

A

ABC I See Me Personalized Childrens Books and CDs

1672 Springhaven Place
Kamloops BC V2E 1C6
Contact (1): Marnie Maunula

Phone (1): (250) 828-2668
Email (1): abc_iseeme@yahoo.ca
Website: www.abc-iseeme.com

ABC I See Me allows your child to become the star of the story. Your child will explore a magical adventure through storyland(friends and family may also become included). 40 Books to choose from.

ABC I See Me carries personalized clocks, cds where all songs are personalized for your child and even personalized singing teddy bears.

For the adult, we carry Graduation, Mother's Day, Wedding, Anniversary and Retirement Books. These books are done beautifully with pages to insert your own pictures to personalize them further.

Aberdeen Hills Golf Links

1185 Links Way
Kamloops BC V1S 1F8
Contact (1): Art Cordero

Phone (1): (250) 828-1149
Fax: (250) 828-0077
Website: www.come.to/aberdeenhills

Featuring panoramic views of the Thompson rivers and valley from most every hole, Aberdeen Hills Golf Course delivers affordable golf within easy access of Kamloops. It's challenging 18 holes are minutes from downtown, a short detour off the Trans Canada. Golfing season begins in March and extends through mid-November.

Aberdeen Judo Academy

794 Gifford Court
Kamloops BC V1S 1K4
Contact (1): John Huntley

Phone (1): (250) 374-9945
Website: www.aberdeenjudo.com

Aberdeen Judo Academy was started in 1987, and while noted for producing highly skilled competitors that have gone on to compete nationally and internationally, the main aim of the club is to teach Kodokan Judo as a lifetime activity that can be practiced by all ages and fitness levels.

Aboriginal Employment Services

144 A Briar Avenue
Kamloops BC V2B 1C1
Contact (1): Rhandi Elesko

Phone (1): (250) 554-4556
Fax: (250) 554-4573

We offer Aboriginal employment counselling services to clients in an urban setting. Internet access for potential employment opportunities are available. "We are ready to assist you".

To Obtain: Drop-in or call to make an appointment. Office hours: 8:30 - 4:30 pm. Appointments available: 9 am - 4 pm.

Adolescent Day Program

765 Tranquille Road
Kamloops BC V2B 3J3

Phone (1): (250) 554-3134
Phone (2): (877) 376-3618
Fax: (250) 376-3040
Email (1): adm@interiorcommunityservices.bc.ca
Website: www.interiorcommunityservices.bc.ca

The Adolescent Day Program is a short-term day program for youth involving work experience, life skills, training, recreational/educational outings and therapeutic groups. The service is available to youth 13 to 17 years of age who are living in a foster home.

To Obtain: All referrals are made by the Ministry of Children and Family Development. Limited space is available for foster parents to access the service directly.

Air Cadets

204 Black Maria Squadron PO Box 124
Kamloops BC V2C 5K3
Contact (1): Sherri Ratcliffe

Phone (1): (250) 371-4629
Website: www.cadets.ca

Cadets offer friendship, fun, adventure, and challenges! Expand your horizons and make friends for life. We are a community-based youth program that offers interesting and challenging activities, teaches valuable life skills, and provides opportunities to travel across Canada and around the world. Young Canadians between the ages 12 to 18 are given opportunities to fly small aircraft, sail, rock-climb, and participate in music and sporting competitions.

To Obtain: Call the number provided, or visit the Cadets Canada website.

Al-Anon and Alateen

PO Box 353
Kamloops BC V2C 5K9

Phone (1): (250) 374-2456
Website: www.aa.org

The purpose of Al-Anon is to help families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Similarly, Alateen is our recovery program for young people. Alateen groups are sponsored by Al-Anon members. Our program of recovery is adapted from Alcoholics Anonymous and is based upon the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service. The only requirement for membership is that there be a problem of alcoholism in a relative or friend. Al-Anon/Alateen is not affiliated with any other organization or outside entity.

Alano Society of Kamloops

171 Leigh Road
Kamloops BC V2B 2L7

Phone (1): (250) 376-5115
Fax: (250) 376-4762

Provides a safe, clean environment for people in recovery from alcohol and drugs. Meeting rooms and social area provided. Absolutely no drugs or alcohol, or people under the influence allowed on premises.

To Obtain: You do not have to be a member to visit the club. We also have a public area.

Fees: Monthly membership fee \$10

Alcohol and Drug Counsellors

125 Palm Street
Kamloops BC V2B 8J7

Phone (1): (250) 376-1296
Fax: (250) 376-2275

Located in the Interior Indian Friendship Centre. Provides one-to-one counselling for persons with substance abuse issues. Referrals to detox, rehabilitation and treatment centres. Drop-in services also available.

Alcoholics Anonymous

PO Box 353
Kamloops BC V2C 5K9

Phone (1): (250) 374-2456
Website: www.alcoholics-anonymous.org

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. AA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

To Obtain: Meetings are held locally every day of the week. Call our hotline to find out meeting times and locations.

Fees: There are no dues or fees for AA membership. We are self-supporting through our own contributions.

Allergy and Asthma Information Association

2633 Thompson Drive
Kamloops BC V2C 4L5
Contact (1): Shirley Philpot

Phone (1): (250) 374-4531
Fax: (250) 374-8182
Email (1): sphilpot@telus.net
Website: www.aaia.ca

Association established to develop awareness of allergic diseases and asthma. Assists allergic individuals, their families and their caregivers in controlling allergy symptoms by providing information, education, and advocacy through partnerships with health care professionals, business, industry, and government. Affiliated with Canadian Society of Allergy and Clinical Immunology. National office: 130 Bridgehead Ave., Ste. 424 Toronto, ON M6A 1Z4 Tel: (416) 783-8944 Fax: (416) 783-7538 Email: aaia.national@sympatico.ca BC/Yukon Office in Kelowna.

Alzheimer Society of BC (Central Interior Region)

(mailing) -PO Box 277 Stn M, (street) - 543 B Battle Street
Kamloops BC V2C 5K6
Contact (1): Sheila Smith

Phone (1): (250) 377-8200
Phone (2): (800) 886-6946
Fax: (250) 377-8484
Email (1): ssmith@alzheimerbc.org
Email (2): tmaynard@alzheimerbc.org
Website: www.alzheimerbc.org

Provides support and information to persons affected by Alzheimer Disease and related dementias. Provides support, education, information, advocacy, and research through various programs, including a lending library and support groups. Volunteer opportunities are available.

To Obtain: Office hours are 9 am to 4 pm, Monday to Friday.

Fees: Annual membership available.

Ambulatory Nursing Clinic

#37 450 Lansdowne Street
Kamloops BC V2C 1Y3
Contact (1): Kathy Crawford

Phone (1): (250) 851-7900
Fax: (250) 851-7910
Website: www.interiorhealth.ca

Direct care professional nursing service provided in a clinic setting with pre-arranged appointment times.

To Obtain: Physician referred, self-referred, or other agency referral.

Anxiety Disorders Association of BC, Kamloops Branch

540 Seymour Street, (Desert Gardens Building), Suite 100
Kamloops BC V2G 2G9

Phone (1): (250) 372-2278
Fax: (250) 372-9478

This is the only organization in BC committed to helping individuals with anxiety disorders and their families.

Army, Navy, and Air Force Veterans of Canada, Unit 290

444 Tranquille Road
Kamloops BC V2B 3H2
Contact (1): Pat Emblton

Phone (1): (250) 554-1345
Fax: (250) 554-6938
Email (1): www.anav290@ocis.net

A veteran's club assisting local charities, our veterans and their families. Social functions are held in club rooms for members and guests. The club also organizes annual fishing derbies, golf and ball tournaments. Darts, pool, crib and Bingo are played. New members welcome. Flat membership - \$25.00.

Service officer available by appointment only.

Art BC (Kamloops Watermedia Artists)

386 Reighmount Drive
Kamloops BC V2H 1M2
Contact (1): Ed Barry
Contact (2): Maxine Grass

Phone (1): (250) 579-8437
Phone (2): (250) 376-6002
Phone (3): (250) 578-6080
Email (1): vcstaley@hotmail.com
Website: www.artbc.com

A group of artists who meet weekly at the Parkview Centre near McDonald Park Tuesdays at 1:00P.M. We Paint together, have guest teachers and have a yearly art show known as the Impression Show. New members are always welcome and the membership fee is \$15.00

Ask Wellnes Centre

433 Tranquille Road
Kamloops BC V2B 3G9

Phone (1): (250) 376-7558
Phone (3): (800) 661-7541
Fax: (250) 376-7530
Email (1): ask@telus.net
Website: www.aidskamloops.bc.ca

A dedicated team of professionals and volunteers providing HIV/AIDS and Hepatitis C awareness, education, one-on-one counselling, support and advocacy services. Programs & services include: - Peer & Support Groups - Resource Centre & Treatment Information - Education programs - Counselling - Outreach Services.

Association Francophone de Kamloops

348 Fortune Drive
Kamloops BC V2B 2J1

Phone (1): (250) 376-6060
Fax: (250) 376-6166

Association whose aim is to regroup the francophones of the Kamloops region, promote a better understanding between Francophones and Anglophones, and to promote the French Canadian culture.

Audiology Program

519 Columbia Street
Kamloops BC V2C 2T8

Phone (1): (250) 851-7355
Fax: (250) 851-7341

Prioritizes the identification and rehabilitation of hearing loss in children.

Axis Family Resources

651 Victoria Street
Kamloops BC V2C 2B3
Contact (1): Brenda Wagner CHRP

Phone (1): (250) 851-2947
Fax: (250) 851-2949
Email (1): brenda.wagner@axisfamilyresources.ca
Website: www.axisfamilyresources.ca

AXIS Family Resources Ltd. is a community-based social service agency serving various regions in British Columbia. AXIS provides a variety of intensive residential and counseling support services to children, youth, families, foster parents, and adults in crisis or with challenges. AXIS is an accredited organization with CARF, the Commission of Rehabilitative Facilities, as of 2003. We are funded by Ministry of Children and Family Development, Interior Health, Community Living BC, and Ministry of Community Services.

B

B L Burrows Counselling & Consulting

#103 - 1315 Summit Dr., Tudor Village
Kamloops BC V2C 2B3

Phone (1): (250) 851-6421
Email (1): blbcounselling@msn.com

Personal counselling services for individuals (including children), families, & couples. Group work in grief & loss, divorce & separation & mood disorders. By appointment only.

LYNN BURROWS, M. ED, R.CC (REGISTERED CLINICAL COUNSELLOR)

Baby Clinic

519 Columbia Street
Kamloops BC V2C 2T8

Phone (1): (250) 851-7300
Fax: (250) 851-7301

Public Health Nurses provide immunization and counselling on child care. Various locations in the community as well as the health units.

To Obtain: Call for an appointment, Monday to Friday, 8:00 am to 4:30 pm.

Baby's Head Start Program

396 Tranquille Road
Kamloops BC V2B 3G7

Phone (1): (250) 554-3134
Fax: (250) 554-1833
Email (1): adm@interiorcommunityservices.bc.ca

Babies Head Start is a pregnancy outreach service incorporating free nutrition/vitamin supplements, individual and family support, group work, and community referrals. Services are provided free to women less than 28 weeks pregnant (up to 40 weeks depending on situation) through to 6 months postnatal. The Babies Head Start team is comprised of Outreach Workers, a Registered Nurse and a Registered Dietician. Babies Head Start is a self-referral program, although community referrals are welcomed with the permission of the client.

Back to Health Centre

#42 - 700 Tranquille
Kamloops BC V2B 3H9

Phone (1): (250) 554-3446
Fax: (250) 554-3469

Candice Genereaux RMT - Craniosacral, Sports massage, Ortho-bionomy, TMJ Therapy and Registered Massage Therapist

Barnhartvale Baby Sitting Co-op

6288 Meadowland Cr. N.
Kamloops BC V2C 5J1
Contact (1): Karen McDonald

Phone (1): (250) 573-0097

The Barnhartvale Babysitting Coop and playgroup is a not-for-profit organization which was started in 1979. The main purpose of the organization was to provide an opportunity for moms with pre-school aged children to get together sharing experiences in a casual setting. The babysitting Co-op is merely an extension of this, in that parents can use a point-based childcare system from a larger group to provide necessary childcare on a reciprocal basis.

Barnhartvale Community Association

1280 Highridge Drive
Kamloops BC V2C 5G6
Contact (1): Andrew Duggan

Phone (1): (250) 573-5075

To promote and assist in the furtherance of recreational, educational, athletic, and civic interests of the residents of the Barnhartvale community by providing a meeting place.

Barriere House

765 Tranquille Road
Kamloops BC V2B 3J3

Phone (1): (250) 554-3134
Fax: (250) 554-1833
Email (1): adm@interiorcommunityservices.bc.ca
Website: www.interiorcommunityservices.bc.ca

Barriere House is a residential care home for adults with developmental disabilities requiring a heightened level of care. Any adult, 19 years or older, with developmental disabilities is eligible for this program. Referrals are made through the Community Living Sector of the Ministry of Children and Family Development.

BC Conservation Foundation

#200A - 1383 McGill Road
Kamloops BC V2C 6K7

Phone (1): (250) 828-2551
Fax: (250) 828-2597
Email (1): kamloops@bccf.com
Website: www.bccf.com

Mission Statement:

To promote and assist in the conservation of the fish and wildlife resources of the Province of British Columbia through the protection, acquisition or enhancement of fish and wildlife habitat, and to provide for such other charitable purposes as may in the discretion of the directors appear to contribute to the betterment of the fish and wildlife resources of the Province of British Columbia.

