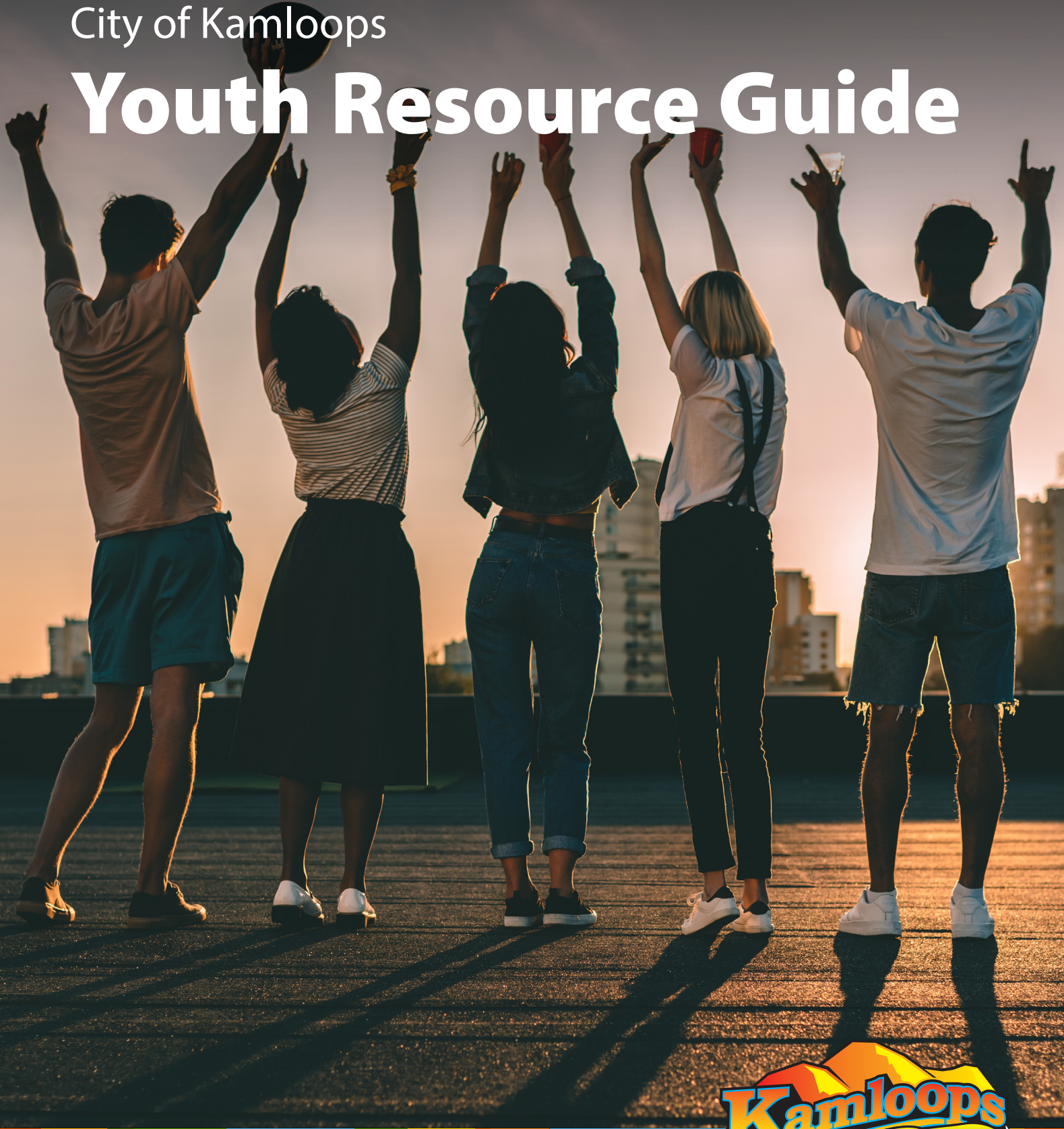


City of Kamloops

Youth Resource Guide



February 2024

Canada's Tournament Capital



Emergency Numbers and Websites

Unless otherwise indicated, phone services are available 24 hours, 7 days a week.

