Centre

Offers support to job seekers and employers. Job seekers can access job search and pre-employment-related services obtained either through self-serve or case management, depending on individual needs. We offer a variety of workshops including resume writing, interview skills and labour market research, both face to face and through tele-sessions and webinars. Depending on eligibility, job seekers also have access to supplemental services including training and self-employment supports; and employers have access to services such as wage subsidies and employee supports. We hold job fairs and labour market roundtable discussions. Job Search and Job Start supports (e.g. mileage, employment related clothing), for job seekers may also be considered based on individual circumstance and eligibility. For further information about accessing our services, contact 250-814-0244, visit the website at www.workbc-revelstoke.com, check us out on Facebook or drop into 117 Campbell Avenue.

FOOD SECURITY

Revelstoke Food Security Coordinator
For further information contact Melissa Hemphill at Community Connections at 250-837-2920 or 250-814-3207 or email melissa.lei.hemphill@gmail.com

Revelstoke Local Food Initiative
The Revelstoke Local Food Initiative runs the community gardens, gardening workshops, school education programs and food-themed celebration events. All are welcome to join this organization and learn to grow and cook their own food. Visit www.revelstokelocalfoood.com or email info@revelstokelocalfood.com

Community Connections Outreach & Development Services
Offers a variety of programs for those in need. Contact Patti Larson at 250-837-2920 ext 28, or email foodbank@community-connections.ca.

- **Food Bank** (downstairs at the Legion, 600 1st 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 a wide variety of non-perishable food 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.
- **Nutrition Education Program** - an ongoing nutrition education program that provides low-income families, seniors, and individual's tools to improve their health, nutrition, and wellness. The Food Bank has long held a vision of maintaining a strong, healthy community where its members have the resources they need to establish long-term healthy eating behaviours. Eating well is a habit; it must be nurtured and encouraged as with any other skill.
- **The Gleaning Project** – a partnership with Revelstoke Bear Aware to gather from our neighbours and share extra fruits, berries and vegetables which help to enhance food quality in our distribution.
- **Plant a Row – Grow a Row** - Local gardeners are encouraged to plant an extra row of vegetables and donate their harvest to the food bank in an effort to get more fresh vegetables for local families in need.

Food Connect (Food Recovery Program)
Food Connect, formerly known as the Food Recovery Program, collects surplus perishable foods from local food retailers and distributes to families and seniors in our community.

- Monday to Thursday at the Main office #314 2nd Street East with a specific distribution schedule.
- Wednesday – Public pickup for families with children & Seniors (60+) 12:00 – 1:00 pm

Distributed foods consist mainly of perishable items; including produce, dairy, and bread.
Contact Jenna Fraser, Community Connections at 250-837-2920, ext. 31 or email jfraser@community-connections.ca

Revelstoke United Church - Soup and a Smile 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.

FINANCIAL RESOURCES

Revelstoke Financial Literacy Project
'Making Cents' Guides, resources and more – visit www.revelstokefinancialliteracy.weebly.com or call 250-805-2305 for more information.

Volunteer Income Tax Program
Trained volunteers provide free income tax preparation for lower income residents. For more information contact the Seniors Centre at 250-83-9456 or Jane McNab at 250-837-5910.

GOVERNMENT MINISTRIES, REPRESENTATIVES AND CONTACTS

FEDERAL

Member of Parliament Wayne Stetski, Kootenay-Columbia
PO Box 872, Cranbrook BC V1C 4J6 (Tel) 1-250-919-9104 or Email wayne.stetski@parl.gc.ca

Federal Contact Information
1. Canada Mortgage & Housing Corp. www.cmhc-sch.gc.ca
2. Canada Pension Plan 1-800-277-9914 www.hrsdc.gc.ca
3. Canada Revenue Agency 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
5. Citizenship & Immigration 1-888-242-2100 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
8. Passport Canada 1-800-567-6868 www.pptc.gc.ca
9. Service Canada 1-800-622-6232 www.canada.gc.ca
10. Social Insurance Numbers 1-800-206-7218 www.hrsdc.gc.ca
11. Veterans Affairs Canada 1-866-522-2122 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 Located at 416 1st St West.

Provincial Contact Information
1. Child Care Resource and Referral call 250-837-6669 or visit www.mcf.gov.bc.ca/childcare or www.childcarechoices.ca
2. Child Care Subsidy call 250-837-6669 or visit 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
3. Community Care Facilities Licensing visit 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

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
6. Enquiry BC – for general enquiries call 1-800-663-7867 or email EnquiryBC@gems3.gov.bc.ca or visit www.gov.bc.ca
7. HealthLink BC call 811or visit www.HealthLinkBC.ca
8. Help Line for Children 310-1234
9. Housing – BC Housing, call 1-800-834-7149 or visit www.bchousing.org
10. Interior Health, call 250-837-2131 or visit www.interiorhealth.ca
11. Medical Services Plan (MSP) call 1-800-663-7100
12. Ministry of Children and Family Development, located at 210 Garden Ave, call 250-837-7612 or visit www.mcf.gov.bc.ca
13. Service BC, Government Agent Revelstoke, located at 1123 West 2nd St. call 250-837-6981
14. Vital Statistics call Kelowna Office 250-712-7562 or visit www.vs.gov.bc.ca
15. Workers' Compensation call 1-888-967-5377 or visit www.worksafebc.com

REGIONAL

Columbia Shuswap Regional District Area B, Director Loni Parker, email lparker@csrd.bc.ca