BC Cowboy Heritage Society

Box 137
Kamloops BC V2K 5K3
Contact (1): Marg Cordonier
Contact (2): Mike Puhallo

Phone (1): (250) 573-3270
Phone (2): (250) 579-5667
Phone (3): (250) 456-2425
Fax: (250) 456-2429
Email (1): mssprings@bcinternet.net
Website: www.bcchs.com

To promote, encourage and establish conduct and operate events and activities relating to the preservation of Cowboy Heritage in B.C. while forging and developing community interest.

BC Fishing Resorts and Outfitters Association

PO Box 3301, 106-1383 McGill Road
Kamloops BC V2C 6B9
Contact (1): Jan Lingford
Contact (2): Bonnie Sonnenberg

Phone (1): (250) 374-6836
Fax: (250) 374-6640
Email (1): bcfroa@bcfroa.ca
Website: www.bcfroa.ca

The British Columbia Fishing Resorts and Outfitters Association represents the Fresh Water Tourist Fishing Industry. BCFROA works with others in the private or public sectors to protect those areas currently in use and to preserve the wilderness experience in BC for the enjoyment of future generations. BCFROA is an industry lobby group whose members are dedicated to providing quality outdoor experience for their clients. Fostering an appreciation of the richness and sensitivity of the natural environment among all users.

Rest and renewal is an important part of your experience, BCFROA members offer a variety of other activities. Remember you don't have to fish to enjoy the outdoors.

BC Kamloops Wildlife Park Society

PO Box 698, 9077 E Dallas Drive
Kamloops BC V2C 6V1

Phone (1): (250) 573-3242
Fax: (250) 573-2406
Email (1): info@bczoo.org
Website: www.bczoo.org

A zoological park with over 70 species of local and endangered animals. The conservation building offers a year round gift shop and concession. Educational programs can be booked by school. The park is a 15 minute drive East of Kamloops on the Trans-Canada Hwy#1. Open all year. Closed Christmas Day. Please note: the park's hiking nature trail is not wheelchair accessible.

Fee's \$9.00 for adults, \$8.00 for youth & seniors, \$6.00 for children 3-12 years of age, children that are under 2 are free.

BC Paraplegic Association

827 Seymour Street
Kamloops BC V2C 2H6
Contact (1): Cheryl Friars

Phone (1): (250) 851-0882
Phone (3): (877) 851-0882
Fax: (250) 851-0038
Email (1): cfriars@bcpara.org
Website: www.bcpara.org

The BC Paraplegic Association helps people with spinal cord injuries and other physical disabilities that may affect mobility to regain independence in their lives. Consultants in each of the regional offices are available to assist clients with a variety of issues including, but not limited to housing, equipment, transportation, recreations health care, career planning and financial concerns.

BC Retired Teachers Association

301 595 Dalglish Drive
Kamloops BC V2C 6E5
Contact (1): Douglas Nicol

Phone (1): (250) 372-7363

The BCRTA is committed to improving pension, medical and dental benefits for its members.

BCSS/NAMI Family-To-Family Education Program

421 St. Paul Street 205
Kamloops BC V2C 2J7

Phone (1): (250) 374-5939

A 12 week course for families of individuals with severe and persistent mental illness. It focuses on major psychiatric illnesses, emphasizing clinical treatment, and teaching the knowledge and skills that family members need to cope more effectively. Over 1000 people have taken the course, which is taught by trained family members.

Biathlon BC

1448 Pine Crescent
Kamloops BC V2C 2Z3
Contact (1): Art Hooper

Phone (1): (250) 372-8317

BC Biathlon promotes and encourage Biathlon in all parts of BC as a recreational and competitive sport. Vision Statement "Biathletes of both sexes, all ages and all abilities competing province-wide in the sport of Biathlon, traveling to each others communities in a spirit of friendly competition, exchanging views and information, achieving personal growth and growing self esteem while promoting the sport of biathlon and its values.

Big Brothers and Sisters of Kamloops

821 Seymour Street
Kamloops BC V2C 2H6

Phone (1): (250) 374-6134
Fax: (250) 374-4930
Email (1): bbskam@aol.com

Providing adult friendship and guidance to children in single-parent families. Children are matched to caring and concerned adult volunteers who have been carefully screened. All relationships are made on a one-to-one basis and are carefully monitored to ensure a happy and safe environment for everyone involved. Additional programs include: Anger Management for Youth, The "Twogether" Program, and Therapeutic Counselling.

Big Little Science Centre

Box 882 Main Station
Kamloops BC V2C 5M8
Contact (1): Gord Stewart

Phone (1): (250) 579-2622
Email (1): Gord@biglittlesciencecentre.org
Website: biglittlesciencecentre.org

The Big Little Science Centre is dedicated to developing a passion for science among the youth in our community.

Bike Peddler

829 Victoria Street
Kamloops BC V2C 2B7

Phone (1): (250) 374-3245
Phone (2): (250) 372-1387
Fax: (250) 374-2133

Contracted by the City of Kamloops to operate a bicycle recovery program. Lost and stolen bikes are recovered by the RCMP and brought to the shop where they are held for the legal time period (90 days). During this time, the public may come and claim their lost or stolen bike. If they are not recovered during that period, workers restore and sell them in the storefront.

Bilingual Group Daycare

348 Fortune Drive
Kamloops BC V2B 2J1

Phone (1): (250) 376-8660
Fax: (250) 376-6166

Government licensed group daycare. Safe, clean, and excellent program care provided by ECE (Certified Early Childhood Educator) staff.

Fees: \$20/day (includes two nutritious snacks and drinks), part-time (less than 4 hours): \$3.50 per hour.

Black Sox Senior Men's Baseball

Unit 18 - 1104 Quail Drive
Kamloops BC V2B 8S6
Contact (1): Steve Peterson

Phone (1): (250) 574-1155
Email (1): stevepeterson@shaw.ca

Block Parent Program of Kamloops

#60 - 789 Fortune Drive
Kamloops BC V2B 2L3

Phone (1): (250) 376-5099
Fax: (250) 376-4257
Website: www.blockparent.ca

Promotes safety for children through "Block Parent" homes and by presenting teaching materials and safety programs in schools. There is a desperate need for more Block Parents and school coordinators in our community.
To Obtain: Look for "Block Parent" sign displayed in the window of homes, call us if you are interested in becoming a "Block Parent".

Bowlertime

1200 - 8th Street
Kamloops BC V2B 2Y4
Contact (1): Jane McLean

Phone (1): (250) 554-1610

5 Pin Bowling Centre

Bowlertime 5 Pin Centre

1200 8th Street
Kamloops BC V2B 2Y4
Contact (1): Denise Powers

Phone (1): (250) 554-1610
Fax: (250) 554-2730
Email (1): denise@esic.net

We sell good times bowling either competitively or just for fun. League information is available for you to join as an individual or as a group.

Boys and Girls Club of Kamloops

PO Box 885 Main Station
Kamloops BC V2C 5M8

Phone (1): (250) 554-5437
Fax: (250) 554-2756
Email (1): admin@bgckamloops.com
Website: www.bgckamloops.com

The Boys and Girls Club is a multi-service agency offering recreational and social programming for children, youth, and families in the community.

Fees: Fees vary according to program.

BRIDGES Consumer Education Program

421 St. Paul Street 205
Kamloops BC V2C 2J7

Phone (1): (250) 374-5939
Fax: (250) 374-5939

BRIDGES is based on the belief that people with mental illness "can and do recover a new and valued sense of self and purpose." This is accomplished by accepting and overcoming the challenges of a disability that has affected every aspect of their lives: physical, intellectual, emotional, and spiritual. BRIDGES is a 14 week course based on learning about facts and feelings. It is taught by consumers for consumers.

Bridges To New Life Society

15654 Oyama Road
Lake Country BC V4V 2E1
Contact (1): Rob Baskin

Phone (1): (866) 548-9242
Fax: (250) 548-9271
Email (1): hope@BridgesTNL.org
Website: www.BridgesTNL.org

Application Member of CCCC.

Bridges to New Life Society is a registered non profit whose purpose is to assist individuals whose lives have been impacted by crime to become whole and productive members of society, by facilitating healing between themselves and the community. Since 1998 we have been visiting in the prison at KRCC, and supporting clients in the community in Vernon/Kelowna area. As of September 05 we will host a one day per week (Every Thursday from 12:15 - 4:15) drop in office at 702 Columbia St. in the church of Nazarene. Services we offer: During incarceration, pre-release, and post-release. Also, Overcomers' 12 Step Recovery Program Thursdays from 6:30 - 8:00 at the same location.

British Columbia Conservation Foundation

200A - 1383 McGill Road
Kamloops BC V2C 6K7

Phone (1): (250) 828-2551
Fax: (250) 828-2597
Email (1): kamloops@bccf.com
Website: www.bccf.com

Offer programs in: Conservation projects - fish, wildlife and habitat research, inventory and stewardship; as well as two Natural resource related education programs. Provides project management and administration; technical field services; professional resource management, particularly related to biology. Has some ability to assist with conservation project funding.

Fees: 12.5% of total project cost or more depending on our level of involvement.

Brock Recreation Centre

2470 Fleetwood Avenue
Kamloops BC V2B 4S9
Contact (1): Tony Carlucci

Phone (1): (250) 376-9646

Brock Recreation Centre is a Sports Area with a 25 metre Swimming Pool. Brock Recreation Center offers lessons in both Swimming and Skating also houses some of the minor hockey games. In the summer months the Centre maybe used for dry floor rental.

Brocklehurst Pool

2470 Fleetwood Avenue
Kamloops BC V2B 4S9
Contact (1): Aquatic Administration

Phone (1): (250) 554-1747
Phone (2): (250) 828-3655

Brock Pool is an outdoor Seasonal Pool open June, July, and August.

C

Can-Ital Ladies Society

550 McGowan Avenue
Kamloops BC V2B 2P6
Contact (1): Vicotia Marina

Phone (1): (250) 554-1267

Canada Games Aquatic Centre

910 McGill Road
Kamloops BC V2C 6N6
Contact (1): Deb Swain

Phone (1): (250) 828-3655

This indoor aquatic centre offers an Olympic size swimming pool with two diving boards, water slide, tarzan swing and children's leisure pool with slide. As well, it offers two hot tubs, a sauna, steam room and fitness studio. A variety of programs, lessons and water aerobic classes are offered either by drop-in or registration.

Fees: Prices vary depending on class and age. Single admission and punch cards available. Family and student rates also available.

Canadian Cancer Society

111 - 450 Lansdowne St.
Kamloops BC V2C 1Y3

Phone (1): (250) 374-9188

Fax: (250) 374-4515

Provides education about detection and prevention of cancer. Fundraising for research and public education. Offers support groups, visitor programs and assistance.

Canadian Celiac Association (National Chapter)

#69 137 McGill Road
Kamloops BC V2C 1P9
Contact (1): Anjay Juckiewicz
Contact (2): Diane Bloomfield

Phone (1): (250) 573-4221

Phone (2): (250) 372-9564

Our Mission Statement: "National organization dedicated to providing service and support to persons with celiac disease and dermatitis herpetiformis through programs of awareness, advocacy, education, and research."

Services Available: Information on celiac disease and dermatitis herpetiformis including advice on the gluten free diet, free recipes, and information.

Canadian Club of Kamloops

1236 Foxwood Lane
Kamloops BC V2C 5E3

Phone (1): (250) 573-3506
Email (1): stefank@telus.net

"The Club where Canada and Canadians meet." Interesting speakers (Canadian) are scheduled monthly. These guest speakers include national and local celebrities such as Nancy Greene-Raine, Bill Barlee, Mel Rothenburger, and others. Topics and discussions are non-political in nature.

Fees: Membership: Regular \$30, Student \$10, Guests \$5.

Canadian Diabetes Association: Kamloops & District Branch

PO Box 1412
Kamloops BC V2C 6L7

Phone (1): (250) 374-5744
Email (1): glenna.armstrong@diabetes.ca

We are here to support people with diabetes and have 3 support groups, each once a month, in the morning, afternoon or evening.

Canadian Hard of Hearing Association

266 Bestwick Drive
Kamloops BC V2C 1M9
Contact (1): Dennis
Contact (2): Laurie Renwick

Phone (1): (250) 374-7477
Phone (2): (250) 374-7511
Fax: (250) 374-7527
Email (1): crackersdog@yahoo.com
Website: www.chha.ca

Provides information on the hard of hearing, on hearing enhancement equipment and about the Canadian Hard of Hearing Association (CHHA). Informs members of the latest in listening devices, has guest speakers and checks with City Hall, community churches and schools regarding help for people who are hard of hearing.

Fees: \$20 per year, \$5 goes to local hard of hearing, \$15 goes to the CHHA.

Canadian Mental Health Association

857 Seymour Street
Kamloops BC V2C 2H6

Phone (1): (250) 374-0440
Fax: (250) 374-8718

The Canadian Mental Health Association - Kamloops Branch is a not-for-profit organization working to promote the mental health of all people. We are active in the initiation and development of mental health programs and services.

To Obtain: Referrals from Kamloops Mental Health Centre, Royal Inland Hospital (One South), and Ambulatory Psychiatric Services Psychiatrists and Doctors. Individuals may also self-refer.

Canadian Parents for French - Kamloops

2424 Valleyview Drive
Kamloops BC V2C 4E3

Phone (1): (250) 372-9443

A not-for-profit group promoting French language, education, and culture.

Mission Statement: "A national network of volunteers which values french as an integral part of Canada."

Canadian Red Cross Society

2020 C Falcon Road
Kamloops BC V2C 4J3

Phone (1): (250) 372-2334

Phone (2): (877) 372-2334

Fax: (250) 372-0869

Email (1): ccalfa@redcross.ca

Website: www.redcross.ca

The Canadian Red Cross Society provides the following programs and services: Disaster Management provides support to people affected by major disaster situations, international assistance to victims of conflict and disaster throughout the world; First Aid & CPR, Water Safety, and Boating Courses; Medical Equipment Loan Service to assist those with limited physical mobility; RespectED - violence and abuse prevention bringing abuse, relationship violence, peer harassment and youth suicide prevention education to teens and the community.