Police, Fire

Ambulance - 911

Suicide Crisis Helpline

988 | 988.ca

Interior Crisis Line

1-888-353-2273 | InteriorCrisisLine.com

Crisis Line Association of BC

1-800-784-2433 | CrisisLines.bc.ca

KUU-US Crisis Line Society (Indigenous)

1-800-588-8717 | KUU-USCrisisLine.com

Metis Crisis Line

1-833-638-4722 | KB.FetchBC.ca

Kids Help Phone

1-800-668-6868 | KidsHelpPhone.ca

- To connect with the Indigenous Initiatives Network, simply text “First Nations”, “Metis”, or “Inuit” to 686868 and you will be connected to a corresponding crisis responder.

Suicide Line

1-800-SUICIDE (784-2433) | HelpStartsHere.gov.bc.ca

- If talking on the phone is challenging or uncomfortable, use the “Talk Suicide” chat service and text 45646 (4:00 pm to midnight).

310 Mental Health Support

310-6789 (no area code needed)

Youth Space (Online Chat and Text)

778-783-0177 | YouthSpace.ca

- Youth Space provides emotional support and crisis intervention service for people under 30 years of age. Text or visit the website between 6:00 pm and midnight daily.



Non-Emergency Numbers

Police Non-Emergency
250-828-3000

Kamloops Crime Stoppers
1-800-222-8477 | KamloopsCrimeStoppers.ca

Urgent Primary Care and Learning Centre
250-314-2256 | InteriorHealth.ca

Mental Health Services
310-6478 (no area code needed) | InteriorHealth.ca

Salal Sexual Violence Support Centre
1-877-392-7583 | Salalsvsc.ca

Victim Link BC
1-800-563-0808 | HealthLinkbc.ca/VictimLinkBC

Health Link BC
811 | HealthLinkbc.ca

Tenant Infoline
1-800-665-1185 | Tenants.bc.ca

Big Bear Child and Youth Advocacy Centre
778-470-8888 | BigBearCYAC.ca

- The Big Bear Child and Youth Advocacy Centre offers collaborative advocacy, intervention, and continued support for children and youths who are being mistreated. This centre brings all investigative services to one spot, making the clients feel safe and supported through a difficult time.

Sex Sense
1-800-739-7367 | OptionsForSexualHealth.org

- Sex Sense offers free and confidential sexual health and resource referral service offered Monday–Friday, 9:00 am–9:00 pm.

Kamloops Sexual Assault Counselling Centre
250-372-0179 | KSACC.ca

- Community-Based Victim Services - A community-based victim service worker refers victims and families to appropriate counselling and community services.
- Education and Outreach - Offers insightful presentations and workshops to diverse community settings, including schools and workplaces on a sliding scale.
- Child and Youth Counselling - There are two options for counselling services for children and youth. The Sexual Abuse Intervention Program is based in Kamloops and provides specialized assessment and treatment services. The Program for Children & Youth Experiencing Violence Program in Chase provides specialized assessment and treatment services.
- Anti-Violence Crisis Response Program - This program that offers 24/7 phone support and hospital accompaniment for survivors of domestic violence and sexual assault (ages 13 and up of all genders).



Health Care Services

HOPEWELL CLINIC + PREGNANCY CENTRE

250-376-4646 | HopewellKamloops.ca

- Registered nurses provide free, optional, and client-led services. Provides trauma-informed care in a safe environment for everyone, regardless of age, gender, orientation, race, income, religious affiliation, or circumstance. Free pregnancy testing is also available. Available services include unexpected pregnancies, sexually transmitted infection testing, perinatal education, perinatal loss support, mentorship, and more.

FOUNDRY VIRTUAL BC

1-833-308-6379 | FoundryBC.ca

- Youths aged 12–24 and their caregivers can schedule or drop in for a virtual counselling appointment, find peer support, access primary care, get employment support, access groups and workshops, and browse the library of tools and resources. If you do not have a smartphone to utilize the app, you can go to the website or call the number listed above.

STREET OUTREACH NURSING

Call or text 250-318-4611 | 250-319-6783

- Call or text the numbers above Monday through Friday and make arrangements to meet somewhere in the community for health needs.
- Those aged 26 and under can drop in at the Interior Community Services Youth Street Outreach Clinic, 408 Seymour Street, Wednesdays, 1:00–3:00 pm.