Regional District Contact Information:
Call 1-888-248-2773 or visit www.csrd.bc.ca

MUNICIPAL

Municipal Contact Information:
1. General Inquiries 250-837-2161 or visit www.revelstoke.ca
2. Community Economic Development (Housing, Public Transportation, etc) 250-837-5345
3. Parks, Recreation and Culture (Aquatic and Fitness Centre, Arena, Community Centre, Community Organizations, Preschool etc) 250-837-9351 or email prc@revelstoke.ca
4. Development Services (Planning, Public Works, Engineering) 250-837-3637
5. Social Development Committee 250-814-3875 or visit www.revelstokesocialdevelopment.org or email Social Development Coordinator Jill Zacharias at e.jill.zacharias@gmail.com

HEALTH CARE

APPLICATION FOR MEDICAL SERVICES PLAN OF BC (MSP) ENROLMENT

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

ACUPUNCTURE/CHINESE MEDICINE

- Jade Mountain Wellness & Acupuncture, Erin Potter, R. TCM.P. Located at 101 1st Street West. Call 250-837-3900 or visit www.jademountain.ca.

BRAIN INJURY

West Kootenay Brain Injury Association - Rehabilitation services for adult survivors of an acquired brain injury - to empower adults and families living with the effects of an acquired brain injury to enhance their quality of life, increase independence and community involvement. Contact Jackie James 250-837-1781.

CANADIAN CANCER SOCIETY (CCS)

Community Support Programs - offer a variety of programs from Accommodation, Camp Good times, Cancer Connection, Support Groups, Wig & Breast Prosthesis Banks, and Financial Support. The CCS is funded solely by the generosity of donors. The Cancer Information Service is a national, bilingual, toll-free service offering comprehensive information about cancer and community resources. Call 1-888-939-3333.

CHIROPRACTORS

Dr. Brian Snider – Located at 305 1st St. E. Call 250-837-2586
Dr. Wade Viznaugh - Located at 300 3rd St. W. Call 250-837-2110

DEMENTIA

The First Link® Dementia Helpline is a province-wide support and information service for anyone with questions about dementia, including people with dementia, their caregivers, family and friends, professionals, and the general public. Call toll-free 1-800-936-6033, Monday to Friday, 9 a.m. to 4 p.m. Every call to the Alzheimer Society of B.C. is confidential. Contact the Kelowna Resource Centre for services in local communities near you at 250-860-0305 or visit the Society's website www.alzheimerbc.org.

DENTISTS

- Mackenzie Dental Centre, Dr. Philomena Gale, Located at 101 1st St. W. Call 250-837-5737
- Revelstoke Dental Centre, Dr. Scott LeBuke, Located at 111 2nd St. W. Call 250-837-6231
- Selkirk Dental Clinic, Dr. Mark Schwenck & Dr. Brian Broadwell, Located at 314 Connaught Ave. Call 250-837-5149

FOOTCARE

- The Foot Nurse, Sherry Lucas, Certified Foot Care Nurse, Located at Pharmasave, 207 Victoria Rd. Call for appointment 250-517-7100.

HEARING

- Canadian Hearing Care, Located at 204 1st St. W. Call 250-837-3011

HOME AND COMMUNITY CARE

Interior Health - Home Health Programs

Care options that provide independence, choice and dignity for seniors and adults with disabilities, including: nursing and aid to help seniors remain independent in their own homes, adult day programs, respite, assisted living, and residential care. First contact for elder abuse. The office is open daily (365 days per year) from 8 am – 4 pm. Contact Audrey Austin, RN at 250-814-2267 or email audrey.austin@interiorhealth.ca Fax 250-814-2287

- **Home Care Nursing** – Advanced wound care, community IV therapy and other nursing supports for clients in the community. Primarily provided at our Ambulatory Nursing Clinic on the second floor of Queen Victoria Hospital. Appointment necessary.

- **Palliative Care Program** – Includes home care nursing monitoring, access to palliative care equipment and supplies, and access to the Hospice Palliative Care Room at Mt. Cartier Court.
- **Case Management** – for clients at home who need support with Home Support, Adult Day Program, bathing, meal programs or access to respite beds, Assisted Living and Residential Care. Clients are screened by an intake nurse and if appropriate and consenting, undergo an assessment. Services are based on outcomes generated. Fees are based on financial assessment.
- **Transition Liaison** – Referrals for complex discharge (from hospital care) planning involving community services.
- **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.

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 Chelsea Watts, MSW at 250-837-2131 ext 204 or email chelsea.watts@interiorhealth.ca

Nurse Practitioner – The Revelstoke Nurse Practitioner (NP) focuses on the care of complex frail elderly patients, including assessment of patients / residents and diagnosing diseases, disorders, and conditions. The NP initiates treatment including health care management, therapeutic interventions, and prescribes medications. This encompasses the continuum of home, acute, and residential care, delivered in a collaborative manner with existing systems and services. The NP practices autonomously and interdependently with the health care team, practicing within the NP scope of practice as per CRNBC standards. Contact Ann-Marie Gill, RN at 250-827-2131 ext 213 or cell 250-814-4533 or email ann-marie.gill@interiorhealth.ca

Spectrum Family & Home Care
Provides services to people of all ages in the community, including Personal Care Services, Companionship Services, Live in Respite Services, Cleaning Services, Home and Yard Maintenance, Downsizing Services and Life Skills Training. For more information, contact (toll free) 1-855-365-3842 or 1-250-265-3842 or visit www.spectrumcares.ca

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 or visit www.revelstokehospicesociety.com. Mailing address is PO Box 3133, Revelstoke BC V0E 2S0

- **PALS** – a visitation program provided by Hospice to seniors that provides emotional support to individuals who are facing difficult times. These isolated seniors may live on their own or in residential care facilities and have family that are not able to visit very often.

