Where can I find a warm bed tonight?

Compass House / Centre (PDSCL)	Emergency Shelter provides assistance for men and women. Blankets and winter gear available for non-residents when in supply.	**236-422-2449** 1706 Main St
Hughes House (South Okanagan Women in Need Society)	The SOWINS Transition House provides emergency housing for women, youth, and children who have experienced, are at risk of abuse or fleeing abuse. Address is for office (9:00am – 4:30pm, M-F)	**250-493-7233** **1-800-814-2033**
Okanagan Nation Family Intervention and Service Society	Okanagan Nation Emergency Transition House – women, children, and elders.	**250-493-4902** **1-877-493-4909**
HI Penticton Hostel	Costs as low as $43.70 / night for dorm rooms. **(*not free*)** **Only accepts non-Penticton residents who have ID showing a home address outside of Penticton**	**1-866-782-9736** 464 Ellis Street
P+OPS Temporary Winter Shelter	24/7 Shelter operated Penticton +area Overdose Prevention Society (P+OPS).	**778-559-2603** 441 Dawson Ave.

Where can I warm up during the day?

South Okanagan Events Centre Walking Track	M - F from 10am to 4pm Closed on event days and holidays. For more information, visit **https://www.soec.ca/arena-information/walking-track/**.	835 Eckhart Avenue
Penticton Community Centre	Monday to Friday between 6 a.m. and 9 p.m. and Saturday and Sunday from 8:30 a.m. to 8:30 p.m	325 Power Street
Penticton Public Library	9:30 a.m. to 8:30 p.m. (Tues and Thurs) 9:30am - 5pm (Monday, Wednesday and Friday) 1 p.m. to 5 p.m. on Sundays.	785 Main Street
Penticton Seniors' Drop-in Centre	9 a.m. to 4 p.m. Monday to Friday	2965 Main Street
City Hall	9 a.m. to 4 p.m. Monday to Friday	171 Main Street

Where can I find help accessing housing?

BC Housing	Social housing for low income families, seniors, people on disability pension, and those experiencing homelessness	Reception hours: 9:00am to 4:00pm	**250.487.2530** **1.800.834.7149** 451 Winnipeg St
Penticton & District Society for Community Living	Social housing programs for low income adults, families, seniors and people with disabilities	Mon - Fri 8 a.m. - 4 p.m.	**250.490.0200** 180 Industrial Ave W
South Okanagan Similkameen Brain Injury Society	Provides housing outreach information support to the general public and specific programs for people with brain injury.	Mon - Fri 9:30am – 3:30pm **Closed 12pm-1pm**	**250.490.0613** 2 – 996 Main St

To request updates edits, please email: 100MoreHomes@uwbc.ca

Access Centre	Assistance with BC Housing Applications and referrals to SOSBIS	Mon to Thurs: 10:00am – 4:00pm *Closed 12pm-1pm*	**250-493-6822** **1-866-493-6822** #209-304 Martin St

Where can I get a meal or a hot drink?

Purple Community Pantry	Take what you need	24/7	343 Ellis St (outside the Elks building)
Salvation Army - Family Services / Food Bank	Emergency food hampers, clothing & household items *Registration, ID, & Proof of Address Required*	Monday to Friday 10am – 12pm 1pm – 4pm	**250-492-6494** 2399 South Main Street
Summerland Food Bank	Emergency food and on-site resource centre for harm reduction / advocacy supports	Mon - Fri: 9:00am - 4:00pm	**(778) 516-0015** 14820 Victoria Rd. N

Where can I get medical help?