Alcohol and Drug Info

DAY ONE SOCIETY

250-374-4634 | [DayOneSociety.ca](https://www.dayonesociety.ca)

- The Raven Program is a no-cost program that provides counselling, education, and support for youths up to the age of 25 to reduce harm related to substance use.

SAGE HEALTH CENTRE

250-374-6551 | [SageHealthCentre.ca](https://www.sagehealthcentre.ca)

- Sage Health Centre is a licensed, abstinence-based residential treatment centre that offers customized treatment programs for men and women aged 19 and over who are struggling with addictions.

AXIS FAMILY RESOURCES LTD.

250-682-6892 | [Axis.bc.ca](https://www.axis.bc.ca)

- A licensed private abstinence based co-ed residential treatment facility that offers 28-84 days of treatment for individuals 19 and older.
- 1st Step Mobile Treatment is a voluntary treatment program offered to youths aged 25 and under experiencing substance abuse. The program offers counselling and outreach services utilizing a harm reduction approach. Substance education and recovery support. This service is available in Kamloops, Chase, Lyton, Lillooet, Merritt, Logan Lake, Ashcroft, and Cache Creek.

KAMLOOPS MENTAL HEALTH & SUBSTANCE USE

250-377-6500 | 235 Lansdowne Street

- The Youth Intensive Case Management Team offers low-barrier outreach services to meet youths where they are at, without judgement. The team will work with clients to meet their immediate needs and connect them with supports and services to improve their health and meet their wellness goals.
- Youth Substance Use Day Treatment is a small-group program of up to 12 participants. It provides the ability to learn and develop skills to work on substance use concerns and strengthen clients' wellness through education, practise, fun activities, and connecting with others.
- Youth Substance Use Counselling and Treatment is a program that works with clients and their families to set goals, connect them with community supports, and provide substance use counseling to help keep them safe and move towards wellness.

KAMLOOPS SAFE INJECTION AND CONSUMPTION SITES

235 Lansdowne Street

- This overdose prevention site is operated by the Interior Health with Kamloops Mental Health & Substance Use staff and has drug use supplies available.

OUR NEW TOMORROW

250-318-3009 | [OurNewTomorrow.ca](https://www.ournewtomorrow.ca)

- This youth recovery program offers a structured, predictable environment that fosters a sense of security as youths work toward developing the tools they need to achieve and maintain sobriety.



Employment Services

TRANSITIONS

250-318-0597

- The Transitions Youth Employment Program provides customized training for youths aged 16–30 who are not attending school and are ready to join the workforce.

WORKBC

250-377-3670 | WorkBC.ca

- Downtown location - 210-450 Lansdowne Street
- North Shore location - 795 Tranquille Road

A WAY HOME KAMLOOPS

250-828-0446 | AWayHomeKamloops.com

Peer Navigation is a youth-led education and employment program where a peer navigator provides support for youths completing school applications, touring universities, connecting with faculty mentors. The peer navigator also provides accommodations support, a weekly homework club, and ongoing navigation for educational success.

BGC KAMLOOPS

LeadUp@BGCKamloops.com

- Lead Up 2.0 provides youths aged 13–18 with opportunities to engage in employment, service, and volunteer initiatives that will address community needs and help them develop life and employment skills, self-confidence, and leadership abilities. The program runs Thursdays, 5:00–6:00 pm.

CONNECTIVE KAMLOOPS

KamloopsEmploymentPrograms@ConnectLve.ca

- Bladerunners is an individual program that provides certification, training, and life skills to youths aged 15–30 to help them obtain sustainable employment and succeed in the job market.

Legal Services

DIAL-A-LAW

1-800-565-5297

INTERIOR COMMUNITY SERVICES

778-470-0991 | InteriorCommunityServices.bc.ca

- Youth Justice: Case Aid provides support with curfew monitoring, community work service, and more for youths aged 12–20 involved in the criminal justice system.