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 Located at 1200 Newlands Rd. Mailing address: Mail Bag 5000 Revelstoke BC V0E 2S0.

MASSAGE THERAPY (REGISTERED)

- Ascend Massage Therapy & Movement Studio, #101-311 1st St. W. Call 250-837-7077 or visit www.ascendmassage.ca
- Balu Yoga & Wellness Centre, 414 1st St. W. Call 250-837-3975 or 250-837-1817 or visit www.baluyoga.com
- Bodylogic Therapeutic Massage, #103-103 1st Street E. Call 250-837-3666 or visit www.bodylogicmassagerevelstoke.com
- Helios Rehabilitation and Performance, 109 2nd St. E. Call 250-837-7171 or visit www.heliosphysio.com.
- Jade Mountain Wellness & Acupuncture, 101 1st St. W. Call 250-837-3900 or visit www.jademountain.ca
- Parhelia Massage Therapy, 204 Campbell Ave. Call 250-814-7690 or visit www.parheliamassage.ca
- Repose Massage Therapy & Day Spa located at the Hillcrest Hotel a Coast Resort, Call 250-837-3322
- Revelstoke Massage Therapy Clinic 301 1st Street E. Call 250-837-6677 or visit www.revelstokemassagetherapy.com

MEDICAL DOCTORS

Mountain View Medical Centre
Dr. Lora Cruise – family practice including same-day appointments for urgent care. Mental Health & Addictions services for adults and youth, by referral from family doctor. Open Monday to Friday 8:45 am – 4:30 pm. Located in Mountain View School, 616 3rd St. W. For appointment contact 1-778-489-8018 or email revymedical@panaceamg.com. Fax 778-599-0990.

Selkirk Medical Clinic
At Selkirk Medical Clinic there are 16 local family physicians including an on-call doctor. Open Monday to Friday 9 am to 7 pm. Contact 250-837-9321 for an appointment. Located at 101 1st St. West. Fax 250-837-9444. Visit www.selkirkmedicalgroup.ca

- Booked appointments: Monday – Friday 9 am – 5 pm
- Walk-in available: Monday – Friday 9 am – 7 pm

Physicians provide the following services:

- Family medicine/general practice
- Walk-in, same day appointment available
- Suturing/lesion removals
- Obstetrical care
- GP surgeons
- GP anaesthetists
- Travel medicine appointments
- WCB/employment/driver's medicals
- Specialized injections
- Medico-legal services
- Circumcisions

NATUROPATHIC DOCTOR

Dr. Theresa Camozzi provides natural health and beauty care in an accepting and encouraging environment. She is board certified in acupuncture and mesotherapy. She is also trained in Bowen Therapy, a gentle therapy that rebalances the body to treat chronic pain, fertility, and fibromyalgia. Online booking is available at www.theresacamozzi.com or phone 250-814-4423.

NUTRITION AND DIABETES COUNSELLING

Interior Health
Contact Sandra Rourke, Registered Dietitian and Certified Diabetes Educator, at 250-814-2276 or email sandra.rourke@interiorhealth.ca. Located at Queen Victoria Hospital, 1200 Newlands Rd.

Pharmasave – Nutritional Counselling
Nutritional consulting: Individualized dietary, supplement and lifestyle recommendations aimed at bringing balance and wellness to your body. Contact Lisa Shauer at 250-837-2028 or email nathealth@pharmasaverevelstoke.com or visit www.pharmasaverevelstoke.com. Located at 307 Victoria Rd. W.

OCCUPATIONAL THERAPY

- Occupational Therapy Services are offered at Queen Victoria Hospital (Doctor referral needed), Contact the Community Rehab department at 250-814-2270.
- Ability Occupational Therapy Services for individuals with injury and/or disability. Contact Pauline Robinson at 250-305-8498 or email pauline@abilityot.ca.
- Whitney Kendrick, Monashee Occupational Therapy Services, Contact 250-837-7987 or email whitneykendrick@hotmail.com.

OPTOMETRIST

Contact Dr. Christine Ayles at 250-837-5244, Located at 310 Connaught Ave.

OSTEOPATHY

Contact Anouk Sanchez and William Jarrige at 250-814-7635. Located at Suite 204 - 111 2nd Street E. Visit www.revelstokeosteopathy.ca

PATIENT CARE QUALITY OFFICER

Interior Health has established a central Patient Care Quality Office to receive, record, track and resolve complaints through Health Service Area Patient Care Quality Officers. The Patient Care Quality Officer is the liaison between patients, clients, residents and Interior Health regarding concerns, complaints or unmet needs. The central office is located in Kelowna at #220, 1815 Kirschner Rd. V1Y 4N7, or call (toll free) 1-877-442-2001, Fax 250-870-4670, or visit http://www.interiorhealth.ca/YourCare/PatientCareQualityOffice/Pages/default.aspx Office hours are Monday-Friday 8:30 am to 4:30 pm, excluding statutory holidays.