Martin Street Outreach Centre	Provides primary care services for people with mental health and substance issues.	Mon-Wed: 8:30am-4:40pm Thurs-Fri: 8:30am-noon	**250.770.3696** 437 Martin St
Colleen Schneider Medical Centre	Non-urgent medical care for people who need health advice, assessment and or treatment for minor illness and injuries. Wheelchair accessible.	Mon-Fri: 8:30am – 3:30pm Closed 12:30-1:30pm lunch Closed stats.	**778.622.7660** #101 - 3115 Skaha Lake
Peach City Medical Walk-In Clinic	Provides access to non-urgent medical care by phone or in-person visit. Located at the mall.	Mon-Fri: 8am – 12pm Closed stats.	**250.276.5050** #166 - 2111 Main St.
Penticton Regional Hospital	Emergency Department provides a high-level, specialty medical care in emergency situations.	24/7	**250.492.4000** 550 Carmi Ave
Penticton Downtown Mental Health Substance Use Centre	Mental health & substance use services for all ages OAT prescribing walks-ins	Monday to Friday 8am-4pm OPS 1pm – 3pm	**250-770-3555** 437 Martin St. Unit # 117
Penticton Options for Sexual Health Clinic	Sexual and reproductive health services for all ages, all genders, and all orientations.	By appointment only	**1 800 739-7367** 740 Carmi Ave
Foundry Penticton	Free Mental Health & Physical health services ***Youth 12-24***	Tue & Thu: 1:00pm - 5:00pm Wed: 2:00pm - 6:00pm	**778-646-2292** 501 Main Street
Penticton Urgent Primary Care	Available when you have a non-life threatening condition and need to see a health-care provider within 12 to 24 hours.	Mon-Fri: 5-8 pm Sat, Sun & Stat. Holidays: Noon-6pm	**250-770-3696** 437 Martin St. Unit #100
IH Outreach Wound Care Services	Wound care services	Mon-Fri: 3pm	**(250) 462-7457**

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Who can I call for help?

Crisis Line	24/7 telephone crisis intervention service	**1.800.784.2433**
Indigenous 24-Hour Crisis Line - KUU-US Crisis Line Society	24-hour provincial crisis and counselling line for First Nations Elders, adults, children and youth in need throughout BC. Services include follow-up or continuum care, risk assessments, safety monitoring, and 24-hour mobile outreach.	**1-800-588-8717**
2SLGBTQIA+ Crisis Line		**1-888-843-4564**
Inuit and First Nations Hope for Wellness Line	The Hope for Wellness Helpline offers immediate help to all Indigenous people across Canada 24/7.	**1-855-242-3310**
BC Lifeline	Helpline for Children & Youth	**310-1234**
911	Emergency telephone number for police, fire or ambulance	**911**
HealthLinkBC	To speak with a registered nurse, dietitian or pharmacist. Have your Care Card number ready.	**811**
Mental Health Support Line	24/7 emotional support, information and resources specific to mental health	**310.6789 (no area code needed)**
South Okanagan Women in Need Society	24/7 crisis line – support, resources, information. Safe, confidential shelter for women who have experienced abuse or are at risk of abuse.	**1.800.814.2033**
VictimLink BC	24/7 information and referral to services available for persons who are victims of crime and abuse.	**1.800.563.0808**

Where can I find a public washroom?

Okanagan Lake Park	Open year-round 8 a.m. and 5 p.m.	Lakeshore Dr just East of the Lakeside Resort
City Hall	Open year-round 8:30am-4:30pm	171 Main St
Ice Rink	Open year-round 8 a.m. and 5 p.m.	Martin St & Eastbrook Ave (across from City Hall)
Lakawana Park	Open year-round 8 a.m. and 5 p.m.	Lakeshore & Power St (east side of park)
Skaha Lake Park	Open year round 8 a.m. and 5 p.m.	Skaha Lake Rd and Parkview St (one near the playground, one near the lacrosse box)

To request updates edits, please email: 100MoreHomes@uwbc.ca

Where can I find clothes, shoes, or a coat?

Foundry Penticton	Free winter coats for Youth ***Youth 12-24***	Tue & Thu: 1:00pm - 5:00pm Wed: 2:00pm - 6:00pm	**778-646-2292** 501 Main Street
Access Centre	Warm clothing, coats, shoes, and socks available	Mon to Thurs: 10:00am – 4:00pm *Closed 12pm-1pm*	**250-493-6822** **1-866-493-6822** #209-304 Martin St
Community organizations are working to coordinate clothing drives for donated winter items. If you are in need of winter clothing options, please let an outreach worker know and we can ask around to see what items are available at the time.			

Where can I find support for drug / alcohol use?