Education Services

SCHOOL DISTRICT NO. 73

250-374-0679 | SD73.bc.ca

- Continuing Education is located in a variety of classrooms throughout the community. The main classroom at Northhills Mall is available to individuals aged 18 and up. Students attending the program are offered upgrading, literacy courses, and the opportunity to complete the Adult Dogwood Diploma. This program is free to BC residents.
- Kamloops Open Online Learning (@KOOL) is School District No. 73's online learning school, offering a full range of K-12 programming. Learning through @KOOL takes place from a student's home where students can learn at their own pace from anywhere within BC through the online learning management system. Students can enroll with @KOOL for all their courses or take courses through @KOOL in addition to those at their primary (bricks and mortar) school through cross-enrolment. Internet access is required to access coursework; however, learners are also supported with in-person services at several locations around Kamloops. For more information, visit Kool.SD73.bc.ca or call 778-471-6061.
- Trades and Transitions is a program dedicated to high school students to learn different trades and receive certification while finishing their final year in high school. For more information, visit TNT.SD73.bc.ca.

CONSENT CAFÉ

ConsentCafe@tru.ca

- This activity-based consent and sexualized violence prevention program designed specifically for children, youths, and young adults. This program focuses on healthy relationships, healthy sexual decision making, reliable sources of health information, and youth-specific strategies to protect themselves and others from potential exploitation, abuse, and harm.





Housing Services

A WAY HOME KAMLOOPS

250-828-0446 | AWayHomeKamloops.com

- Safe Suites offers 24/7 support to youths aged 18–25 with complex mental health or substance use concerns who are transitioning from the streets to safe housing.
- Youth Housing First offers housing options for youths aged 16–25 who are at risk of or experiencing homelessness.

INTERIOR COMMUNITY SERVICES

778-470-0991 | InteriorCommunityServices.bc.ca

- Acadia Youth Transitional Housing is for eligible youths aged 17–24 who are homeless or at risk of homelessness.
- Kamloops Youth Shelter is for eligible youths aged 13–18 in need of safe, temporary housing.

Indigenous Resources

ABORIGINAL TRAINING & EMPLOYMENT CENTRE

250-554-4556 | ShuswapNation.org

- The Aboriginal Training & Employment Centre is committed to helping their clients enter the workforce or explore and discover a new career path.

KAMLOOPS ABORIGINAL FRIENDSHIP SOCIETY

250-376-1991 | KAFS.ca

- The Urban Aboriginal Health Centre is a family practice medical clinic whose goal is to care for Aboriginal people and people who are marginalized without a family doctor on the North Shore. There is an emphasis that is placed on patients with post-traumatic stress disorder and fetal alcohol spectrum disorders.



Drop-In Programs/Centers

A WAY HOME KAMLOOPS

250-828-0446 | AWayHomeKamloops.com

- Youth Hub is where youths experiencing homelessness can connect with service providers, income support, and other resources that will support wellness on Wednesdays, 2:00–4:00 pm.

INTERIOR COMMUNITY SERVICES

250-371-3086 | InteriorCommunityServices.bc.ca

- Safe Spaces offers a safe place for LGBTQIAP2S+ youths and their allies to meet and receive educational support.

KAMLOOPS ABORIGINAL FRIENDSHIP SOCIETY

250-376-1296 | KAFS.ca

- Youth Group provides youths aged 12–24 with information that will assist them to access educational, employment, social, and recreational opportunities. Available Thursdays, 4:00–6:00 pm.

NORTH SHORE LIBRARY

250-372-5145 | TNRL.ca

- Youth Hub is a drop-in space for youths aged 12–18 to chat with friends, use technology, and take part in activities such as arts and crafts and gaming. For library dates, times, and other programs, visit TNRL.ca.

BGC KAMLOOPS

250-554-5437 | BGCKamloops.com

- After School Drop-In provides youths aged 11–25 access to a gym, a kitchen, a pool and ping pong table, games, books, movies, art supplies, and more. Homework help and an after-school snack are provided. Available Monday–Thursday, 12:00–3:00 pm (ages 11–25) and 3:00–6:00 pm (ages 11–18) September–June.
- Nights Alive is a drug, alcohol, and harassment-free place for youths aged 13–21 to participate in a variety of activities in a safe and welcoming environment on Fridays, 4:00–10:00 pm. A meal is provided as well as safe rides home for youths living on the North Shore, in Brocklehurst, and on the South Shore.
- Youth Life Skills & Drop-In Wellness provides youths aged 11–24 valuable life skills, such as healthy cooking and eating, mental health, wellness, and more. Available Tuesdays, 4:00–6:00 pm, September–June.
- Summer Drop-In offers youths aged 11–18 the opportunity to participate in a wide variety of indoor and outdoor social and recreational activities to develop life skills and interact socially in a positive, safe, and harassment-free environment. Available Monday–Thursday, 12:00–4:00 pm, July and August.