PHYSIOTHERAPY

- Helios Rehabilitation and Performance, located at 109 2nd St. E. Contact 250-837-7171 or visit www.heliosphysio.com.
- Shendra Kelly RPT, located at 414 1st St. W. Contact 250-837-3975 or visit www.baluyoga.com/wellness
- Red Cedar Physiotherapy, located at Suite 204 Victoria Rd Alpine Village Mall, Contact 250-837-8519 or visit 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 and speech and language pathologist. Located at Queen Victoria Hospital, 1200 Newlands Rd. Contact 250-814-2244 or visit www.interiorhealth.ca.

PRENATAL SERVICES

For a complete directory of prenatal services contact Revelstoke Early Childhood Development Coordinator, Tracy Spannier at 250-805-2305 or email revelstokeecd@gmail.com or drop by and pick one up at Room 120, 1001 Mackenzie Ave.
Prenatal Classes are offered regularly by Okanagan College. For more information contact 250-837-4235 or visit www.okanagan.bc.ca *Subsidy available if required.*

RED CROSS HEALTH EQUIPMENT LOAN PROGRAM (HELP)

Health equipment loans available – crutches, canes, commodes, wheelchairs, walkers and more. Referral from any health practitioner required. Call 250-814-0200 & leave a message if no one is on site. Hours of operation Mon, Wed, Fri 10 am – 2 pm. Located at Okanagan College, at 1401 1st St. W.

REVELSTOKE HEALTH CARE ADVISORY COMMITTEE

The purpose of the Advisory Committee on Health Care is to promote open communication and an active working partnership between the City of Revelstoke, Interior Health, local organizations, and the citizens of Revelstoke to ensure the health care needs of all residents and tourists are addressed as fully as possible. For more information contact Dawn Low at 250-837-2911.

THERAPEUTIC RIDING

Offered by the Selkirk Saddle Club, adaptive horse riding designed to meet each student's physical and emotional needs, for improving the physical and/or mental well-being for people with a variety of challenges. Therapeutic Riding is covered by many extended health benefit plans. For more information contact Tanya Secord at 250-814-0050 or 250-814-8606. Visit www.selkirksaddleclub.ca/therapeutic-riding.html or email tsecord@telus.net.

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

Revelstoke Options for Sexual Health Clinic (Revelstoke OPT)
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 Selkirk Medical Clinic at #201-101 1St. St. W. Also contact 1-800-Sex-Sense (1-800-739-7367 Mon-Fri 9 am-9pm) or visit www.optionsforsexualhealth.org or email revelstokeopt@gmail.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 Monday, Tuesday, Wednesday and Thursday from 1 – 4 pm at Community Connections. The Housing Outreach Worker is also available Friday mornings at the Food Bank. For further information, contact 250-837-2920 or email housingoutreach@community-connections.ca.

Revelstoke Community Housing Society (RCHS)
RCHS is a non-profit corporation. 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 email communityhousing@revelstokecf.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 Gill Maclachlan at 250-814-3815 or email tennantsupport@community-connections.ca.

Rental Housing Resources
Renting it Right is a free online course created by the Tenant Resource & Advisory Centre (TRAC) and Justice Education Society to help you: identify your rental needs, learn about rental housing processes, understand your rights and responsibilities, be confident about your tenancy. Visit www.rentingitright.ca

LEGAL SERVICES

Duty Counsel
On the first Wednesday 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. This service is free of charge. For more information visit
www.justicebc.ca/en/fam/index.html

Lawyers
- Aimee Schalles and Alicia Joiner, Located at Suite 201, 217 Mackenzie Ave. Box 2699 Revelstoke BC V0E 2S0. Call 250-837-4971 or visit www.mackenziepeak.com Fax 250-837-4912
- Bernard Lavallee, Located at 109 Connaught Ave, Call 250-837-5168
- David Brooks-Hill, Located at #205-111 East 2nd St., Box 2070 Revelstoke BC V0E 2S0, Call 1-877-866-7375.
- Christopher Johnston and Melissa Klages, Located at 202 First St. E. Box 2639 Revelstoke BC V0E 2S0. Call 250-837-6171, email christopher@revelstokelawyer.com and melissa@revelstokelawyer.com, or visit www.revelstokelawyer.com

- Jody Lownds, Located at Suite 206, 555 Victoria Rd. Box 436 Revelstoke BC V0E 2S0, Call 250-837-3793 or email info@bjlaw.ca or visit www.bjlaw.ca
- Michelle Bowlen. Call 250-814-2475 or visit www.selkirklaw.ca
- 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 1-250-545-3666.

- 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
- LawLINK is specific to BC residents at www.lawlink.bc.ca
- Family Law in BC at www.familylaw.lss.bc.ca
- PovNet has information about poverty law problems at www.povnet.org

Notary Public

- Meghann Hutton, Located at #103, 103 2nd St East, Call 250-837-6716 or Email: mhutton@notaries.bc.ca

LGBTQ SUPPORT

Safe Spaces Revelstoke
Visit www.safespacesrevelstoke.org

Trans Care BC
Enhancing the coordination of trans health services and supports across the province, bringing gender-affirming care closer to home wherever possible. Visit www.phsa.ca/our-services/programs-services/trans-care-bc

MEMORIAL SERVICES

Brandon-Bowers Funeral Home
Services offered include: pre-planning, funeral, cremation, burial and celebrant services, grief counselling. Contact 250-837-2029 or visit www.brandonbowersfuneralhome.com. Located at 301 Mackenzie Ave.