Fees: Contact Office

Canadian Ski Patrol

780 Columbia Street
Kamloops BC V2C 2V4
Contact (1): Steve Power

Phone (1): (250) 372-2407

Provides first aid services for Sun Peaks Resort, Harper Mountain in Kamloops, and Silver Star Resort in Vernon. We provide support for the mountains in both the winter and the summer.

Cariboo Child Care Society

900 McGill Road
Kamloops BC V2C 5N3

Phone (1): (250) 828-5160

Fax: (250) 371-5654

Email (1): daycare@tru.ca

Provides exceptional child care for the students and staff at TRU, as well as families in the community. Offers a variety of programs in a safe, healthy learning environment for children 8 weeks to 5 years and School Age Child Care (SACC) for children 5 to 12 years of age. Also covers weekly summer program for SACC.

Fees: The childcare office will provide you with current fee schedule.

Cariboo Manor

831 Serie Road
Kamloops BC V2B 6L8

Phone (1): (250) 579-9350
Email (1): schnd45@telus.net

A supported living for the ambulatory seniors operated by the Cariboo Home Society, a non-profit charitable organization. Our mission at the Cariboo Manor is to provide a safe place for seniors to live, promoting health, independence and optimizing quality of life through direct support and accessing community services for our residents.

Cariboo Manor offers affordable room and board for up to 12 residents. The building is wheelchair accessible. A caring family atmosphere provides comfort, safety, privacy and companionship. Features include; dining room, livingroom with Television and Kitchenette, laundry facilities and an activity room. Live-in housekeepers provide 3 home-cooked meal daily. Light housekeeping is provided once per week. Monthly rent is 1200.00 for a single room and 1800.00 for a double room. Residents may apply to the SAFER program for a subsidy. Applications are available at the Cariboo Manor or by Calling Janet at (250) 579-5262.

Carrington House Assisted Living Residence

3567 Pine Grove Pl.
Kamloops BC V2B 7B3
Contact (1): Diane Nelson

Phone (1): (250) 579-9003
Phone (2): (250) 579-8889

Catalysis Consulting

230 - 1210 Summit Drive
Kamloops BC V2C 6M1

Phone (1): (250) 374-2860

Consultant, Mediator
To Obtain: Jeannette Matson, BA, MSW

Centennial House

765 Tranquille Road
Kamloops BC V2B 3G7

Phone (1): (250) 554-3134
Fax: (250) 554-1834
Email (1): adm@interiorcommunityservices.bc.ca
Website: www.interiorcommunityservices.bc.ca

Centennial House is a supported independent home for adults with developmental disabilities. Any adult, 19 years or older, with developmental disabilities are eligible for this program. Referrals are made through the Community Living Sector of the Ministry of Children and Family Development.

Child Care Resources and Referral (CCRR)

Unit E - 1420 Hugh Allan Dr.
Kamloops BC V1S 1L8

Phone (1): (250) 372-7791
Phone (2): (866) 372-7791
Phone (3): (250) 554-9622
Fax: (250) 372-0144
Email (1): kamloopsccrr@shawlink.ca

The program provides support, resources, and referral services for child care providers and parents. Services for caregivers include, but are not limited to: information, training, toy/equipment lending library, newsletters, child care grants, and more. Parents have access to information/referral and education in the form of parenting workshops.

To Obtain: The Child Interactive Centre is open 9 am - 12 pm, Monday-Friday (except holidays). Ages 0-6 years. The centre is for parents, caregivers, and children to interact and play with a variety of media, participate in circle time, and socialize with other little ones. Parents have access to information/referral and education in the form of workshops.

Fees: Access to the Interactive Center is included in the Y Membership Packages or is \$3- per child over the age of 6 months. Parents can obtain free referral services and childcare information.

Children Who Witness Abuse Support Program

400 Battle Street
Kamloops BC V2C 2L7

Phone (1): (250) 374-6162
Fax: (250) 374-2111

A program of the Kamloops Community YMCA - YWCA. One-to-one and group support for children and adolescents who have witnessed serious family conflict such as abuse of their mothers. Program also offers a parent support group.

Children's Therapy and Family Resource Centre

801 McGill Road
Kamloops BC V2C 6R1

Phone (1): (250) 371-4100
Fax: (250) 371-4120
Email (1): tnfrs@shawbiz.ca

Owned and operated by Thompson Nicola Family Resource Society. Provides therapy and support services for children with special needs and their families.

Chronic Pain Association of Kamloops

6E - 750 Cottonwood Avenue
Kamloops BC V2B 2Z5
Contact (1): Bev
Contact (2): Keith

Phone (1): (250) 374-0031
Phone (2): (250) 554-1615

CPAC is a positive self-help support group dedicated to providing support for adults who have chronic pain and assisting them to live their lives to the fullest. Meetings the last Wednesday of the month at 12:30 at People In Motion.

Circle of Friends

PO Box 885 Main Station
Kamloops BC V2C 5M8

Phone (1): (250) 554-5437

A support group for children who have experienced a loss. Each session meets twice a week for six weeks. The program is funded by the Ministry for Children and Families.

To Obtain: Contact the Club Program Director.

Citation Consulting Services Inc.

266 McKay Place
Kamloops BC V2C 4R7

Phone (1): (250) 851-0459
Phone (2): (250) 319-9221
Fax: (250) 852-0489
Email (1): riddler9@telus.net

Rob Riddle, Registered Clinical Counsellor provides individual, marital and family counselling services through Employee Assistance Programs or on a fee-for-service basis. Together with Ena Fraser, Dip.Ed. they also offer a wide variety of educational opportunities on such topics as: anger/conflict management, group facilitation, assertiveness, and dealing with change.

Fees: Counselling \$75 + GST/hour. Education: variable rates.

Citizenship Classes

#110 - 206 Seymour Street
Kamloops BC V2C 2E5

Phone (1): (250) 372-0855
Fax: (250) 372-1532
Email (1): kis@telus.net
Website: www.immigrantservices.ca

A four-hour refresher course prior to candidates' exam. Classes are not regular.

City of Kamloops

7 West Victoria Street
Kamloops BC V2C 1A2

Phone (1): (250) 828-3311
Fax: (250) 828-3578
Website: www.kamloops.ca

Municipal government for the City of Kamloops.

CNIB

101 - 635 Victoria Street
Kamloops BC V2C 2B3
Contact (1): Karen Sawchuk, Counsellor/Case Worker

Phone (1): (250) 374-8080
Phone (2): (800) 563-2642
Fax: (250) 374-8033
Email (1): karen.sawchuk@cnib.ca
Website: www.cnib.ca

CNIB provides vision health and vision hope by enhancing independence for people with vision loss.

Community Arts Council of Kamloops

262 Lorne Street
Kamloops BC V2C 1W1

Phone (1): (250) 372-7323
Fax: (250) 377-0147
Email (1): info@cackamloops.ca
Website: www.cackamloops.ca

A support group for cultural arts organizations and individual artists. Will provide grants for groups or individuals. To Obtain: Tuesday, Wednesday, Friday 10-5, Thursday 10-5, Thursday 12-8, Saturday 10-4. Fees: Annual fees are \$55.00 for group and \$25.00 for individuals.

Community Based Prevention Program

922 - 3rd Avenue
Kamloops BC V2C 6W5

Phone (1): (250) 374-4634
Fax: (250) 374-4621
Email (1): ksad@pheonixcentre.org

Provides prevention services and resources to School District #73 and the community at large.

Community Counselling Connections

103-1315 Summit Drive
Kamloops BC V2C 5R9

Phone (1): (250) 374-3388
Website: www.counsellingconnections.ca

Community Counselling Connections is a division of Scriver Consultants Ltd (incorporated 1985). Counselling Connections provides a wide range of personal counselling services provided by a wide spectrum of certified community counsellors.

Community Dental Information

519 Columbia Street
Kamloops BC V2C 2T8

Phone (1): (250) 851-7300

Public Health dental staff work in partnership with other prevention disciplines, community agencies, community dental offices, and other health professionals to provide a multiple strategy approach to the prevention, identification, and treatment facilitation of dental disease in children.

Dental services to schools includes monitoring of dental health status trends, working with other public health disciplines on healthy school policy, and being a resource to teachers/educators regarding dental health issues. Dental staff will continue to accept referrals to facilitate treatment for any student experiencing dental pain or infection. Many resources can be borrowed from local health centre/units, including kits, videos, storybooks, games, posters and handouts.

Community Facilities Licensing

519 Columbia Street
Kamloops BC V2C 2T8

Phone (1): (250) 851-7340

Fax: (250) 851-7341

Issues license under the Community Care Facility Act for facilities providing child day care and residential care or residential care to three or more persons. Monitors licensed facilities. Provides information and consultation.

Community Futures Development Corporation of Thompson Country

101 - 286 St. Paul Street
Kamloops BC V2C 6G4

Phone (1): (250) 828-8772

Phone (3): (877) 335-2950

Fax: (250) 828-6861

Email (1): info@communityfutures.net

"Promoting community economic development through the support of small business."

To Obtain: Come by for an orientation.

Community Home Care Nursing

#37 - 450 Lansdowne Street
Kamloops BC V2C 1Y3

Phone (1): (250) 851-7900

Fax: (250) 851-7910

Direct care professional nursing service provided in the home or ambulatory clinic setting. Includes acute, chronic and/or palliative care needs.

To Obtain: Physician Referral, Self-Referral, or Other Agency Referral.

Community Home Support Program

#37 - 450 Lansdowne Street
Kamloops BC V2C 1Y3

Phone (1): (250) 851-7900
Fax: (250) 828-7910

In-home assistance with personal care and some home management. Provides respite for caregivers and assists families/individuals with palliative care.

Fees: Dependent on income and circumstances.

Community Kitchens Program

396 Tranquille Road
Kamloops BC V2B 3G7

Phone (1): (250) 554-3134
Fax: (250) 554-1833
Email (1): veoell@interiorcommunityservices.bc.ca
Website: www.interiorcommunityservices.bc.ca

Community kitchens is a community support program that assists groups of people to create their own community kitchens that prepare 3 to 6 nutritious and economical meals for themselves and their families. This program is open to anyone who is interested in diverse culinary experiences with others and economic meal preparation. Community Kitchens is a self-referral program.

Community Living Centre

520D Seymour Street
Kamloops BC V2C 2M1
Contact (1): Laurie Frisk

Phone (1): (250) 374-1585
Fax: (250) 374-1565
Website: www.kscl.ca

Provides educational opportunities and scheduled social events to individuals with development disabilities.

Community Policing

#60 - 789 Fortune Drive
Kamloops BC V2B 2L3
Contact (1): Office Assistant

Phone (1): (250) 376-5099
Fax: (250) 376-4257

Kamloops Community Policing offers an assortment of volunteer opportunities. Get involved with your community and provide service to your fellow citizens in a variety of ways.

Commit 8 to 12 hours per month in the following programs: Citizens on Patrol, Speed Watch, Lock Out Auto Crime, Kids Prints, Front Office Assistant, Special Events and Community Education.

It's a great chance to get connected, gain additional knowledge, meet new people, get some exercise and have some fun with both indoor and outdoor activities.

Contact the North Shore Community Policing Office for more information. Phone # listed above.

Community Rehabilitation

#37 450 Lansdowne Street
Kamloops BC V2C 1Y3

Phone (1): (250) 851-7936
Phone (2): (250) 851-7900
Phone (3): (877) 668-3388
Fax: (250) 851-7910

Rehabilitation (assessment, treatment, consultation, and education) for those needing physio and occupational therapy and are unable to access these services in a hospital or private community setting. Requires homes assessment.

To Obtain: Self-referral, physician/dentist referral or other agency referral.

Community Response Network

C/O People In Motion 6E-750 Cottonwood Avenue
Kamloops BC V2B 3X2
Contact (1): Ronolee Stevens

Phone (1): (250) 851-4485
Phone (2): (250) 376-7878
Fax: (250) 376-4689
Email (1): ronolee@shaw.ca
Website: www.kamloopscrn.bc.ca

The Kamloops Community Response Network is a group of individuals, service providers and designated agencies working together to enhance the communities ability to respond to the abuse, neglect and self-neglect of adults who are vulnerable.

Continuing Community Treatment

519 Columbia Street
Kamloops BC V2C 2T8

Phone (1): (250) 851-7450
Fax: (250) 851-7471

Provides ongoing support services to individuals who require supportive interventions to assist in maintaining an independent lifestyle. Services might include injections, medication supervision, group therapy, leisure services, and supportive counselling.

Cottonwood Manor

730 Cottonwood Avenue
Kamloops BC V2B 8M6

Phone (1): (250) 376-4777
Fax: (250) 376-4792

144 independent living units including 19 low-income rental units. Central to all amenities. Quiet location with award winning gardens. Well located in the heart of the North Shore. The manor itself is connected to the North Shore Community Centre, providing many activities for seniors.

Fees: Strata fees: \$110 one bedroom; \$145 two bedroom. \$543 and up (including Strata fees) monthly rent for low income housing units.

Courtwork Program

827 Seymour Street
Kamloops BC V2C 2H6

Phone (1): (250) 374-2119
Fax: (250) 374-5768
Email (1): kamloops@efrysoc.com

Delivered by the Elizabeth Fry Society, this program operates in the Kamloops Courthouse. Volunteers are in the courthouse, explaining court procedures and providing support services by acting as a liaison with Duty Counsel and Legal Aid. They interact with court personnel, lawyers, sheriffs, Crown Counsel, and other referral sources to assist with the needs of those individuals involved in accessing justice. The Society offers a comprehensive training program as well as ongoing support and training for court work volunteers.