Other Services

INTERIOR COMMUNITY SERVICES

778-470-0991 | InteriorCommunityServices.bc.ca

- Youth ReConnect provides youths aged 16–19 who are homeless or at an increased risk of homelessness with support in connecting to family/community-based resources, and more.
- Youth Street Outreach assists at-risk youths aged 13–24 with referrals to treatment or health services, housing retention, crisis intervention, employment readiness, and more.
- Street School offers free courses for non-graduated adults, individualized instruction, self-paced learning with flexible classroom hours, supportive outreach worker, and a hot lunch program. *Must be 18 years or older to be eligible.

BGC KAMLOOPS

250-299-6664 | BGCKamloops.com

- Gang Alternatives Prevention and Programs (GAPP) is a direct intervention and prevention program that provides wraparound support to youths aged 11–24. This support will look different for all clients and can include activities such as help obtaining employment or housing, assistance with grocery shopping or obtaining ID, or just having a positive adult role model to help navigate the challenges of transitioning into adulthood. Email gapp@bgckamloops.com with referrals or for more information.
- Youth Necessity Nook is open to youths aged 11–24 once per week to receive non-perishable food items, personal hygiene products, and household cleaning supplies. Available Monday–Thursday, 12:00–6:00 pm, and Friday, 9:00 am–10:00 pm.
- Raise the Grade provides hands-on learning opportunities, a specific focus on personal interests and goals, and supportive relationships with mentors and volunteers to students aged 11–18 on Thursdays, 4:30–6:30 pm.

YMCA BC - KAMLOOPS

250-376-4771 ext.122 | KamloopsY.org
mentalwellness@bc.ymca.ca

- Y Mind Teen is a free, six-week program where participants aged 13–18 engage in fun and creative activities to promote learning and artistic expression and can connect with others in the community.
- Y Mind Youth is a free, seven-week psychoeducational and support group for youth aged 18–30 who experience anxiety. Participants learn healthy coping skills, connect with other youth in the community, and get support in a safe, friendly environment.
- Mindful Monkeys is a free physical and mental wellness program for children aged 8–12 to help support youth to be more active and learn healthy coping strategies. This group consists of a mental wellness component where participants learn tools and strategies to work through difficult emotions and a physical activity component where children learn the importance of being active in a fun and supportive environment.
- Mind Outside involves a weekly outdoor adventure and a weekly mental wellness session. In the physical activity component, youths will learn first aid, outdoor safety, and other necessary skills for outdoor adventures. In the mental wellness session, the counsellor will lead the youths through mindfulness practices and teach them tools to cope with and manage mental health and wellness concerns. Age groups vary from 8 to 30 years old.
- GLOW (Girls' Life of Wellness) helps to support young women and non-binary youth in all five dimensions of wellness: physical, social, emotional, spiritual, and environmental. Youths aged 8–12 meet in groups to have healthy skill-building discussions and participate in wellness activities.

KAMLOOPS SALVATION ARMY

250-554-1611 ext.203 | KamloopsSalvationArmy.ca

- Brave Circle is an opportunity to connect and build relationships together. Participants are given an activity journal to work through as a group while enjoying snacks having fun. The circle meets monthly on the last/ fourth Thursday evening of the month and is intended for girls aged 12–17.

KAMLOOPS IMMIGRANT SERVICES

778-470-6101 | ImmigrantServices.ca

- Programs and services to support children, youth, and families new to Kamloops and the Thompson-Nicola region. The services include child care for children whose parents attend English classes and workshops. The organization offers school-age support for children, youths, and families through the Settlement Workers in School program. Also offered is a youth group, mentoring, tutoring, empowerment program, parenting workshops, family activities, life skills training events through the Community Connections program, and Youth Employment support through the Youth Employment and Skills Strategy program. These free programs are designed to help newcomers achieve their goals and dreams in a new community.