MENTAL HEALTH AND COUNSELLING SERVICES

Mountain View Medical Centre
Lora Cruise M.D. – Mental Health & Addictions services for adults and youth, by referral from family doctor as well as family practice including same-day appointments for urgent care. Open Monday to Friday 8:45 am – 4:30 pm. Located in Mountain View School, 616 3rd St. W. For appointment contact 1-778-489-8018 or email revymedical@panaceamg.com. Fax 778-599-0990.

Revelstoke Mental Health Providers in Private Practice
Counselling/ Psychology/ Assessment – visit www.revelstokeprivatemhproviders.weebly.com

Canadian Mental Health Association (CMHA)
Canadian Mental Health Association (CMHA) Shuswap-Revelstoke Branch is part of 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, community-based research and service. Among others, local Programs and Services include the Revelstoke Awareness and Outreach Program (see below), and partnering to support mental health promotion (community education, information and navigation). Regional/Provincial Services include: Bounce Back, Reclaim Your Health, Confident Parents/Thriving Kids, as well as the Crisis Line 1-888-353-CARE (2273). Contact Denise Butler, Program Coordinator- Information, Education and Family Support at 250-832-8477 ext. 102 or email denise.butler@cmha.bc.ca. Located at 433 Hudson Ave. in Salmon Arm, or visit www.shuswap-revelstoke.cmha.bc.ca. Mailing Address: Box 3275 Salmon Arm, BC V1E 4S1

Early Psychosis Intervention
www.earlypsychosis.ca - website geared toward young people who are curious about psychosis or wonder what's going on for them, those who have already been diagnosed, and family members and community partners (such as school counsellors or family physicians).

Family Justice Counsellor
Provides assistance with parenting issues related to separation or divorce - for example, sorting out issues regarding parenting time and parenting responsibilities, as well as child and spousal support. Counsellors are trained to provide legal information, emotional support and short-term counselling, referrals to community services, post-separation mediation, etc. They do not provide legal advice. All services are confidential and free of charge to parents and other family members. For more information contact Andrea Oland, Family Justice Counsellor, Ministry of Justice Services, Vernon BC at 1-250-549-5588 or 1-888-282-2283. In-person appointments available in Revelstoke on an as needed basis. A free, 3 hour "Parenting After Separation" course is available online at www.familieschange.ca

Men's Mental Health
www.headsupguys.ca
For men and their supporters – health strategies for managing and preventing depression.

Mind Check
www.mindcheck.ca
A website designed to help youth and young adults in BC check out how they are feeling and quickly connect to mental health resources and support, including education, self-care tools, self-assessment and professional resources.

FOR CHILDREN & YOUTH

Online Chat (noon – 1 am) www.youthinbc.com

Child and Youth Mental Health & Substance Use Collaborative Local Action Team
A local collaborative working together to increase the number of children, youth and their families receiving timely access to integrated mental health and substance use services and supports in our community. For more information contact revelstokecymhsu@gmail.com

Canadian Mental Health Association Family Navigator
Are you caring for a child/youth or dependent adult up to age 25? Are you feeling overwhelmed as a result of mental health and/or substance use issues of your loved one? CMHA's Interior Region Family Navigator works collaboratively with partners in Revelstoke to help Parents/Caregivers access relevant programs and services based on their individual needs. Call 1-844-234-6663 or email family.navigator@cmha.bc.ca or visit www.BCFamilyNavigator.com

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 Inamarié Oppermann at 250-837-7612 or email Inamarie.Oppermann@gov.bc.ca.

Community Connections, Counselling 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. Counselling 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.

Dr. Katie Kryski
Dr. Katie Kryski is a Registered Psychologist who provides intervention and assessment services to children, adolescents, adults, and couples/families facing a range of clinical and personal issues through her private practice *Ascent Psychology.* Dr. Kryski completed her M.Sc. and Ph.D. in Clinical Psychology at the University of Western Ontario. She will work with you to find an evidence based approach that fits for you personally while meeting your therapeutic needs. Please visit Dr. Kryski's practice website www.ascentpsychology.ca for more details regarding her practice, rates, and contact information. Dr. Kryski can be contacted through her website or via telephone at 250-837-0966.

Kristal Bradshaw
Kristal Bradshaw offers individual and/or family counselling for children and youth struggling with a variety of concerns including anxiety, depression, self harming behaviours, eating disorders, stress and managing change. Art and play therapy are sometimes used. Contact Kristal Bradshaw at 250-683-8180 or kristalbradshaw@gmail.com

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 250-805-2301 or email sborthwick@sd19.bc.ca

School District #19 Psychologist
Assessment services for students in School District #19. Contact Andrew Sykes at 250-837-2101 or email asykes@sd19.bc.ca

Talia Camozzi
Talia Camozzi is a Registered Clinical Counsellor who sees people of all ages and helps her clients rekindle the hope their soul never lost. Many of her clients come to see her for help with specific issues such as anxiety, self harm, or relationship struggles to name a few. Others are looking to make their lives more vibrant and full. Her office is located in downtown Revelstoke. Contact 250-683-9647 or visit www.taliacamozzi.com.

FOR ADULTS

Community Connections Counselling Services
Experienced professionals offer individual, family and group counselling services to adults who may 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 Chelsea Watts, MSW at 250-837-2131 ext 204 or email chelsea.watts@interiorhealth.ca. Located downstairs at Queen Victoria Hospital, 1200 Newlands Rd.