Fees: None

Crisis Intervention

396 Tranquille Road
Kamloops BC V2B 3G7

Phone (1): (250) 376-3660
Fax: (250) 554-1833
Email (1): 396adm@interiorcommunityservices.bc.ca

This is an outreach program of the Kamloops Youth Resources Society (KYRS) that provides experienced support to families in crisis and in emergency situations. This service is designed for family members who are at risk at home, at school, and in the community. The program initially follows a short-term crisis response approach to counselling. Emphasis is placed on the following areas: establishing communications and rapport, assessing the immediate difficulties, determining the risk factors, assessing resources, and formulating a plan.

To Obtain: The program is accessed through the Ministry for Children and Families.

Fees: This program is funded by the Ministry for Children and Families.

Cross Cultural Counselling Program

519 Columbia Street
Kamloops BC V2C 2T8

Phone (1): (250) 851-7450
Fax: (250) 851-7471

Services are provided in office or on an outreach basis. Interpretation services are available.

To Obtain: When calling, ask for a counsellor who can discuss the situation and arrange for an interpreter, if necessary.

D

Desert Gardens Community Centre

540 Seymour Street
Kamloops BC V2C 2G9

Phone (1): (250) 372-5110

It is a community focal point where seniors as individuals or groups come together for services and activities that enhance their dignity, support their independence and encourage their involvement in the community.

Business Hours: 9:00 am - 4:00 pm Monday to Friday. 8:30 am - 12:00 noon, Saturday.

Disaster Services

340 B - 12th Avenue
Kamloops BC V2C 3Y5

Phone (1): (250) 579-9292

Phone (2): (888) 800-6493

Fax: (250) 372-0869

Email (1): george.mcknight@redcross.ca

We offer assistance through the following initiatives: (1) Personal Disaster Assistance, in cooperation with other government agencies, provides assistance to families who have lost their primary residence, and (2) Personal Preparedness and Neighbourhood Preparedness designed to persons, families, or groups to equip and be prepared in the event of a personal or community emergency/disaster situation.

Diversity & Organizational Change Workshops

#110 - 206 Seymour Street
Kamloops BC V2C 2E5

Phone (1): (250) 372-0855

Fax: (250) 372-1532

Email (1): info@diversitykamloops.ca

Website: www.kamloopsimmigrantservices.net

Sessions of 1/2 to 2 days on valuing and understanding diversity.

To Obtain: Kamloops Immigrant Services. Also Safe Harbour training is available.

Downtown Massage Therapy Clinic

775 Seymour Street
Kamloops BC BC V2C 2H4
Contact (2): John Coclho, RMT

Phone (1): (250) 372-3863

Offering Therapeutic Massage, Dealing with Sports Injuries and Motor Vehicle Accidents.

Ducks Unlimited

954 Laval Crescent
Kamloops BC V2C 5P5
Contact (1): Barry Buchanen
Contact (2): Ian Barnett

Phone (1): (250) 372-7884
Phone (2): (250) 374-8307

Ducks Unlimited is an international non-profit organization that conserves, restores, and manages wetlands and associated habitats for North America's waterflow. These habitats also benefit other wildlife and people.

E

Eaglepoint Golf Resort

8888 Barnhartvale Road
Kamloops BC V2C 6W1
Contact (1): Jade Domenichelli

Phone (1): (250) 573-2453
Website: www.golfeaglepoint.com

Nestled in the fragrant pines with emerald greens, pristine blue skies and natural rolling terrain, Eagle Point golf course is situated high in the hills of the Kamloops area. Carved into the undulating topography, each hole offers exciting challenges and spectacular views. It is a full championship length 18 hole course featuring five reflecting ponds, a waterfall and over fifty sand traps. Encompassing 165 acres with a total length of 6,762 yards, Eagle Point has been rated within the top 30 courses in British Columbia!

Eastwind Stables

PO Box 10
Monte Creek BC V0E 2M0
Contact (1): Tanya Balmes

Phone (1): (250) 573-2555
Fax: (250) 573-2004
Email (1): eastwind_stables@telus.net
Website: www.eastwindstables.com

Eastwind Stables offers quality horse boarding and English riding lessons for riders of all ages.

Our reputable boarding facility is well maintained and the horses are cared for in a professional manner.

We specialize in beginner riding levels with lesson and lease horses available to students. All instruction is structured toward safety and confidence building.

Egyptian Dance Troupe

970 Stardust Street
Kamloops BC V2B 5H7
Contact (1): Judy Vivic

Phone (1): (250) 376-4705

Services Available: Teach Egyptian Dance.

Elderly Services Program

519 Columbia Street
Kamloops BC V2C 2T8

Phone (1): (250) 851-7450

Fax: (250) 851-7471

Website: www.interiorhealth.ca

Delivered by the Interior Health Authority, this program provides assessment and treatment for older persons experiencing mental disorders related to aging. Case management services for individuals with long term mental illnesses. Education and presentations as requested. Attends to concerns regarding elder abuse.

Elks Lodge #44 Kamloops

409 Seymour Street
Kamloops BC V2C 2G7

Phone (1): (250) 372-2737

Fax: (250) 374-4921

Website: www.elks-canada.org

The Elks Purple Cross Fund aims to overcome children's hearing handicaps through the Deaf Detection and Development Program. The objectives of the program are to help: (1) prevention, (2) earliest possible identification, (3) immediate, effective management (medical, audiological, speech, language, and education), and (4) research to eradicate the causes of hearing loss.

Elks Lodge #469 (North Kamloops)

29 Albert Street
Kamloops BC V2B 4G2
Contact (1): Earl Friedel

Phone (1): (250) 376-4684

Website: www.elks-canada.org

The Elks of Canada have grown to nearly 300 lodges with close to 20,000 members and are committed to our vision of being the most progressive family focused organization in Canada, meeting community and member needs and expectations.

Emergency Social Services

n/a
Kamloops BC V2C 1A2
Contact (1): Marie Salem - Executive Director
Contact (2): Val McMillan

Phone (1): (250) 372-9767
Phone (2): (250) 573-4663
Fax: (250) 573-4653

ESS is a provincial emergency response program. ESS are those services required to preserve the well-being of people affected by an emergency or disaster

Employment Services

110-206 Seymour Street
Kamloops BC V2C 2E5

Phone (1): (250) 372-0855
Fax: (250) 372-1532

Assisted job search, employment and career counselling, resumes, application forms, cover letters, labour market information. We also offer basic computer instruction, internet access, tutorials, foreign credential evaluation assistance, and financial information.

To Obtain: Contact employment counsellor.

Empty Nest Fellowship

140 Laburnum Street
Kamloops BC V2B 1G4
Contact (1): Marion

Phone (1): (250) 376-4564
Phone (2): (250) 376-2261
Fax: (250) 376-9043
Email (1): mtpauluc@kamloops.net

Provides companionship and enjoyment for people in the community who are in need of a social outing. Program designed primarily for seniors. Runs Friday afternoons from September to mid-May each year out of Mt. Paul United Church. Some transportation provided. Great fellowship.

Fees: \$10 per year, \$0.50 for coffee and goodies.

English as a Second Language Classes

110 206 Seymour Street
Kamloops BC V2C 2E5

Phone (1): (250) 372-0855
Phone (2): (866) 672-0855
Fax: (250) 372-1532
Email (1): kis@telus.net
Website: www.immigrantservices.ca

Morning, and evening classes, beginners to advanced. Child care available for some classes. Up to date computer lab available. Well qualified instructors.

Fees: In some instances, seats are purchased; depends upon criteria set by the sponsors.

Extensions Birth & Baby Basics

886 Marven Place
Kamloops BC V2B 6H2

Phone (1): (250) 579-8003
Fax: (250) 579-8021
Email (1): vsbjhanson@yahoo.ca

Lamaze childbirth preparation, labour support and breastfeeding counselling. Through childbirth preparation classes, professional labour support and breastfeeding counselling, 'Expansions Birth & Baby Basics' provides education, information, and support to expecting parents, birth partners, and their families. Programs: (1) Lamaze Childbirth Preparation Classes, (2) Labour Support (Doula), (3) Breastfeeding Counselling, and (4) Post Partum Support. To Obtain: Contact Tanis Swanson-Ross, LCCE, ECE, BFC, Doula; Vicki Hanson, LCCE, FSW, BFC, Doula
Fees: Fee based on service required.

F

Families First

396 Tranquille Road
Kamloops BC V2B 3G7

Phone (1): (250) 554-3134
Fax: (250) 554-1833
Website: www.interiorcommunityservices.bc.ca

Families First provides in home support to families who are, or who will be parenting an infant less than 3 months old. Families are encouraged to provide a safe and nurturing environment for themselves and their child(ren) through current information and problem solving skills offered. The program promotes parent/child bonding, child development, and improved family functioning. Families First assists families in connecting with peers and other community resources. This service is offered in Kamloops, Chase, Barriere, Cache Creek, and Ashcroft. Referrals can be made by: Self, Public Nurses, or other community professionals. Offered by Interior Community Services.

Families In Transition

765 Tranquille
Kamloops BC V2B 3J3

Phone (1): (250) 376-3660
Fax: (250) 376-3040
Email (1): adm@interiorcommunityservices.bc.ca
Website: www.interiorcommunityservices.bc.ca

Families in Transition (F.I.T.) is designed to provide intensive in-home response to families in crisis. It is specifically developed for families with children 0 - 12 years who are at risk at home, at school and in the community. Team members respond to families within 24 hours. The team offers 4-6 weeks of intervention with 10-15 hours of direct client service time per week. F.I.T. is accessed through the Ministry for Children and Family Development. Offered by Interior Community Services.

Family Enrichment Program

765 Tranquille Road
Kamloops BC V2B 3J3

Phone (1): (250) 376-3660
Phone (2): (250) 374-5303
Fax: (250) 376-3040
Email (1): adm@interiorcommunityservices.bc.ca

This is a preventative family support service. Time limited intervention and counselling is provided to children and their families in Kamloops and the outlying areas. This service is offered as both office-based and outreach. It is founded on the premise that given timely support, families have the capacity to find their own solutions.

To Obtain: Self-referral

Fees: None. Offered by Interior Community Services.

Family Massage Therapy

4 - 450 Lansdowne Street
Kamloops BC V2C 1Y3

Phone (1): (250) 374-6657

Registered massage therapist.

To Obtain: Kim Milbers, RMT

Farnsworth Clinic

1076 Battle
Kamloops BC V2C 2N3

Phone (1): (250) 372-2342
Fax: (250) 374-2984

Naturopath, skeletal manipulation, homeopathy, botanical medicine.

First Steps Program

215-750 Cottonwood Avenue
Kamloops BC V5B 3J3

Phone (1): (250) 376-9119
Phone (2): (250) 376-7518
Fax: (250) 554-2756
Email (1): firststeps@interiorcommunityservices.bc.ca

First Steps is a class-room based program that offers academic upgrading, parenting and life skills classes and support for women between the ages of 14 and 24 who are parenting. Specialized on site daycare provides an opportunity for parents to develop their parenting skills in a supportive environment. First Steps is a partnership program between the Thompson Rivers University, Boys and Girls Club of Kamloops, School District #73, and Interior Community Services. First Steps is self-referral.

To Obtain: Contact the Program Coordinator

FOCUS Program

645 Victoria Street
Kamloops BC V2C 2B3
Contact (1): Edith Farrell

Phone (1): (250) 372-3813
Fax: (250) 372-3814
Email (1): edith@volunteerkamloops.org
Website: www.volunteerkamloops.org

FOCUS Program is delivered in partnership with the Interior Health Authority. This program provides supported volunteer placement services for mental health consumers. The FOCUS Program Coordinator can provide: current information about volunteer opportunities, answer questions about volunteerism, tailor placements to meet individual needs, provide ongoing support and encouragement to program participants and deliver volunteer readiness workshops.

Fort Kamloops Chapter IODE

249 Chestnut Avenue
Kamloops BC V2B 1L4

Phone (1): (250) 376-9091
Phone (2): (250) 372-5160
Phone (3): (250) 374-2524
Fax: (250) 376-9091
Email (1): marybianco@telus.net

The mission of the IODE, a Canadian women's charitable organization, is to improve the quality of life for children, youth and those in need through educational, social services and citizenship programmes. In Kamloops the chapter gives out 9 Secondary School Awards for excellence in History, Bursary at TRU. Offering support to organizations like the New Life Mission, Support of the Festival of Arts, Adopt a Road and the House of Ruth

French Immersion Pre-School Program

348 Fortune Drive
Kamloops BC V2B 2J1
Contact (1): Suzie Hardy

Phone (1): (250) 376-8660
Fax: (250) 376-6166

French immersion pre-school for children between 3 and 5 years of age. We ease children into the language through games, songs, art, activities, etc. The program runs three mornings a week from September to June. Fees: Child attends 3 days a week: \$88- per month. Child attends 2 days a week: \$60- per month.

French Reception and Information Service

348 Fortune Drive
Kamloops BC V2B 2J1

Phone (1): (250) 376-6060
Fax: (250) 376-6166

Francophones and Anglophones are welcome to drop by and inquire about anything they might need in the way of related information, translations, etc. Library for members.

To Obtain: Office hours 8 am to 4 pm weekdays.

Friends of Wells Grey Park

Box 1386 Station Main
Kamloops BC V2C 6L7

Phone (1): (250) 828-6853

Phone (2): (250) 674-3473

Contact (1): John Kurta, President

The Friends of Wells Gray Park was formed in 1986 as a non-profit association interested in protecting the integrity of the Park. In the 1970's BC Hydro had proposed damming the Clearwater River. Mining interests were attracted to the potential of the area and there was constant pressure to log within the Park. There seemed to be a need for a group to look out for the well being of Wells Gray and to have input in the management of the Park. And so the Friends were formed as an association to act as an advocate for the Park.