KAMLOOPS ABORIGINAL FRIENDSHIP SOCIETY

48 Victoria Street West | KAFS.ca

- Mini storage services is available to clients where up to 50 lbs. of personal belongings can be stored in a tote. Items stored must be checked on once a week. This location also offers laundry, washroom, and shower facilities and acts as an address for clients to receive mail.





Low Cost/No Cost Food

BGC KAMLOOPS

250-851-6179 | BGCKamloops.com

- Youth Outreach staff provide free hot and/or cold drinks, snacks, and hygiene supplies during the school year to youths attending Twin Rivers Education Centre school. There is a BGC Kamloops-branded fridge filled with pre-made meals, snacks, and essentials such as milk, cheese, and bread. Available 12:00–3:00 pm daily at BGC Kamloops and 12:00–1:00 pm on Tuesdays at Twin Rivers Education Centre

KAMLOOPS FOOD BANK

250-376-2252 | KamloopsFoodBank.org

171 Wilson Street

- Clients may access the Food Bank for bread, produce, dairy, and meat once per week and a non-perishable hamper once per calendar month.

MOUNT PAUL COMMUNITY FOOD CENTRE

(Interior Community Services)

236-421-1011 | MountPaulCommunityFoodCentre.com

140 Laburnum Street

- Youth Food Skills - On Wednesdays, 4:00–6:00 pm, youths aged 13–19 can learn basic cooking skills, make a snack or meal to take home, and connect with others.
- Community Pantry - Access frozen soups and smoothies Monday–Friday, 8:30 am–4:00 pm.
- Community Meals - Everyone is welcome to enjoy a free meal on Monday–Thursday, 12:00–1:00 pm.

KAMLOOPS FOOD POLICY COUNCIL

250-851-6111 | KamloopsFoodPolicyCouncil.com

185 Royal Avenue

- Butler Urban Farm is open Monday–Friday, 9:00 am–1:00 pm for harvesting where community members can get fresh produce.

KAMLOOPS SALVATION ARMY

250-554-1611 | KamloopsSalvationArmy.ca

344 Poplar Street

- Emergency Hampers are available to eligible individuals and families every 90 days on Mondays and Thursdays, 9:00–11:45 am.
- Mobile Kitchen - Hot meals are served at the following locations on Tuesdays:
 - 11:15–11:35 am, 406 Fortune Drive
 - 11:50 am–12:05 pm, 1605 Trans Canada Highway East Frontage Road
 - 12:10–12:25 pm, 1763 Trans Canada Highway East Frontage Road
 - 12:30–1:00 pm, 1893 Trans Canada Highway East Frontage Road



Thompson Rivers University Students

CPLUL'KW'TEN (THE GATHERING PLACE)

250-371-5972 | House 5 on Sk'lep Trail

- Soup Circle takes place every Wednesday, 11:30 am–12:30 pm. All TRU students are welcome to join a weekly soup circle to enjoy a bowl of soup and connect with their team.
- Indigenous Wellness Circle occurs on Wednesdays, 1:00–2:00 pm, during the fall and winter semesters. Join Counsellor Andrea Brassard for weekly sessions that foster personal, academic, and professional growth through an Indigenous lens.
- Indigenous Students Weekly Recovery Group happens on Thursdays, 9:30–11:00 am, during the fall and winter semesters. Join learning strategist Denise Dunstan and Counsellor Andrea Brassard in a safe space for Indigenous students who identify as “in recovery” from behaviors or substances that have been harmful to them and to connect, learn from, and support one another.

TRU COUNSELLING

250-828-5023 | FSD@tru.ca

- To schedule a counselling appointment, TRU students can drop in to the Faculty of Student Development Student Services reception 8:30 am–4:00 pm, Monday–Friday.
- The Mental Health ‘Matters’ workshop is where participants examine their interests, values, and personality and discover occupations that align with their profiles.

KEEP ME SAFE

1-844-451-9700

- A confidential real-time and appointment-based 24/7 counselling service for students attending Thompson Rivers University. Call or download the My SSP app from any app store to chat with a counsellor directly.

TRU WELLNESS CENTRE

1479 Old Main Building

- A safe space located in the Old Main Building that offers free cups of tea, peer mentoring, and information and referral to campus and community resources.

