

## LEVEL OF COMPLEXITY

### BASIC NEEDS

*I can meet my basic needs to stay healthy*

### INCREASING CONCERN

*It's hard to meet my basic needs and I could use support*

### UNRESOLVED CHALLENGES

*I need a team to stay healthy*

#### HEALTH & NUTRITION

[Public Health Nurse](#) @ Interior Health  
Healthy Eating Education: Food Security and Nutritional Education Program @ [Community Connections](#); healthy eating, dietician, exercise professional @ [healthlinkbc.ca](#) (txt 811), [Local Food Initiative](#)  
Soup and a Smile @ [United Church](#): all welcome drop-in Monday during fall/winter @ 11:30am  
[Food Recovery](#) @ Community Connections: call office for pick-up information  
[Food Bank and Kids Snack Program](#): pick-up @ Legion Friday 8:30am-11am downstairs, register @ Community Connections  
Breakfast Club @ schools: contact your [school](#) for more information  
[Supper Club](#) @ Community Connection: age 13+ drop-in Tuesday 3:30-5:30pm during the school year

#### REGULAR CHECK-UPS WITH YOUR HEALTH PROFESSIONAL

[Selkirk Medical Clinic](#)  
[Mountain View Medical Centre](#)  
[Revelstoke Optometry Centre](#)  
[Dentist](#)  
Pediatrician, Dermatologist, or other specialist (see your Doctor for a referral)  
[First Nations Health Authority](#)  
[Public Health](#) @ Interior Health

#### FINANCIAL (Most programs offer options if funds are a barrier to accessing support)

[Revelstoke Financial Literacy Project](#)  
[British Columbia Income Assistance \(BCEA\)](#)  
[Pharmacare medical benefits](#)  
Transportation options (see Additional Resources)

#### EMPLOYMENT

Self-Serve Area @ [WorkBC](#)  
Highschool Placement @ [RSS](#)  
[Aboriginal Student Services](#)

#### EDUCATION

Pre-school: [Early Years Centre](#)  
K-12: [School District 19](#): 3 elementary schools and 1 highschool  
K-7: [école de Glacier](#): School District 93  
Online and in-person courses and diploma @ [Okanagan College](#)  
[Columbia Basin Alliance for Literacy](#)  
[Aboriginal Student Services](#)

#### HOUSING/CLOTHING

[Thrift Shop](#): clothing, household items, toys, shoes, books  
[Re-store](#) (Habitat for Humanity): donated household items for less (located out of town)  
Online buy & sell ([Revelstoke Free Stuff](#), [Revsell](#), [Revelstoke Community](#)) [check Facebook], [The Stoke List](#)  
[Revy Rental](#) (facebook)

#### RELATIONSHIP/SEXUAL/FAMILY HEALTH

Family planning and sexual health: all welcome drop in Wednesday, 7-9pm, OPT ([Options for sexual health](#)) clinic and Monday 11:30-12:30 @ Revelstoke Secondary School  
Healthy relationships: [Moving Forward](#) @ Women's Shelter and drop in Wednesday @ Revelstoke Secondary School  
LGBTQ+ resources: [Safe Spaces Revelstoke](#) (online only)  
[TransCare BC](#): online @ PHSA (Provincial Health Services Authority)

#### MENTAL HEALTH CHALLENGES

[LookingGlassBC.com](#): online peer support for Eating Disorders and other resources  
[CMHA Bounce Back](#) feeling low, stressed or anxious, 15+, referral from Doctor recommended, DVD followed by 3-5 telephone sessions  
Counseling @ [Revelstoke Mental Health and Substance Use](#) (MHSU), 19+, self or doc referral  
Counseling @ [Child & Youth Mental Health](#) (MCFD)  
Support @ [Community Connections](#)  
Spiritual Ministers, [Private Counselors](#), School Counselors, See your physician

#### ADDICTION

[Revelstoke Mental Health and Substance Use](#) (MHSU): all ages  
Addiction Services @ [Community Connections](#)  
[Harm Reduction](#) @ Public Health  
[Methadone Program](#) @ Interior Health  
See your physician

#### PARENTING & FAMILY SUPPORT

[CMHA Family Support Services](#): phone, face-to-face, Navigating Services, self-care  
[CMHA Confident Parents, Thriving Kids](#): referral from Doctor recommended, for parents of children ages 3-12, delivered via telephone  
[Ministry of Children and Family Development](#): Child care subsidies, family support, resources  
[Revelstoke Child Care Society](#): Child care choices and activities  
[Revelstoke Early Years Centre](#): Child care and activities  
Revelstoke [Screen Smart](#): online resources and educational activities  
[Family Services](#) @ Community Connections: providing services from counseling to parent groups, Supported Child Development to Summer Day Camp  
Parents of Children with Anxiety ([Facebook Group](#))

#### EMPLOYMENT

Employment and certification support @ [WorkBC](#)  
Adult Literacy & Upgrading @ [Okanagan College](#)  
[Make a Change Canada](#): employment or self-employment skills for those who find it difficult to work or study outside their homes