G

Gardengate Training Centre

915 Southill (Behind the Ministry of Children & Families)
Kamloops BC V2B 7Z9

Phone (1): (250) 554-9453

Fax: (250) 554-9402

Email (1): rwright@theobc.org

Rehabilitation, skills, training and vocational training for persons with disabilities with some emphasis on persons with mental health disabilities. Structured and less structured programs take place in a greenhouse, vegetable garden and kitchen/classroom. Programs support self-sufficiency of participants. Participants increase the food security of the community by producing fruits and vegetables for themselves and local food charities, and connecting with community gardens and community kitchens.

To Obtain: Program Provider: Kamloops Food Policy Council and THEO BC

Fees: None

Gay and Lesbian Association (GALA)

PO Box 832 Station Main
Kamloops BC V2C 5N1

Phone (1): (250) 376-7311

Phone (2): (250) 319-0312

Fax: (250) 376-3257

Email (1): galakam@yahoo.com

Offers a youth group, support groups, activity groups, coffee houses, dances, information services, and someone to talk to.

Gima-Ha-Shoto-Ryu Karate

1465 Pearson Place
Kamloops BC V1S 1J9
Contact (2): John Cleland

Phone (1): (250) 372-3661
Phone (2): (250) 828-1761

Gima-Ha Shoto-Ryu Karate-Do, named in honor of its founder, Makoto Gima, is of the Shoto school of karate. Through our dojos, based largely in British Columbia, Canada and Japan, we teach traditional Japanese karate.

Girl Guides of Canada

All Over
Kamloops BC V2C 3R5

Phone (1): (800) 565-8111
Email (1): rcmg@telus.net
Website: www.bc-guides.org

Girl Guides of Canada-Guides du Canada, the organization of choice for girls and women, makes a positive difference in the life of every girl and woman who experiences Guiding, so she can contribute responsibly to her communities.

Goju Rtu-Westsyde Martial Arts

3 - 1469 Springhill Drive
Kamloops BC V2E 1H5
Contact (1): Jason Nicholson

Phone (1): (250) 374-5399

Grief Recovery Program

72 Whiteshield Crescent South
Kamloops BC V2E 2S9

Phone (1): (250) 372-1336
Fax: (250) 372-1297
Email (1): gay@kamloopshospice.com

Support sessions facilitated by professional staff for persons experiencing the process of grief due to both expected and sudden death. Has six beds and community service.

To Obtain: Self referral or referral by medical community, clergy, friends, or patients.

Group Homes Program

765 Tranquille
Kamloops BC V2B 3G7
Contact (2): Barriere

Phone (1): (250) 554-3134
Phone (2): (250) 672-5121
Fax: (250) 554-1833

A variety of group living situations for adults, young adults and seniors who have exceptional learning needs and/or are physically disabled. Each home has a 24 hour staff of caregivers. A family atmosphere with resident participation is encouraged.

Fees: Room and board, dependent on income.

Gyro Club of Kamloops

2021 Sovereign Court
Kamloops BC V2E 2M1
Contact (1): Al McNair

Phone (1): (250) 828-7389

Gyro International is a fraternity of friendship with power, poise and purpose. Power - the power of friendship in human relationship. Poise - the steadiness of friendship at all times. Purpose - to keep the balance of friendship active in our daily lives.

H

Habitat For Humanity Kamloops

28 - 1425 Cariboo Place
Kamloops BC V2C 5Z3
Contact (1): Carolyn Hepburn - Chair

Phone (1): (250) 314-6783
Fax: (250) 374-9370
Website: www.habitatkamloops.com

Habitat for Humanity is an organization of people helping people. Through the efforts of volunteers, Habitat for Humanity builds housing that is sold on a non-profit, no-interest basis to families in need.

Hasler, Keith - DC

105 - 1150 Hillside Drive
Kamloops BC V2E 2N1

Phone (1): (250) 377-4141
Fax: (250) 374-2291

Chiropractor, Stance and gait evaluation, custom orthotic Rx and fitting.

Health Services for Community Living

#37 - 450 Lansdowne Street
Kamloops BC V2C 1Y3

Phone (1): (250) 851-7900
Fax: (250) 851-7910

Non-emergency nursing and rehabilitation services to adult persons with a mental handicap living in the community. Services are delivered through community rehabilitation and community home care nursing programs. To Obtain: All referrals are from the community. Service locations are in individual homes and/or workplaces in Kamloops, Merritt, Ashcroft, Lytton, Lillooet, Barriere, and Clearwater.

Healthy Shop Consulting

RR2 Comp 28 Heffley Road
Kamloops BC V0E 1Z0

Phone (1): (250) 578-8531

Vegetarian cooking and healthy shop store tours.

Heart and Stroke Foundation of BC and the Yukon

201- 635 Victoria Street
Kamloops BC V2C 2B3

Phone (1): (250) 372-3938
Fax: (250) 372-3940
Email (1): djolie@hsf.bc.ca
Email (2): www.heartandstroke.ca

Within the resources of the Foundation, the people of British Columbia and Yukon will be able to benefit from improved understanding, prevention, and treatment of heart disease and stroke. The Kamloops office offers information on heart and stroke and heart-healthy choices. Volunteer opportunities available.

Hearts in Motion Walking Club

201 635 Victoria Street
Kamloops BC V2C 2B3

Phone (1): (250) 372-3938
Fax: (250) 372-3940
Email (1): djolie@hsf.bc.ca
Website: www.heartandstroke.ca

The Hearts in Motion Walking Club is a program of physical activity designed to help people reduce their risk of heart disease and stroke.

Fees: Annual membership fee of \$10.00

Help Line for Children

confidential
Kamloops BC X1X 1X1

Phone (1): (250) 310-1234

Respondents on the line take information on child abuse and neglect, providing immediate intervention for those in immediate need and referrals and information for callers who are safe at the moment. These calls are not shown on the caller's phone bill and the Help Line For Children doesn't subscribe to call display. NOTE: AN ADULT WHO DISCOVERS SEXUAL ABUSE OF A CHILD IS REQUIRED BY LAW TO REPORT IT TO THE MINISTRY OF CHILDREN AND FAMILIES.

To obtain: Call 310-1234 (toll free in BC), 24 hour help line for child abuse or neglect.

Henry Grube Education Centre

245 Kitchener Crescent
Kamloops BC V2B 1B9

Phone (1): (250) 376-2266
Fax: (250) 376-7966

The Henry Grube Centre offers the following services for School District #73 (Kamloops-Thompson): identification, assessment, and program planning, speech/language services, services for the hearing and visually impaired, integration, resource support, district library services, district graphics, printing services, and meeting/workshop rooms. They also have Kamloops open on-line learning.

Holistic Physical Therapy

205 - 635 Victoria Street
Kamloops BC V2C 2B3
Contact (1): Cathie Levin

Phone (1): (250) 374-4383
Fax: (250) 374-8286
Website: www.hellerwork.com

Physiotherapist.

Home Security Check

103 - 340 Victoria Street
Kamloops BC V2C 6N4

Phone (1): (250) 851-9213
Fax: (250) 376-5099
Website: www.city.kamloops.bc.ca/police

Home security checks are a service offered jointly by the Kamloops RCMP Victim Services Unit, the RCMP, and the RCMP Auxiliary Constable Unit. One member from each unit will attend your residence to assess your home security and make suggestions from a crime prevention and personal safety standpoint. This service is primarily available for those who have been affected by "break and entry", or where personal safety is of concern. Please attend either community police office to complete a request for a Home Security Check.

To Obtain: Two locations:

North Shore Community Police Office 60 - 789 Fortune Drive, Phone Number (250) 376-5099
Downtown Community Police Office 103 - 340 Victoria

Homebound/Hospital School

245 Kitchener Crescent
Kamloops BC V2B 1B9

Phone (1): (250) 376-2266
Fax: (250) 376-7966

Support program for students who are away from school for medical reasons.

To Obtain: Referral through school.

Hospice Visiting Program

72 Whiteshield Crescent
Kamloops BC V2E 2S9

Phone (1): (250) 372-1336
Fax: (250) 372-1297

Support program provided by professional staff and volunteers. Offers respite care and companionship for the terminally ill and their families.

To Obtain: Self-referral or referral by medical community, clergy, friends, family, or patients.

Hostelling International Kamloops

7 West Seymour Street
Kamloops BC V2C 1E4

Phone (1): (250) 828-7991
Phone (2): (866) 782-9526
Fax: (250) 828-2442
Email (1): kamloops@hihostels.ca
Website: www.hihostels.ca

Real-time confirmation of your reservation, real-time purchases of travel products and packages and a listing of events going on at the regional associations are just a few of the services we are working on to improve our site. Stay tuned!

House of Ruth

290 Maple St.
Kamloops BC V2B 4A8

Phone (1): (250) 376-5621
Fax: (250) 376-3528
Email (2): nlm_houseofruth@hotmail.com
Website: www.newlifemission.ca

The House of Ruth is a Christian based recovery house for women in the addictions continuum of care. We offer three levels of support to women seeking a safe, clean and sober environment.

Housing and Community Support Services

519 Columbia Street
Kamloops BC V2C 2T8

Phone (1): (250) 851-7450
Fax: (250) 851-7471

Housing services are available to meet the needs of individuals with serious mental disorders. Housing options include independent living, semi-independent living, supported living, group homes and family care homes. Community living skill workers provide ongoing assistance to individuals who require help with activities of daily living.

Huff, Margaret

923 Battle Street
Kamloops BC V2C 2M9

Phone (1): (250) 374-2748

Yoga, Thai Massage.

I

In School Mentoring Program

821 Seymour Street
Kamloops BC V2C 2H6

Phone (1): (250) 374-6134
Fax: (250) 374-4930
Email (1): bbskam@aol.com

Children who could benefit from having a mentor are matched on a one-to-one basis with caring and concerned adult volunteers who have been carefully screened. All contact remains at school and all relationships are carefully monitored. To Obtain: Contact Kim Stanley.

Interior Acupuncture Centre

1233 Monashee Court
Kamloops BC V2B 6B4

Phone (1): (250) 318-3257

Registered Acupuncturist, TCM, Herbs, Tui Na.
To Obtain: Brent Smith D. TCM, R.Ac

Interior Community Services

765 Tranquille Road
Kamloops BC V2B 3J3

Phone (1): (250) 554-3134
Fax: (250) 376-3040
Email (1): adm@interiorcommunityservices.bc.ca
Website: www.interiorcommunityservices.bc.ca

Interior Community Services is the result of the amalgamation of two agencies, Kamloops Community Support Services and Kamloops Youth Resources Society, which combines the services, experience and knowledge of these long serving social service providers.

Other services: Crisis Intervention, Support to Family Care Networks, Barriere House, Centennial House, Desmond House, Home Support, The Family Therapy Centre, Support to Family Care Networks, Safe Spaces, Youth Mentorship program, Street Services (Street Beat & Kamloops Safehouse), Dads In Action, Community Kitchens Program, Meals on Wheels, Adolescent Day Program, Healthy Beginnings, Life Skills, Parenting After Separation.

Interior Health - Community Mental Health and Addiction Services

519 Columbia St.
Kamloops BC V2C 2T8

Phone (1): (250) 851-7450
Fax: (250) 851-7471
Website: www.interiorhealth.ca

Interior Health Authority, Community Mental Health Services provide a variety of services for adults who are experiencing problems related to Mental Health Issues. Programs offered include: Intake and After Hours Services; Adult Short Term Assessment and Treatment including: Addictions Services, Day Treatment Program (previously Ambulatory Psychiatric Services), Eating Disorders, Perinatal, Multicultural, and 1-on-1 counselling; Adult Community Support Services including TRAAC, Residential, Case Management; and Geriatric Outreach.

Referral is open (i.e. self, physician, family, etc.) however all referrals must go through intake services and then individuals are referred to the appropriate programs.

Interior Health Authority

519B Columbia Street
Kamloops BC V2C 2T8

Phone (1): (250) 851-7374
Fax: (250) 851-7375
Website: www.interiorhealth.ca

Health Service Area for public funded health care facilities in 13 communities: Ashcroft, Barriere, Chase, Clearwater, Kamloops, Lillooet, Logan Lake, Lytton, Nicola Valley, 100 Mile House, Revelstoke, Salmon Arm/Shuswap and Williams Lake. Includes Acute Care and Residential Care facilities, Home and Community Care, Mental Health & Public Health services, Overlander Extended Care, Ponderosa Lodge. For individual listings, refer to the Blue Pages in Telus Directories, under Health Authority.

Interior Indian Friendship Center

2355 Parkcrest
Kamloops BC V2B 4Y2
Contact (1): Domenica Spina

Phone (1): (250) 376-1674
Phone (2): (250) 376-1296
Fax: (250) 376-1606
Email (1): domenicaspina@yahoo.ca

The Interior Indian Friendship Society is a team of creative and responsive professionals dedicated towards empowering our people to achieve their fullest potential

Interior Indian Friendship Society

125 Palm Street
Kamloops BC V2B 8J7

Phone (1): (250) 376-1296
Fax: (250) 376-2275
Email (1): harold@iifs.ca

The Interior Indian Friendship Society is a team of creative and responsive professionals dedicated towards empowering Aboriginal people to achieve their fullest potential. Provides services for the urban Native population including alcohol/drug abuse counselling, sexual abuse counselling, health centre, elders, employment, housing and child and family services. Sexual abuse counsellors provide: direct service delivery, individual and group counselling for child/youth victims of sexual abuse, and support to non-offending family members.