Online Resources

Interior Health Authority

Youth Substance Use Services brochure, information, and fact sheets: InteriorHealth.ca (Youth Substance Use Services Resource List)

Foundry BC

Resources for mental health; substance use; life, school, and work; and other tough topics: FoundryBC.ca

BC Child Care Map

An interactive map to search for childcare by city, distance from address, and more: Child Care Map (gov.bc.ca)

National Eating Disorder Information Centre

Information, resources, referrals, and support to anyone in Canada affected by an eating disorder: NEDIC.ca

My Health is Sexy

An Interior Health website that explains testing, treatment, and prevention of human immunodeficiency virus (HIV). It also provides several video resources and where you can get tested in your area: MyHealthIsSexy.com

Get Checked Online

Internet-based testing for sexually transmitted infections. Use the link and click create an account. This will bypass entering a code and take you straight to creating your account: GetCheckedOnline.com

Trans Care BC

A supportive website with information, resources, and pathways for Two-Spirit, gender creative, trans, and questioning people of all ages in BC: PHSA.ca/TransCareBC

Need Help Now

If you or someone you know has been negatively impacted by a self/peer exploitation incident, this website can help offer guidance on the steps you can take to get through it: NeedHelpNow.ca

Interior Health Drug Checking Service

A website that shows you where the nearest drug checking service is to you. This service will provide the individual with a test that tests their drug supply for fentanyl: DrugChecking.ca



Things To Do

BASKETBALL, TENNIS, PICKLEBALL COURTS

- McDonald Park - 262 King Street
- Cowan Park - 697 Cowan Street
- Westsyde Centennial - 705 Franklin Road
- Brocklehurst Park - 2470 Fleetwood Avenue
- Invermere Park - 845 Invermere Court
- Moose Park - 385 Schubert Drive
- Prince Charles Park - 1145 Nicola Street
- Riverside Park - 100 Lorne Street
- Thompson Park - 6500 Beaver Crescent
- Todd Hill Park - 1550 Todd Road

BIKE PARKS

- Dallas-Barnhartvale Nature Park - 1210 Eliza Road
- Kamloops Bike Ranch - 1105 Highland Road
- Kenna Cartwright Nature Park - 2000 Hillside Drive
- Peterson Creek Nature Park - 1440 Glenfair Drive
- Rae-Mor Park - 113 Arab Run Road
- Sahali Terrace Nature Park - 980 3rd Avenue
- Valleyview Nature Park - 220 Valleyview Place
- Westsyde Centennial Park - 705 Franklin Road

BOWLING

- Falcon Lanes - 2020 Falcon Road

DISC GOLF

- Rose Hill Park - 1665 Rosehill Road.
- McArthur Island Park - 1665 Island Parkway
- Valleyview Centennial Park - 2288 Park Drive

LIBRARIES

- North Kamloops Library - 693 Tranquille Road
- Downtown Library - 300-465 Victoria Street

LONGBOARDING

- Kamloops Longboard Park - 2350 Pacific Way

MOVIES

- Cineplex Odeon - 700-1320 Trans Canada Highway West
- Paramount Theatre - 503 Victoria Street

SKATE PARK

- Exhibition Park - 1055 River Street
- Highland Park - 2350 Pacific Way
- McArthur Island Park - 1655 Island Parkway
- Rae-Mor Park - 113 Arab Run Road

SKATING

- Brocklehurst Arena - 2470 Fleetwood Avenue
- Juniper Park - 2150 Qu'Appelle Boulevard
- Len Houghton Park - 595 Lister Road
- Memorial Arena - 740 Victoria Street
- Pineview Valley Park - 1925 Hugh Allan Drive
- Sandman Centre - 300 Lorne Street
- Thompson Park - 6500 Beaver Crescent
- Valleyview Arena - 353 Highland Road
- Valleyview Centennial Park - 2288 Park Drive
- Westsyde Centennial Park - 705 Franklin Road

SWIMMING AND FITNESS

- Brocklehurst Park - 2470 Fleetwood Avenue
- Westsyde Pool and Fitness Centre - 859 Bebek Road
- Canada Games Aquatic Centre - 910 McGill Road
- YMCA - 400 Battle Street



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