Corrie M. Baker, Registered Clinical Counsellor
Provides individual and couple counselling, as well as critical incident stress debriefing, addressing a number of challenges, including post trauma stress, Post Traumatic Stress Disorder, depression, anxiety, chronic pain, grief & loss, stress, life transitions, and relationship conflict. Benefits to counselling include: overcome and manage problems, harness strengths, learn compassion for self and others, embrace authentic self, and improve your quality of life. Contact 250-814-4569 or email cmbcounselling@gmail.com or visit www.revelstokecounselling.com

Grandparents raising grandchildren Support Line
Staffed by two (part time) skilled workers with background and training in social work, advocacy, family law and government services pertaining to kinship caregiving. They can be reached by phone at 1-855-474-9777 (toll free anywhere in BC) or by email GRGline@parentsupportbc.ca The initial Support Line hours of operation will be 11:00am to 2:00pm Monday, Tuesday, Thursday and Friday. Phone messages and emails will be returned promptly.

Inamarie Oppermann, Registered Psychologist
Provides individual psychotherapy for adults with depression, anxiety, OCD, PTSD or any other mental health issue. Experienced couples and marriage counsellor. Contact Inamarie Opperman at 250-814-8451 or email inamarieo@gmail.com

Interior Health – Revelstoke Mental Health and Substance Use Services
For further assistance contact 250-814-2241 or visit www.interiorhealth.ca or contact the professionals listed below. Located at Queen Victoria Hospital at 1200 Newlands Rd.

- **Adult Mental Health** – Kristal Bradshaw
- **Adult Mental Health (including elderly)** – Julianne Tarzwell
- **Alcohol and Drug Counsellor** – Bertha Stone
- **Psychiatry** – Dr. Robin Brooks-Hill. A doctor's referral is necessary for an appointment with the Psychiatrist.

Julia Steele, Registered Therapeutic Counsellor
Provides individual and couples counselling. Julia's counselling practice addresses many of life's challenges including anxiety, depression, relationship issues, grief and loss, life transitions, parenting, existential and spiritual questions and/or crises.
Contact 250-837-7440 or email: julesrevelstoke@gmail.com

Kristal Bradshaw
Kristal Bradshaw offers individual, couple and family counselling for those struggling with concerns regarding relationship conflict, parenting, life transitions, traumatic events, anxiety, depression and stress. Contact Kristal Bradshaw at 250-683-8180 or kristalbradshaw@gmail.com

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. Contact 250-837-6030.

Talia Camozzi
Talia Camozzi is a Registered Clinical Counsellor who sees people of all ages and helps her clients rekindle the hope their soul never lost. Many of her clients come to see her for help with specific issues such as anxiety, self harm, or relationship struggles to name a few. Others are looking to make their lives more vibrant and full. Her office is located in downtown Revelstoke. Contact 250-683-9647 or visit www.taliacamozzi.com.

ALCOHOL AND DRUG

Community Connections Counselling 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 Substance Use Services
Alcohol and Drug Counselling – Bertha Stone, contact 250-814-2241 or visit www.interiorhealth.ca Located at Queen Victoria Hospital 1200 Newlands Rd.

Mountain View Medical Centre
Dr. Lora Cruise – Full services family practice including same-day appointments for urgent care. Mental Health & Addictions services for adults and youth, by referral from family doctor. Open Monday to Friday 8:45 am – 4:30 pm. Located in Mountain View School, 616 3rd St. W. For appointment contact 1-778-489-8018 or email revymedical@panaceamg.com. Fax 778-599-0990.

Support Groups
- Alcoholics Anonymous (AA) meets at the Anglican Church (2nd Street across from Mt. View School) Monday through Saturday at 12 noon and 8 pm (except Wed eve). Contact 250-814-8059 or 250-814-7861 or visit www.aarevelstoke.ca
- Alanon meets Monday, Wednesday, and Sunday nights at the United Church at 8 pm (Ladies meeting 7 pm at the Sandman)
- 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 or www.aarevelstoke.ca/na

MINISTERIAL SERVICES

Alliance Church
Morning Worship Service – 10:30 am.
1559 Illecillewaet Road, Contact 250-837-4008 or visit www.revelstokealliance.com

C3 Church
Sunday Services – 10:00 am; Every 2nd Thursday of each month at 7 pm.
108 First Street West (Above the Royal Bank) Contact 250- 837-4894 or visit www.c3revelstoke.ca

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
Pastor Jordon Eadie

Interfaith Space Available
A quiet space for prayer and reflection, for any faith or none. Call ahead for use – 250-837-2029 or email glsulz@telus.net

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

Revelstoke United Church
Sunday Worship Service – 10:00 am with Sunday School.
314 Mackenzie Avenue Contact 250-837-3198 or email revelstokeuc@telus.net or visit www.revelstokeunitedchurch.com

Seventh Day Adventist Church
Saturday Services – 9:30 am with Sabbath School, Worship Service 11 am
502 Boyle Ave Contact 250-344-4795 or visit www.revelstokeadventist.ca

St. Francis of Assisi Catholic Church
Mass times – Saturday 5 pm, Sunday 9 am
510 Mackenzie Ave Contact 250-837-2071 or email sanfran@telus.net

St Peter's Anglican Church
Holy Eucharist, Family Worship Service & Sunday School – Sundays at 10 am
622 Second Street West Contact 250-463-2475 or visit www.anglican.ca

MULTI-CULTURAL SERVICES

Aboriginal Friendship Society
Our goal is create a network of Aboriginal people and supporters in Revelstoke with the aim of promoting Aboriginal cultures and knowledge. Email aboriginalrevelstoke@gmail.com or visit www.aboriginalrevelstoke.ca

Association des Francophones de Kootenay Ouest
Based out of Nelson, AFKO is a non-profit that promotes French language and culture throughout the region. In Revelstoke, it offers a weekly radio show, a French-language directory of services, and events celebrating French culture open to all Francophones and Francophiles. For more information call 1-250-352-3516 or visit www.afko.ca.