Interior Metis Child & Family Services

E3-750 Cottonwood Avenue
Kamloops BC V2B 3X2

Phone (1): (250) 554-9486
Fax: (250) 554-9487
Email (1): staff@imcfs.bc.ca
Website: www.imcfs.bc.ca

Established in July, 1998, we are a not-for-profit Metis specific family service agency that works in cooperation and collaboration with the Ministry for Children and Families. The purpose of I.M.C.F.S. is to implement provision of service for Aboriginal children and families in the areas of: Recruitment of Metis foster care homes; Supervised visitation; Family wellness / youth programs; Aboriginal plans of care; Counselling - personal, family, relationships; Family court support; Referral service / resource center; Advocacy / family support; Resource library / Metis presentation display / Homelessness. Fees: No fees for services.

Interior Savings Centre

300 Lorne Street
Kamloops BC V2C 1W1

Phone (1): (250) 828-3451
Fax: (250) 372-7529
Website: www.interiorsavings.com

Interior Savings Credit Union is pleased to announce a new partnership with the City of Kamloops that will see Interior Savings as the new title sponsor of the Kamloops coliseum. The newly-named Interior Savings Centre is one of the province's busiest entertainment venues, and home to the Western Hockey League's Kamloops Blazers.

International Order of Job's daughters Bethel 47

351 Nicola Street
Kamloops BC V2C 5X6
Contact (1): Rick Money

Phone (1): (250) 828-2231
Website: www.iojd.org

Job's Daughters is an organization for young women just like you. We can help you learn important skills for life, such as leadership, organization, teamwork, and self reliance. We work to help our community. We honour a rich tradition and heritage that has been a part of Job's Daughters since 1920. But most importantly, we want you to have fun doing the things you like to do. Throughout the year, Job's daughters plan and share a lot of fun activities.

Interpretation and Translation

110 - 206 Seymour Street
Kamloops BC V2C 2E5
Contact (1): Maryann
Contact (2): Kal Want

Phone (1): (250) 372-0855
Fax: (250) 372-1532
Email (1): kis@telus.net
Website: www.immigrantservices.ca

Interpretation/translation as requested. To ensure instructor's availability please pre-book appointments.
Fees: Some fees may apply.

Italian Language Classes

250 Gordonshorn Crescent
Kamloops BC V2E 1G4
Contact (1): Josephine

Phone (1): (250) 374-6428

Italian conversation, pronunciation, and grammar classes. Classes start in September. Classes available for adults and children.

Fee: \$80.00/year for children, books free
Adults 12 sessions

J

Japanese Canadian Cultural Centre

160 Vernon Avenue
Kamloops BC V2B 1L6

Phone (1): (250) 376-9629
Fax: (250) 376-9629

Education, information, and resources regarding the Japanese culture.

Fees: Minimal: covers cost of materials.

Japanese Language School (KJCA)

160 Vernon Avenue
Kamloops BC V2B 1L6

Phone (1): (250) 376-9629

Learn the Japanese language.

Fees: Minimal

John Howard Society

529 Seymour Street
Kamloops BC V2C 2G8

Phone (1): (250) 434-1700
Fax: (250) 434-1701
Email (1): johnhoward_society@bc.sympatico.ca
Website: www.johnhoward.ca

Counselling and outreach services to persons in conflict with the law or at risk of being in conflict with the law.
Fees: No agency fee; however some program/services have a fee.

Juvenile Diabetes Research Foundation

347 West Seymour Street
Kamloops BC V2C 1E8
Contact (1): Shianne Carswell

Phone (1): (250) 374-0599
Fax: (250) 374-0599
Email (1): kamloops@jdrf.ca
Website: www.jdrf.ca

Juvenile Diabetes Research Foundation (JDRF) is the leading charitable funder and advocate of Type 1 diabetes research worldwide. The mission of JDRF is to find a cure for diabetes and it's complications through the support of research. Our premier fundraiser event is the "Walk to Cure Diabetes".

K

Kamloops 4-H Senior District Council

162 Oriole Road
Kamloops BC V8N 2Z1
Contact (1): Kathleen Farmer

Phone (1): (250) 373-2367
Email (1): bobcath@direct.ca
Website: www.4-h-canada.ca

4-H is a community-based organization dedicated to the growth and development of rural youth. Today's program continues to serve primarily rural communities but you don't have to live on a farm to join. More and more urban children are discovering the amazing benefits of 4-H involvement! Open to both boys and girls, 4-H focuses on developing well rounded, responsible, and independent citizens. Members participate in technical skill development, club projects (many related to agriculture) as well as other fun club activities like camping, public speaking, travel, conferences, and much more.

Kamloops 50+ Ladies Slo-pitch

1143 Wildwood Drive
Kamloops BC V2C 5E1
Contact (1): Barb Hilton

Phone (1): (250) 376-8726

Group of ladies getting together for the promotion of slo-pitch. Playing games at McArthur Island Park on Mondays and Wednesday for Games and occassional Monday Madness Tournament.

Kamloops Adult Day Services

425 Columbia Street
Kamloops BC V2C 2T4

Phone (1): (250) 377-3443
Fax: (250) 828-2921

This is a specialized support service, in a group setting, offering programs to promote or maintain individuals wishing to live independently in the community. Day programs offer caregiver respite, supervised bathing, medication monitoring, recreational, social, education, and wellness programs. Other programs within Home and Community Outreach Services include home care bathing service.

To Obtain: Referral from Home and Community Care.

Kamloops Amateur Radio Club

1220 Harrison Place
Kamloops BC V1S 1M1
Contact (1): William Foster

Phone (1): (250) 828-0895
Email (1): bill.foster@shaw.ca

The Kamloops Amateur Radio Club is a non-profit organization that has been incorporated under the Society Act. Our organization has been building and maintaining a network of Amateur Radio mountain top repeaters to enable voice and digital communications between a number of interior communities for many years. A major factor in the establishment of our system has been to have in place, a wide ranging Amateur Radio Repeater and Data system in the event of a provincial or national emergency. Our system is open for use by any visiting amateurs to our area and is also utilized when our members assist the public for various reasons, i.e.: stranded motorists, finding lost hikers, accidents, etc. We also work with the Provincial Emergency Program during actual and training exercises.

Kamloops and District Crimestoppers Association

PO Box 3122
Kamloops BC V2C 6B7

Phone (1): (250) 828-3215
Phone (2): (800) 222-8477

The goal of Crime Stoppers is to combat crime through cooperation with the police, the media, the community, and you. Crime Stoppers regularly features the "Most Wanted Program" on TV, Radio, and Newspapers. Crime Stoppers is cost effective. It is supported through its own fundraising activities, and through donations from individuals, companies, and service groups, who are interested in supporting a worthwhile community initiative.

Kamloops and District Elizabeth Fry Society

827 Seymour Street
Kamloops BC V2C 2H6

Phone (1): (250) 374-2119
Fax: (250) 374-5768
Email (1): kamloops@efrysoc.com

A community based, not-for-profit agency whose purpose is to work in a non-judgmental way with people whose lives have been, or may be, impacted by the justice system, with a particular interest in ensuring equitable and just treatment for women and youth.

Kamloops and District Ladies Softball Association

1541 Hillcrest Avenue
Kamloops BC V2B 7P4
Contact (1): A.R.C. Rick Pye
Contact (2): Karen Loewen

Phone (1): (250) 376-2820
Phone (2): (250) 574-1286
Phone (3): (250) 373-0063
Fax: (250) 376-2852
Email (1): Pyes@shaw.ca

This is a women's league of softball players from ages 19 to 40+ years old. We also have a developmental team of ladies 19-23 that are eligible to compete in in the provincial playoffs up to the Junior C Level. The rest of the league consists of 4 though 8 teams from the area which can compete upto level C in provincial playoffs. The league may from time to time include Midget Teams of girls 15-18 years of age. The league is open to new players in all age groups annually.

Kamloops Art Gallery

101 - 465 Victoria Street
Kamloops BC V2C 2A9

Phone (1): (250) 377-2400
Fax: (250) 828-0662
Email (1): kamloopsartgallery@kag.bc.ca
Website: www.kag.bc.ca

Contemporary public art gallery. Hours: Mon, Tues, Wed, Fri, - 10:00 am to 5:00 pm Thurs - 10:00 am to 9:00 pm Sat. 10:00 am to 5:00 pm. Sun. Noon to 4:00 pm Closed Statutory Holidays.

Fees: Members and children under 6 years free. General Admission - \$3, Students & Seniors - \$2, Families - \$5, Senior Couples - \$3. Thursday evenings (5:00 pm - 9:00 pm) - "pay what you can". Groups over 10 are \$2 each.

Kamloops Arts and Crafts Club

Box 522 100 Lorne Street
Kamloops BC V2C 5L2
Contact (1): Geri Huntley

Phone (1): (250) 374-9945

Services Available: weaving, spinning, pottery, painting, water colours, stained glass, soap making workshop sessions

Kamloops Blazer Hockey Club

300 Lorne Street
Kamloops BC V2C 1W3
Contact (1): Murray Owen

Phone (1): (250) 828-1144
Email (1): blazerhockey.com

Our Mission: To develop and educate young men into quality hockey players and individuals who will have a positive influence on Kamloops Blazers fans and the Kamloops region. As an organization, we are dedicated to providing superior hockey and entertainment in a sound business setting with the goal and determination of supporting the community by the reinvestment of resources.

Kamloops Brain Injury Association

408 Victoria Street
Kamloops BC V2C 2A7
Contact (1): Helen McKenzie

Phone (1): (250) 372-1799
Fax: (250) 372-3196
Email (1): kbia@kbia.ca

The Kamloops Brain Injury Association provides education and support to brain injured persons and their families. KBIA increases awareness about brain injury in the community at large. Services Provided: Education, prevention programs, survivors' support groups, caregivers' support groups, one on one support, life skills, advocacy, crisis intervention, weekly drop in centre, community reintegration, assistance with job search, volunteer experience, resource library, community kitchen, anger management, respectful relationships, goal setting, outreach.

Kamloops Brock-Central Lions Club

2475 Nechako Drive
Kamloops BC V2E 1S6

Phone (1): (250) 314-5907
Website: www.lionsclubs.org

Since 1917, Lions clubs have offered people the opportunity to give something back to their communities. From involving members in projects as local as cleaning up an area park or as far-reaching as bringing sight to the world's blind, Lions clubs have always embraced those committed to building a brighter future for their community. Today with more than 44,600 clubs in 190 countries and geographical areas, Lions have expanded their focus to help meet the ever-increasing needs of our global community. Our programs are continually changing to meet new needs and greater demands, but our mission has never wavered: "We Serve."

Kamloops Campus/Community Radio Society

900 McGill Road House 8
Kamloops BC V2C 5N3
Contact (1): Steve Marlow

Phone (1): (250) 377-3988
Fax: (250) 372-5055
Email (1): radio8music@yahoo.com

Kamloops Canoe & Kayak Club

2744 Thompson Drive
Kamloops BC V2C 4L6
Contact (1): Bill Rublee

Phone (1): (250) 851-0440

Services Available: flat water canoeing and kayaking.

Kamloops Centennial Toastmasters

2485 Parkcrest Avenue
Kamloops BC V2B 4Y4
Contact (1): Monika Gobeil

Phone (1): (250) 376-4226
Website: www.toastmasters.org

At Toastmasters, members learn by speaking to groups and working with others in a supportive environment. Our meetings give everyone opportunity to: conduct meetings, give impromptu speeches, present prepared speeches and offer constructive evaluation.

Kamloops Central Business Improvement Association

Unit 4 - 231 Victoria Street
Kamloops BC V2C 2A1

Phone (1): (250) 372-3242
Fax: (250) 372-3220
Email (1): info@kcbia.com

Provides a united voice for individual businesses and professionals in the downtown area, and promotes the attributes of the centre of the city within the Greater Kamloops consumer market.

Kamloops Centre for Therapy

#3 1315 Summit Drive
Kamloops BC V2C 5R9

Phone (1): (250) 828-1613
Fax: (250) 828-2490

Moulton, Lorraine M.Sc.(Family Studies), RCC, Bruce Stevens MA Psychology, RCC and Colleen Bell BSW, RSW.
Provides counselling for adolescents, children, individuals, couples and families.
To Obtain: Self-referral.
Fees: \$100.00/hr.

Kamloops Chamber of Commerce

1290 West Trans-Canada Hwy.
Kamloops BC V2C 6R3

Phone (1): (250) 372-7722
Fax: (250) 828-9500
Email (1): mail@kamloopschamber.bc.ca
Email (2): tourism@kamloopschamber.bc.ca
Website: www.kamloopschamber.bc.ca

Provides business and tourist information and promotes the operation of business, tourism, and industry in Kamloops and the surrounding area. Holds information breakfasts and seminars. Offers many benefits and networking opportunities. Fees: Contact the Chamber for membership fee info to hear about our benefits.

Kamloops Child Development Society

157 Holway Street
Kamloops BC V2B 4A3

Phone (1): (250) 376-2233
Fax: (250) 376-5565

The Child Development Centre provides four Preschool Programs daily (morning and afternoon) for children aged 30 months to school age. Two Out-of-School programs provide daily services for children aged 6 years to 12 years old. We also provide a group daycare service to children from the ages of 30 months to 5 years. All programs are inclusive and children with special needs are welcome. We offer a licensed setting for children with Special Needs and employ staff specifically trained and licensed as Early Childhood Educators with Special Needs Training. Program emphasis is on Integration, Real Life experiences and Activities that encourage and motivate development. We also provide daily, weekly and monthly Summer Programs during July and August.

Fees: Daycare: 30 months to 36 months -\$685/month; 3 to 5 years -\$600/month. Preschool: -\$160/month. Out of School Services: -\$300/month.

Kamloops Christian Hostel

207 West Victoria Street, PO Box 635
Kamloops BC V2C 5L7

Phone (1): (250) 372-3031
Fax: (250) 372-3032
Email (1): kcmh@telus.net

Supply meals and lodging for indigent men.