Alcohol & Drug Information and Referral Line	Free, confidential information and referral services		**1.800.663.1441**
Alcoholics Anonymous	Call or visit https://www.bcyukonaa.org for meeting times and locations		**250.490.9216**
Narcotics Anonymous	Call or visit http://www.soascna.ca.meetings.php for meeting times and locations		**1.855.852.5687**
Discovery House	Men's recovery home for men suffering from drug & alcohol addiction.	*Penticton Recovery Resource Society*	**250.490.3076**
Johnson House / Nanaimo House	Supportive recovery services.	*The Bridge Youth & Family Services*	**(250) 763-0456**
Martin Street Outreach Centre	Provides primary care services for people with mental health and substance issues.	Mon-Wed: 8:30am-4:40pm Thurs-Fri: 8:30am-noon	**250.770.3696** 437 Martin St
Penticton Downtown Mental Health Substance Use Centre	Wound Care and mental health and substance use services for all ages	Monday to Friday 8am-4pm	**250-770-3555** 740 Carmi Ave
Foundry Penticton	Free Mental Health & Physical health services ***Youth 12-24***	Tu & Thu: 1pm- 5pm Wed: 2pm - 6pm	**778-646-2292** 501 Main Street
ASK Wellness FTIR Drug Testing Services	Free, anonymous Community Drug Checking Service		**250-328-9619** *(Alyssa)*
Penticton + Area Overdose Prevention Society	Temporary Winter Shelter, Nov-March 31st	24/7	Call or Text: **778-559-2603**
Interior Health Self-Referral	Access Mental Health & Substance Use Services (MHSU) connects you to the service or services that meet your needs.		**310-MHSU (6478)**
NORS National Overdose Response Line	Services 24/7 Canada-wide consumption hotline to provide connection, support and safety for those using substances	24/7	**1-888-688-6677**

Other Penticton Resources

Access Centre	Helps with landlords, income assistance, disability applications, employment insurance, getting legal information, debts, family, health, income taxes.	Mon to Thurs: 10:00am – 4:00pm *Closed 12pm-1pm*	**250-493-6822** **1-866-493-6822** #209-304 Martin St
BC211	Free database to search and find all available		**211**

	social resources in your area.		bc211.ca
OneSky Community Resources	Childcare & Support Services, Community Living Services, Youth & Family Services, Harm Reduction program	M -F 8:30am-4:30pm	**250 492-5814** 330 Ellis Street
Seniors Wellness at OneSky	Information & Referral Services, Elder Abuse Awareness, Better at Home Program, Cooking Up Connection, Out and About	M-F 9am-4pm	**250.487.7455** 330 Ellis St
BC Transit	Transit Service Information Line		**1-844-442-2212**
South Okanagan Immigrant & Community Services	Settlement services for immigrants and refugees. Language and employment training. Help navigating Canada's social services, health system, etc.	M - F 9am – 12pm 1pm – 5pm	**250.492.6299** 340 Ellis St
SOWINS Mobile Outreach	Harm reduction supplies, naloxone, referrals, personal items etc.	Tu/Th: 5pm-9pm Fr: 11am-5pm	**250.809.7054**
P+OPS Mobile Outreach	Penticton +area Overdose Prevention Society (P+OPS) mobile outreach van provides OPS/harm reduction supplies, referrals, naloxone, personal items, etc.	During the Temporary Winter Shelter season outreach hours are irregular, call for more info.	**778-559-2603**
Veterans Affairs Canada	Provides services for Veterans and their families	M – F 8:30am-4:30pm	**1.866.522.2122** 60 Nanaimo Ave W
Work BC Employment Services	Access job search resources, employment planning, skills assessment, training, work experience opportunities and more.	M/Tu: 8:30am-4:30pm W: 8:30am-6pm/Th: 8:30am-3pm F: 8:30am-4:30pm	**250.770.5627** 50 Calgary Ave
Penticton Library	*Computer access & Indoor / Outdoor Wi-Fi* M: 9:30am-5pm/Tu: 9:30am-8:30pm/ W: 9:30am-5pm Th: 9:30am-8:30pm/F: 9:30am-5pm/Sat: 9:30am-5pm/Sun: 1:00pm-5pm		**250-770-7781** 785 Main Street
CMHA Unity House Clubhouse	Unity House provides social, recreational and educational programs for individuals living with a mental illness.	M-F 8:30am-4:00pm Sa/Su: 9:00am-4:00pm	**250-493-6327** #103-1873 Main St
Service Canada	Single point of access to a wide range of government services and benefits (EI, CPP, CPP disability, etc.).	M-F 8:30am-4:00pm	**1.800.622.6232** 101-386 Ellis St
Service BC	Driver Licensing / ID & BC Services Card	M-F 9:00am-4:30pm	**250.487.4200** 40 Calgary Ave
Social Development & Poverty Reduction	Income Assistance / Disability Assistance	M-F 9 am to 4 pm **Closed 12pm-1pm**	**1 866-866-0800** 254 Haynes St