Revelstoke Multicultural Society
An organization of volunteers that fosters cultural awareness, appreciation and inclusiveness in Revelstoke by celebrating the community's multicultural heritage and diversity, and creating opportunities to learn about and appreciate cultures here and afar. People of all ethnicities and cultures are welcomed. For further information email revelstokemulticulturalsociety@gmail.com

Revelstoke Settlement Services
A free service to assist immigrants to Canada. Services include one to one support, weekly English practice groups and a volunteer ESL tutor program that runs from September to June. Located at Okanagan College at 1401 1st Street West. Contact Jill Pratt at 250-837-4235 ext. 6502 or email jpratt@okanagan.bc.ca or visit www.okanagan.bc.ca/settlement

School District #19 Aboriginal Education Program
The Aboriginal Education Program at Revelstoke Secondary School and each elementary school, supports students to achieve their greatest potential in the school system. The program promotes high regard to Aboriginal Culture among all students. Contact School District #19 at 250-837-2101.

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 Jill Zacharias, Social Development Coordinator at 250-814-3875 or email e.jill.zacharias@gmail.com

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 250-805-2305 or email revelstokeecd@gmail.com Located at Room 120, 1001 Mackenzie Ave.

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 more information contact Tracy Spannier at 250-805-2305 or email revelstokecoordinator@cbal.org Located at Room 120, 1001 Mackenzie Ave.

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 The Executive Team at executive@communtiy-connections.ca or visit www.community-connections.ca. Located at 314, 2nd 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 Team Lead Rachel Braund at rachel.braund@gov.bc.ca or call the office at 250-837-7612 or fax 250-837-3519. Located at 210 Garden Ave Box 3259 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 revelstokeccrr@live.ca or visit www.childcarechoices.ca Located at 1001 Mackenzie Ave.

WORK BC

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 information contact 250-814-0244 or fax 250-814-0256 or visit www.workbc-revelstoke.com 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. Administration office located at 501 11th Street East. Contact 250-837-2101 or visit 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 Meghan MacIsaac, Recreation Facility & Program Coordinator 250-837-9351 or email prc@revelstoke.ca or see the City of Revelstoke, Parks, Recreation & Culture Department, Community and Aquatic Centre Leisure Guide at www.revelstoke.ca

Recreation Pass – 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

Youth Access Fund

A program to help remove financial barriers (including registration fees, equipment, transportation, and other costs associated with participation), for children & youth aged 6 to 19 years whose family exhibits financial need. For more information contact City of Revelstoke Youth Liaison at info@stokeyouthnetwork.ca.

SENIORS SERVICES

ELDER ABUSE AND NEGLECT

Community Response Network

The Revelstoke Community Response Network is a diverse group of concerned community members and agencies working together to create a coordinated response to adult abuse, neglect, and self-neglect. The CRN is guided by the Adult Guardianship Act and works to prevent abuse, neglect or self-neglect. 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 or someone you know is being mistreated, call the BC Crisis Line at 1-888-353-CARE (2273). For more information about the CRN, email revycrn@gmail.com or visit www.bccrns.ca

HOME AND COMMUNITY CARE

Interior Health Home Health
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 Audrey Austin, RN at 250-814-2267 or email audrey.austin@interiorhealth.ca or visit www.interiorhealth.ca.
For more detail and information on Revelstoke's Nurse Practitioner, Community Care Social Work and Meals on Wheels, see Health Care section.

Spectrum Family & Home Care
Provides services to people of all ages in the community, including Personal Care Services, Companionship Services, Live in Respite Services, Cleaning Services, Home and Yard Maintenance, Downsizing Services and Life Skills Training. For more information, contact (toll free) 1-855-365-3842, or visit www.spectrumhomesupport.ca.

SENIORS ADVOCATE

This government office helps seniors find programs and services, monitors and analyzes seniors' services and issues in BC, and makes recommendations to government and service providers to address systemic issues. For more information call 1-877-952-3181 or email info@seniorsadvocatebc.ca or visit www.seniorsadvocatebc.ca.

SENIORS CENTRE

Revelstoke Senior's Citizens Association and Seniors Centre - A variety of activities take place throughout each month including: a monthly birthday party, a dinner of the month, Whist, Bridge, Jane Fonda Exercise classes, carpet bowling, billiards, and computer classes. Monthly calendars are available on site. Located at 603 Connaught (behind the Community Centre). For more information contact the office at 250-837-9456 or email revelstokeseniors@rctvonline.net

- **Drop-in Coffee & Social** – Every Thursday 9:30 am to 11 am, drop in social time for seniors, humour, a bit of news, trivia and general chat.

Volunteer Coordinator
Contact the coordinator of volunteers at the Seniors Centre if you would like to register as a volunteer or be a recipient of the following programs:

- **Volunteer Medical Transportation Program**: In-town rides to medical appointments when local transportation is not appropriate or available; out-of-town rides to medical appointments only – when other transportation options are not available.
- **Computer Classes**: Free workshops and tutorials for Seniors association members in the computer lab at the centre.
- **Snow shovelling:** Volunteers assist those in need (who have a lower income) with seasonal help outside the home.