Kamloops Classics Swim Club

132 - 910 McGill Road
Kamloops BC V2C 6N6
Contact (1): Peggy Shelley

Phone (1): (250) 828-3660
Fax: (250) 828-0762
Email (1): info@kamloopsclassicswimming.ca
Website: www.kamloopsclassicswimming.ca

Our club has been in operation since 1947 and is located in the City of Kamloops in the interior of British Columbia. We are midway between Vancouver, Prince George and Calgary!

We swim in a modern, eight lane, 50 metre, salt water indoor pool in the Canada Games Aquatic Centre and are committed to providing fun and exciting swimming instruction to all levels of swimmers.

Kamloops Community YMCA-YWCA

400 Battle Street
Kamloops BC V2C 2L7

Phone (1): (250) 372-7725
Fax: (250) 372-3023
Website: www.kamloopsy.org

The Kamloops Community YMCA-YWCA promotes the development of Spirit, Mind, and Body by encouraging healthy lifestyles, personal growth, and service to people within our community.

Kamloops Correctional Centre Library Program

827 Seymour Street
Kamloops BC V2C 2H6

Phone (1): (250) 374-2119
Fax: (250) 374-5768
Email (1): kamloops@efrysoc.com

This program provides inmates with an opportunity to enhance their knowledge and awareness and develop their enjoyment of reading. Book donations welcome.

Kamloops Correctional Centre Pretrial Program

827 Seymour Street
Kamloops BC V2C 2H6

Phone (1): (250) 374-2119
Fax: (250) 374-5768
Email (1): kamloops@efrysoc.com

The Kamloops & District Elizabeth Fry Society's Pretrial Coordinator completes Legal Aid applications on behalf of the inmates who are incarcerated at the Kamloops Regional Correctional Centre. Types of applications include Criminal, Family, and Appeals. Referrals are from Legal Aid. Applications are taken Tuesday and Thursday mornings at the KRCC.

Kamloops Curling Club (Facility Rental)

700 Victoria Street
Kamloops BC V2C 2B6
Contact (1): Brian Eden

Phone (1): (250) 372-5432
Fax: (250) 372-5399

Located in the downtown core, the Kamloops Curling Club is celebrating over 50 years of excellence serving the curling community.

Our facility boasts 8 sheets of ice, a cafeteria, viewing galleries, licensed lounge, meeting rooms, banquet facilities and a pro shop.

Kamloops Dance Academy

4 - 2121 Trans Canada Highway East
Kamloops BC V2C 4A6
Contact (1): Ginny Lewis

Phone (1): (250) 828-0499
Website: www.kamloopsdance.com

The Kamloops Dance Academy is a local dance school that provides a wide variety of dance lessons. Kamloops Dance Academy offers professional instruction in ballet, tap, jazz, modern stage, hip hop, lyrical, pointe, and musical theatre.

Kamloops Family Justice Centre

Suite 200 - 444 St. Paul Street
Kamloops BC V2C 2J6

Phone (1): (250) 828-4688
Phone (2): (888) 764-3663
Fax: (250) 828-4689

A division of the Ministry of the Attorney General providing assistance and information on the following divorce/separation topics: family violence, parenting after separation program, supervised access, alternatives to court, orders for custody, guardianship, access or maintenance, mediation and conciliation services. Services are provided to Kamloops, Clearwater, Chase, Ashcroft, Merritt, Logan Lake, Lillooet, and surrounding areas. Resource materials available.

Kamloops Festival of the Performing Arts

685 Columbia Street
Kamloops BC V2C 5K6

Phone (1): (250) 374-3491
Fax: (250) 374-3491
Email (1): marilyn_wiwcharuk@telus.net
Website: www.kfpa.ca

Competitive and non-competitive classes in piano, woodwinds, brass, voice, strings, guitar, choral, speech & theatrical arts and dance.

Kamloops Fly Fishers Association

PO Box 554
Kamloops BC V2C 5L2
Contact (1): Paul Zaharia

Phone (1): (250) 374-8015
Email (1): carpez@shaw.ca

Objectives

- 1) To practise, to further and to promote fly fishing.
- 2) To further fish propagation, research and conservation
- 3) To support and encourage the establishment of lake and stream waters to the practice of fly fishing.

Kamloops Flying Club

5971 ToddHill Crescent
Kamloops BC V2B 7W1

Phone (1): (250) 573-4109
Email (1): nreed@tru.bc.ca
Website: www.kamloopsflyingclub.com

The Kamloops Flying Club was formed over 30 years ago to promote interest, knowledge, and activities in general aviation. We have flying events scheduled throughout the year as well as social functions. We have monthly meetings at twenty-hundred (20:00) hours on the first Monday of the month. All members, past members, COPA members and anyone interested in general aviation are welcome to attend.

Kamloops Food Bank and Outreach Society

171 Wilson Street
Kamloops BC V2B 2M8

Phone (1): (250) 376-2252
Fax: (250) 376-0052
Email (1): info@kamloopsfoodbank.org
Website: www.kamloopsfoodbank.org

The Kamloops Food Bank is open 8am - 4pm, Mon. - Fri. for food and clothing drop-offs. We're open Mon., Wed., & Fri. from 12 - 3pm to distribute family food hampers, bread and vegetables (when available), specialty food hampers & emergency hampers. Tues. and Thur. from 12pm - 3pm there is distribution of single & couple food hampers, bread and vegetables (when available), specialty food hampers & emergency hampers. The Food Bank also has a free Rotary after school volunteer program for children aged 7 - 12 years. Each day they learn about nutrition by eating a healthy dinner & playing games. They also learn about their community through volunteering. We have a Thriftstore clothing store upstairs that has different sales events on throughout the month as well as some brand name clothing. An Interview Clothing Program provides clothes for your job interviews. The Food bank also has an Elder Mentor Program through which a daily food need for our hungry children is addressed.

Kamloops Food Policy Council

519 Columbia Street
Kamloops BC V2C 2T8
Contact (1): Laura Kalina

Phone (1): (250) 851-7424
Fax: (250) 851-7401

The goal of the council is to ensure that all citizens have food security, i.e., access to good quality and affordable food. The council works with municipal governments, advocacy groups, churches, etc., to support local food action projects such as community gardens, kitchens, and other sustainable food initiatives.

Kamloops Foodshare

171 Wilson Street PO Box 1513 Station Main
Kamloops BC V2C 6L8

Phone (1): (250) 214-5326
Fax: (250) 376-0052
Email (1): info@kamloopsfoodshare.org
Website: www.kamloopsfoodshare.org

Kamloops FoodShare is a program of the Kamloops Foodbank. Food collected from local restaurants, grocery stores, and from individuals is distributed to Food Share partners, which include:

The Kamloops Food Bank
The Salvation Army
New Life Mission

Kamloops Foundation

Box 15
Kamloops BC V2C 5K3
Contact (1): Paddy Harrington

Phone (1): (250) 554-5072
Email (1): info@kamloopsfoundation.com
Website: www.kamloopsfoundation.com

The Kamloops Community Foundation is dedicated to improving the quality of life in the Thompson, Nicola and South Cariboo Region by distributing the earnings from a permanent, ever-growing pool of funds. The Foundation builds and manages permanent endowment funds for community betterment, by providing a range of options to match donor interests. Attracts and manages charitable gifts of cash, securities, pledges, bequests, memorial and life insurance to the permanent endowment funds. Invests these pooled funds prudently to the earnings for creative grants to support the efforts of not-for-profit groups, in areas such as Arts & Culture, Health & Welfare, Seniors & Heritage, Youth & Education, Children & Families and Environment & Recreation , and other charitable activities. Assists, cooperates and shares information with others in the effective application of charitable resources.

Kamloops Golf and Country Club

16 - 2960 Tranquille Road

Kamloops BC V2B 8B6

Contact (1): Mike Graas-Pro Shop

Phone (1): (250) 376-3231

Fax: (250) 376-5378

Email (1): golfshop@kamloopsgolfclub.com

A walk in the park is how you would describe playing golf at the Kamloops Golf and Country Club. The traditional style course with subtle degrees of difficulty that grab you when you least expect them.

Tree-lined, generous, well-conditioned fairways. Four tees for players of all abilities. You will not be disappointed when you finish your round, only wondering why you didn't score better.

Give it a try, you will like it.

Kamloops Gymnastics Club

Pineridge Elementary School, 1770 Springview Place

Kamloops BC V2E 1X9

Contact (1): Carol or Lisa

Phone (1): (250) 374-6424

Fax: (250) 374-6425

Email (1): kgtc@telus.net

Services Available: preschool, recreational gymnastics, competitive gymnastics, stretch/flexibility, adult teen and family orientated.

Moving January/07 to location beside the Canada Games Pool.

Kamloops HandyDART

1550 Ord Road

Kamloops BC V2B 7V4

Contact (1): Brian Kelly

Phone (1): (250) 376-6373

Phone (2): (250) 376-7525

Fax: (250) 376-7398

HandyDART is a transportation service for persons who have a disability that is sufficiently severe that the person is unable to use conventional transit service without assistance. The service is provided to and from accessible building entrances.

Hours of Operation

Monday-Friday 7:00 a.m. - 6:00 p.m.

*Saturday and Sunday 8:00 a.m. - 5:00 p.m.

Limited Evening service is available.

* Saturday and Sunday trips are subject to availability. To book a weekend trip, call before the Friday of that weekend.

Kamloops Happy Tappers

669 St. Paul Street

Kamloops BC V2C 2K1

Contact (1): Gloria Fraser

Phone (1): (250) 374-5839

Services Available: Tap dancing for seniors.

Kamloops Hard of Hearing

1927 Sedgewick Drive
Kamloops BC V2E 1Z7
Contact (1): Laurie Renwick

Phone (1): (250) 374-7511

Mission Statement: "To support, educate and help hard of hearing people of all age groups."

Services Available: information on hearing loss, hearing enhancement, hearing equipment, regular meetings with guest speakers.

Kamloops Heritage Railway

#6 - 510 Lorne Street
Kamloops BC V2C 1W3
Contact (2): Howard Grieve

Phone (1): (250) 374-2141
Phone (2): (250) 374-6911
Fax: (250) 372-5332
Email (1): info@kamrail.com
Website: www.kamrail.com

The Spirit of Kamloops' has been fully restored to once again work the rails and offer passengers a journey back to the golden age of steam-powered railway travel.

Kamloops Heritage Railway Society

#6 - 510 Lorne Street
Kamloops BC V2C 1W3
Contact (2): Howard Grieve

Phone (1): (250) 374-2141
Phone (2): (250) 374-6911

Kamloops Heritage Railway Society's Mission is to draw positive attention to the unique characteristics and significance of the railroad and cultural history of Kamloops and the surrounding area by: providing an opportunity for people to experience the age of steam and the mystique and romance of rail travel, becoming a destination for travellers and residents alike to experience and enjoy the artifacts, the exhibits, the programs, and the interpretive restoration tours to be conducted at our current backshop and proposed roundhouse museum, contributing to the economic vitality of the City of Kamloops.

Kamloops Hospice Association

72 Whiteshield Crescent South
Kamloops BC V2E 2S9

Phone (1): (250) 372-1336
Fax: (250) 372-1297
Email (1): mary@kamloopshospice.com

The association supports individuals and families living with terminal illness so they may live as fully and comfortably as possible. They also provide one-to-one or group support following the death of a loved one.

To Obtain: Phone or visit the Hospice office weekdays or leave a message at the above number.

Fees: There is no charge for support services to individuals and families living with a terminal illness. Nominal charge for groups.

Kamloops Immigrant Services

#110 - 206 Seymour Street
Kamloops BC V2C 2E5

Phone (1): (250) 372-0855
Phone (2): (250) 372-1532
Email (1): kis@telus.net
Website: www.kamloopsimmigrantservices.ca

Kamloops Immigrant Services is a not for profit organization which provides assistance to immigrants, first generation Canadians and visible minorities, as well as community agencies, organizations & businesses.

Interpretation Services

English Language Classes

Community and Volunteer Development

Immigration and Citizenship

Counselling and Support

Diversity Education

Employment Services

Fees: Many of the services are free of charge. However, depending upon funding criteria, a fee may apply.

Kamloops Individual Needs Residential Attendance Program (KINRAP)

827 Seymour Street
Kamloops BC V2C 2H6

Phone (1): (250) 374-2119
Fax: (250) 374-5768
Email (1): kamloops@efrysoc.com
Website: www.efrysoc.com

This program provides private home placement for youth on judicial interim release, during temporary absence from a youth custody centre, or under a residential attendance requirement of a probation/disposition order. The program also has a life skills component.

Kamloops Infant Development Society

801 McGill Road
Kamloops BC V2C 6R1
Contact (1): Diane Henry

Phone (1): (250) 371-4140
Fax: (250) 371-4120
Email (1): kids@kamloops.net
Website: www.geocities.com/kamloopsidp

For children from birth to three years of age who are experiencing or are at risk for developmental delays. Home based and family centred. Confidential home visits. Supervised groups.

Fees: Free of charge and completely confidential.

Kamloops Interior Camera Club

657 Battle Street
Kamloops BC V2C 2M4
Contact (1): Joe Warman, Past President

Phone (1): (250) 374-2500

Weekly meetings Wednesday nights, 7:00pm - 9:00pm at the Parkview Activity Centre, corner of King and McDonald.

Kamloops Interior Summer School of Music

Box 983
Kamloops BC V2C 6H1
Contact (1): Susan Bennett

Phone (1): (250) 554-9925
Email (1): info@kissm.ca
Website: www.kissm.ca

The Kamloops Interior Summer School of Music has been operating in Kamloops since 1978. We offer a 3 week summer music camp experience for kids of all ages and adults too. The camp takes place each July and offers diverse musical programs for all levels. For more information please refer to our website.