#### EDUCATION

Speech-Language Pathologist (recommend accessing in early years)  
If you have concerns in the classroom, talk to your teacher, school counselor, principal or other school-based team in the school  
Adult academic and career preparation @ [Okanagan College](#)  
District Psychologist

#### HOUSING/CLOTHING

[BC Housing](#)  
[Tenant Support](#) and [Housing Support](#): Community Connections  
[Shoe Bank Canada](#): referral form for free shoes from Community Connections  
Additional support @ [Women's Shelter](#), [Aboriginal Friendship Society](#)

#### UNRESOLVED MENTAL HEALTH CHALLENGES

Child and Youth Mental Health (CYMH) services @ MCFD  
[Victim Services](#)  
[Revelstoke Mental Health & Substance Use](#) (MHSU): self-referral or Doctor referral, 19+ [Private Counselors](#)  
Outreach Psychiatric Services @ [MCFD](#)  
Adolescent Psychiatry Unit (APU) Interior Health (located out of town)

#### ADDICTION

Residential treatment programs (located out of town)  
[Alcoholics Anonymous](#): open and closed meetings available  
[Narcotics Anonymous](#): open and closed meetings available  
[Al Anon](#)  
[Private Counselors](#)  
[Specialized substance use counseling](#) @ Revelstoke MHSU

#### PARENTING & FAMILY SUPPORT

CYMH individual and family counseling @ MCFD  
Shuswap Children's Services [FASD Key Worker](#): in-person visits, online resources to understand Fetal Alcohol Spectrum Disorder  
[Private Counselors](#)

#### SPECIALIZED SUPPORT

Psychiatrist: referral required from MCFD or Doctor depending on age & location. Contact MCFD and doctor for more information. Telehealth options @ the hospital  
Talk to you Doctor about additional options for specialized services

#### EMPLOYMENT

Customized Employment/Job Development @ [WorkBC](#)  
[Adult Supported Employment](#) @ Community Connections

#### EDUCATION

[Interior Health Childrens Assessment Network](#) (IHCAN) (located out of town)

#### HOUSING

Temporary housing through [Women's Shelter](#) for women and children  
[Housing Outreach](#): for homeless or at risk of homelessness @ Community Connections

#### RELATIONSHIP/SEXUAL/FAMILY HEALTH

[Women's Shelter](#)  
Sexual Assault Protocol

### Additional Resources

#### Advocacy

- [Representative for Children & Youth](#): When you need support getting the help you need or getting your voice heard
- [Social Justice](#) @ Community Connections

#### Recreation/Leisure/Community

- Outdoor recreations and leadership @ [Open Mountains Expeditions](#)
- Swimming pool, gym and workout equipment, after-school programs, group classes @ [Revelstoke Community and Aquatic Centre](#)
- Kids Rock Summer Day Camp @ [Revelstoke Child Care Society](#)
- School Outreach Program @ [Community Connections](#)
- Youth Mentoring Program @ [Community Connections](#)
- Youth Groups @ [Baptist Fellowship Church](#), [Alliance Church](#)

#### Disabilities

- Child and Youth with Special Needs (CYSN): @ [MCFD](#)
- [Community Living BC](#) (CLBC)

- [Community Living Services for Adults](#) @ Community Connections

#### Holistic Healing

- [Feel Good Collective](#): holistic healing services

#### Legal Aid

- [www.lss.bc.ca](#)

#### Resources/Information

- [Okanagan Regional Library](#)
- [Revelstoke Child Care Society](#)
- [Ministry of Children & Family Development](#)
- Social Services Directory
- Local Fire and Police (non-emergency 250-837-5255)
- Sexual Assault Protocol

#### Separation/Divorce

- [FamiliesChange.ca](#): Online resources for parents, teens and kids after a divorce
- [Family Justice Counselor](#): provides assistance with children issues related to separation and divorce

#### Spirituality & Belief

- [Aboriginal Friendship Society](#)
- Alliance Church
- [Baptist Fellowship Church](#)
- [C3 Church](#)
- [Catholic Church of St. Francis of Assisi](#)
- [Kingdom Hall of Jehovah's Witnesses](#)
- [United Church](#)
- [BC Transit](#)
- [Taxi Services](#)
- [Health Connection Bus](#) (out of town appointments)
- [Seniors centre volunteer drivers](#)
- [Trees for Tots](#)

#### Online & APPS

- [Booster Buddy](#)
- [Saying When](#)
- [Kids Help Phone](#)
- [Family Navigator](#)
- [Mindshift](#)
- [Kelty Mental Health](#)
- [bc211](#)

### Crisis Services

Emergency Services	911
Women's Shelter	250-837-1111
Suicide Hotline	1-800-SUICIDE (784-2433)
BC Helpline	310-1234
Victim Services	250-837-9260
Online Chat (noon-1am)	youthinbc.com
Sexual Helpline	1-800-sexsense (739-7367)
Nurse's Hotline	811
Youthspace (text) (6-midnight)	778-783-0177

Some services have eligibility criteria. Contact each service to speak with one of their friendly support staff to find out what they can do for you.