Contact the Program Coordinator at 250-837-9456 Tuesday through Friday mornings or email revelstokeseniors@rctvonline.net

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 250-837-9456 Wednesday mornings at the Seniors Centre.

Grandparents raising Grandchildren Support Line
Staffed by two (part time) skilled workers with background and training in social work, advocacy, family law and government services pertaining to kinship caregiving. They can be reached by phone at 1-855-474-9777 (toll free anywhere in BC) or by email GRGline@parentsupportbc.ca Support Line hours of operation are 11:00am to 2:00pm Monday, Tuesday, Thursday and Friday. Phone messages and emails will be returned promptly.

Seniors Health Support Line
Available to seniors and their families for assistance with health care related issues, Monday through Friday, 8:30 am – 4:30 pm. Call 1-877-952-3181.

VETERANS' AFFAIRS

For information and assistance for War Veterans and spouses, regarding programs like the Veterans Independence Program and War Veterans pensions contact Revelstoke Legion 250-837-6020. Hours available 9 am – 12 noon Monday to Friday.

- **Veterans Transition Network –** Provides connection, communication, self-maintenance and career help for former Canadian Forces and RCMP personnel. Also provides funding to travel to the Lower Mainland to access services. Call 1-844-236-8387 or visit www.vtncanada.org

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, 250-837-2920, ext 38 or email advocate@community-connections.ca.

SUPPORT GROUPS

Alcoholics Anonymous (AA) meets at the Anglican Church (2nd 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.

Cancer Support Group – Co-Ed Lunch – First Tuesday of each month, 12 noon, at the Regent Pub; Ladies only lunch – Last Wednesday of each month, 12 noon, Regent Pub.

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

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

Parenting a Child With Special Needs - This drop-in group meets the first Friday of every month at Community Connections' Family Centre located at the Alliance Church (1550

Illecillewaet Rd.) from 10am-12pm. For more information contact Amanda MacIntosh at 250 837-2920 or amacintosh@community-connections.ca.

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 Executive Director at 250-837-4382 or email 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 Stephanie Melnyk, Program Manager at 250-837-9260, Fax 250-837-5033 or email victim.services@revelstoke.ca

THRIFT STORE

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 2nd St.

TRANSPORTATION

REVELSTOKE CAR SHARE
Save money and help the environment: The Revelstoke branch of the Kootenay Carshare Cooperative has two cars, a van, and 4x4 truck for its members which offers the benefits of vehicle use without the hassles of ownership. For further information contact Branch Coordinator, email revelstoke@carsharecoop.ca or visit www.carsharecoop.ca/car-locations/revelstoke/.

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

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 http://www.cityofrevelstoke.com/index.aspx?nid=70

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).

HandyDART
A door-to-door transportation service for persons who have a physical or cognitive limitation, which is sufficiently severe that the person is unable to use conventional transit service without assistance. Available to all registered clients on Mondays, Thursdays, and Fridays between 8:30am and 4:00pm and provided by a fully accessible vehicle equipped with a wheelchair lift. On the days when HandyDART is operating, the taxi pass service (see below) is not available unless there are special circumstances that mean people cannot access the HandyDart service. HandyDART is a reserved shared ride service and all trips must be pre-booked a minimum of 24 hours in advance. There may be occasions when the bus is fully subscribed and users must be flexible with pick up and drop off times. To book a trip with HandyDART, call 250-837-3888. When booking, the following information ready:

- Name
- Date and time you wish to travel
- Exact address where you wish to be picked up and dropped off
- Whether you will be accompanied by an attendant or an escort
- If you use a wheelchair or another type of mobility aid, and
- If you wish to book a return trip.

A door-to-door taxi pass is available for people with disabilities on the days when the HandyDART is not available. 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.

Follow the steps below **to register for both HandyDART and taxi pass**. There is no fee for registration and information you provide is confidential. For further information call the Community Centre at 250-837-9351.

- Application forms for eligibility are picked up at and must be returned, **with all required information completed**, to the front desk of Community Centre, 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 – the pass is issued and the applicant is registered.
- Each applicant is eligible for 20 one-way trips per month at a cost of $2.00 per trip.

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 250-837-3888 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.

Volunteer Medical Transportation Program
Out-of-town rides to medical appointments only – when other transportation options are not available; in-town rides to medical appointments when local transportation is not appropriate or available. Contact Jean Pedersen, Coordinator, at 250-837-9456 Tuesday through Friday mornings at the Revelstoke Seniors Centre, located at 603 Connaught Avenue (behind the Community Centre), or email revelstokeseniors@rctvonline.net

TAXI SERVICE

Johnnie's Taxi	250-837-3000	**R Taxi**	250-837-4000

VOLUNTEERING

There are many opportunities to volunteer with social sector organizations in the community – from helping with seniors programs to literacy support to youth mentoring. Volunteer opportunities are posted on the Volunteer Board at the Community Centre – or if you are interested in working with a particular community organizations or program, just find the contact information in this directory and give them a call, or visit www.comunityfuturesrevelstoke.com/volunteering/

VOLUNTEER INCOME TAX PROGRAM

The Community Volunteer Income Tax Program can do your Income Tax for you if you need help. Service is **free** to lower income individuals and households (other conditions also apply). Assistance with accessing Canada Pension Plan, Old Age Security, Guaranteed Income Supplement, Pension splitting, Sales Tax Credits, Student Credits, Child Credits and Benefits, Refunds, and more. Available in March each year at the Revelstoke Seniors Centre, 603 Connaught Ave (behind the Community Centre). Questions? Contact Jane at 250-837-5910.