Kamloops International Bantam Ice Hockey Tournament

2529 Sandpiper Drive
Kamloops BC V2B 6W9
Contact (1): Fred Cavanagh

Phone (1): (250) 579-5902
Website: kibiht@ocis.ca

The world-famous Kamloops International Bantam Ice Hockey Tournament came into being in 1969. The first Easter Bantam tournament was hosted by the North Kamloops Minor Hockey Association, with eight teams participating. It remained like that until 1972, when 36 teams participated from all over the North America and Europe, in a truly international sports classic.

Ever since then, the Kamloops International Bantam Ice Hockey Tournament has grown in stature and reputation and is recognized as one of the best major Bantam tournaments, as well as the longest running, in North America, if not the world. Top caliber teams vie for the honor of participating in this prestigious tournament, resulting in a gathering of the best teams from all regions of the North American continent and Europe for a six-day competition of excellent hockey filled with good sportsmanship and exchange of cultural knowledge.

Kamloops International Baseball Society

Confidential
Kamloops BC V2C 2B3
Contact (1): Dean Padar

Phone (1): (250) 376-5057
Email (1): kibt@mail.ocis.net

A 4 day tournament in July, held at Norbrock Stadium at McArthur Island Park. This is the 35th year for the event.

Kamloops Japanese Canadian Association

160 Vernon Avenue
Kamloops BC V2B 1L6

Phone (1): (250) 376-9629
Fax: (250) 376-9629
Website: najc.kamloops@telus.net

A cultural-social association committed to promoting Japanese Culture to people of Kamloops and preserving our history. Kamloops also does have a Japanese Cultural Centre.

Kamloops Japanese/Canadian Association

160 Vernon Avenue
Kamloops BC V2B 1L6
Contact (1): George Uyeda

Phone (1): (250) 376-9629

Services Available: Japanese Culture / Liason with Japanese Consulate

Kamloops Junior Chamber

967 Battle Street
Kamloops BC V2C 2B3
Contact (1): Megan Cormack

Phone (1): (250) 374-4924
Email (1): info@kamloopsjaycees.com
Website: www.kamloopsjaycees.com

We are an organization of professionals and entrepreneurs aged 19 to 40 working to create positive change in our lives, communities, country and world.

We run a busy schedule of events throughout the year - monthly meetings, monthly social events, training events, public speaking training and local/national/international competition, conventions, monthly beer night, and always in the background are our project plans for our fundraising or community events. Members attend as many events as they choose. There is a lot of variety and always something for everyone to enjoy.

Kamloops Long Blade Speed Skating Club

1224 Foxwood Lane
Kamloops BC V2C 5E3
Contact (1): Sandy Vyse-Loyd

Phone (1): (250) 573-4517
Website: www.kamloopslongblades.com

The club was formed in 1992 but has had much success and has hosted numerous events. Skaters range in age 3 to 40 in all level of abilities including recreational, competitive, and Special Olympics members. It is a non-profit organization affiliated with the British Columbia Speed Skating Association with Speed Skating Canada. All our coaches are volunteers, and most are certified through the National Coaching Certification Program (NCCP). Kamloops Long Blades provide a fast fun friendly environment for all.

Kamloops Minor Baseball Association

PO Box 3153 Station
Kamloops BC V2C 6B8
Contact (1): Rob Kloster

Phone (1): (250) 554-3703
Website: www.kamloopsbaseball.com

The various levels of play represent a developmental progression of fundamental skill development, strategy appropriate competition. Ages 5 through 18. Recreational (house) programs begin April 15 end the 3rd week in June. Summer select programs commence competing for qualification to Provincial, Western Canadian, and National Championship Tournaments.

Kamloops Mounted Patrol

Box 793
Kamloops BC V2C 5M4

Phone (1): (250) 578-7123
Fax: (250) 578-8123
Email (1): wanless.hacab@telus.net
Website: www.kamloopsmountedpatrol.com

The Kamloops Mounted Patrol was established in 1992. Our first activity was to meet and greet visitors arriving on Rocky Mountaineer Rail tour trains. As the presence and popularity of the riders in the parks grew so did our involvement in community activities. In addition to the regular park patrols (three or four days per week) we have been involved in such prominent events as the 1993 Summer Games, World Curling Championships, Kamloops International Air Show, various events at the KXA including the annual Winter Fair and served as mounted parade marshals at the last 14 Annual Santa Parades and attended all Remembrance Day Services at Riverside Park. We assisted with the Security at the BC Summer Games in 2006 as well. Our riders regularly attend the Saturday Farmer's Market where they are well received, especially by the children.

Kamloops Museum and Archives

207 Seymour Street
Kamloops BC V2C 2E7

Phone (1): (250) 828-3576
Fax: (250) 828-3760
Email (1): museum@kamloops.ca
Website: www.kamloops.ca/museum

The Kamloops Museum & Archives has been a part of the Kamloops community for the past 70 years. It started in 1937 during the 125th anniversary of the founding of Fort Kamloops. Local volunteers donated their time, labour and artifacts to the Museum. The Museum was housed in a small log cabin located in Riverside Park until a local resident donated an old house for the Museum and library. In 1957, the City Kamloops built the present Museum building at the corner of Seymour Street and Second Avenue.

Volunteers continued to support the Kamloops Museum over the past 50 years. A volunteer association provided leadership and helped with programmes and events, fund-raisers, and assisted staff in some of the day to day care and management of the artifact and archival collections.

Today, the Kamloops Museum is looking for knowledgeable, keen volunteers to help with outreach events and extra programmes to complement and promote activities and exhibits within the Museum.

Kamloops Naturalists' Club

Box 625
Kamloops BC V2C 5L7
Contact (1): Margaret Graham

Phone (1): (250) 554-1285
Email (1): (2nd website) www.kamloopsnaturalist.ca
Website: www.naturalists.bc.ca

Our motto is: "To Know Nature and Keep It Worth Knowing".
Club Interests: exploring local areas, birdwatching, botany, mammals.
Meets 3rd Thursday of each month, Sept - June at Heritage House in Riverside Park.

Kamloops Naturopathic Clinic

735 Victoria St.
Kamloops BC V2C 2B4

Phone (1): (250) 377-3077
Fax: (250) 374-9785

Naturopath, Chelation therapy, Clinic Nutrition, Immune therapy, Allergy testing, Botanical Medicine, Acupuncture, Lifestyle Counselling, Homeopathy, Oxidative Therapy, Vega Testing, Intravenous Therapies.
To Obtain: Steven Jones, ND

Kamloops Naval Veterans Association

Unit 290 Tranquille Road
Kamloops BC V6B 3G1
Contact (1): Jim Charity

Phone (1): (250) 376-9183

Comradeship meetings on the second Sunday of each month. Discussion and social. Guest speakers invited for talks. We meet at the club room, downstairs in the Army, Navy, and Air Force Veterans of Canada Unit 290, on Tranquille Road. We help out at veterans' funerals, hospital visitations, parade on Remembrance Day(November 11th), church parade and service on Battle of Atlantic Sunday and other parades as required. We donate an annual trophy to the Sea Cadets and, when invited, attend their parade.

To Obtain: Must be an ex-member of the R.N. Wrens, R.C.N., R.C.N.(R), R.C.N.V.R., (Commonwealth Merchant Navy or Commonwealth Navies. Contact Jim Charity(president, KNVA) or Bill Daggart (Past President).

Fees: Dues \$20 per year

Kamloops Outdoors Club (Hiking & Skiing)

1002 McMurdo Drive
Kamloops BC V2C 5L2
Contact (1): Sigi White

Phone (1): (250) 372-5173
Website: www.geocities.com/yosemite/forest/3078/

In October 1936, a group of Kamloops people, who were interested in outdoor non-motorized touring sports, hiking, ski touring, canoeing, tobogganing, and bicycling, formed a society registered with the City of Kamloops. Except for the lull during the war years, the Club has maintained a continuous schedule of events with members volunteering as trip guides or event co-ordinators, including some three-day or week-long backpacking trips to various parts of the interior of the province and neighbouring Alberta. Also the social events, New Year's Day Ski, Fall Banquets, Christmas dinner, programme meetings usually every three months, and slide shows have always been very popular. The club avoids motorized sports, except for highway access to trailheads. Environmentally conscious, we leave the outdoors as we found it.

Kamloops Paint Ball

Harper Mountain
Kamloops BC V2H 1A7
Contact (1): Aaron Webber

Phone (1): (250) 374-6655
Website: www.kamloopspaintball.com

Kamloops Paintball Games is the longest running paintball operation in the Kamloops area and one of the first in the province. Originally started in 1991, it quickly grew and became a popular recreation activity for the people of Kamloops and the surrounding area. In 2000, the business was purchased by Aaron Webber who was dedicated to the sport and to making this field one of the best. It was not going to be accomplished overnight. New equipment had to be purchased, a dedicated staff had to be hired. The field needed to be re-designed. Not to be overlooked was the desire to bring new players into the sport. This was going to be achieved through lowering paintball prices, starting a season's pass program and purchasing quality equipment to rent to our patrons.

Kamloops Physio & Sports Injury Centre

1 - 683 Seymour Street
Kamloops BC V2C 2H1

Phone (1): (250) 314-0788
Email (1): kphysio@telus.net

Physiotherapy.

To Obtain: Kate Stebbings, John Howick, Steve Gifford, Kim Madill, Shauna Ballinger, Cara Humphreys.

Kamloops ProLife Society

#4-237 6th Avenue
Kamloops BC V2C 3R2

Phone (1): (250) 374-4054
Website: www.voices4life.com

Provides educational materials for students or interested persons on all life issues, such as abortion, infanticide and euthanasia. Offers help and counselling during pregnancy. Offers post-abortion counselling. Speakers available.

Kamloops Rowing Club

PO Box Station Main
Kamloops BC V2C 5K3
Contact (1): Debbie Gill

Phone (1): (250) 828-2110
Phone (2): (250) 374-2482
Email (1): degill@TRU.ca

Mission Statement:
To promote the sport of rowing.

Learn to row sessions/Refresher rowing instruction/Recreational and Competitive rowing streams. Rowing Season extends from ice off (mid April) to late Fall (late October)

We also have Highschool and University rowing crews.

We welcome people who would be interested in running a safety boat for us. Someone is required to run a zodiac with a small outboard on back for one and a half hours sessions, 2 - 3 evening a week at 6 or 7pm plus weekend mornings 7am. This person must have a pleasure craft operator card.

Rowing take place at Shumway Lake, 20 minutes outside of Kamloops.

Kamloops Rube Band

PO Box 115
Kamloops BC V2C 5K3

Phone (1): (250) 828-3525
Fax: (250) 828-3613
Email (1): webrube@telus.net
Website: www.kamloopsrubeband.org

The "Rubes" are a comedy performing 30 piece band. They have a stage show and marching on parade musical variety that they have performed all over the world for 53 years.

Fees: Available upon request.

Kamloops Rugby Club

471 Chilcotin Road
Kamloops BC V2H 1G4

Phone (1): (205) 374-9988

The Kamloops Rugby Club invites men and women of all ages to participate in the 2005/2006 rugby season as a member of the KRC. We offer competitive and social sides, a 1st class facility, excellent coaching, and an opportunity to get in shape, make new friends, and participate in one of the most exciting and fast-paced sports in the world. We currently field two senior mens team, one womens team, and a junior (U19) mens team, and are hoping to add additional teams to our club. Players of all ages and abilities are invited to join us for the upcoming season, which starts in September. Practices are held every Tuesday and Thursday at 6:00pm at the KRC grounds behind the Mt Paul Center.

Kamloops RV Park

East Trans Canada
Kamloops BC V2C 2J3

Phone (1): (250) 573-3789

Kamloops RV Park has 85 serviced sites and 20 tenting sites. The RV park features full hook ups, hot showers, laundromat, facilities for the handicapped, pull throughs, pay phone, sani dump and snack store.

Kamloops Safe Housing Society

566 - 4th Ave.
Kamloops BC V2C 2L2

Phone (1): (250) 851-2720

Fax: (250) 851-2721

Website: www.kamloopssafehousingociety.ca

Housing services provided: Safe, affordable, and supported environment for men in recovery (Alcohol & Drug).

Kamloops Search and Rescue Society

Box 1132 Station Main
Kamloops BC V2C 6H2
Contact (1): Roly Sanderson
Contact (2): Stu Brooks

Phone (1): (250) 314-6818

Phone (2): (250) 571-7161

Fax: (250) 371-5246

Email (1): ksar@telus.net

Website: www.ksar.ca

Volunteer search and rescue. Not-for-profit society maintaining high standards of training through the Provincial Emergency Program (PEP) and the Justice Institute. Offers search and rescue training and orientation to members. New volunteers welcome. KSAR Hall: 705 Mayfair Street.

To Obtain: For emergency searches call 911 and request Search and Rescue.

Fees: Membership fees: Call the above number and leave your name and number for more information.

Kamloops Sexual Assault Counselling Centre

627B Victoria Street
Kamloops BC V2C 2B3

Phone (1): (250) 372-0179

Provides counselling, psycho-educational groups, adult relationship and adult survivor groups, ego-strengthening project for boys and girls.

Kamloops Skating Club

2470 Fleetwood Avenue
Kamloops BC V2B 4S9
Contact (1): Coleen Springford

Phone (1): (250) 573-4177
Website: www.kamloopsskatingclub.com

Programs offered: Skate Program, CanSkate - Learn to Skate Program, Pre-Power, Pre-Preliminary Program, Teen/Adult - Learn to Skate Program, StarSkate.

All professional coaches are certified NCCP and hold a valid first-aid certificate. Kamloops Skating Club and Skate Canada are dedicated to the principles of enabling every Canadian to participate in skating throughout their lifetime for fun, fitness, and/or achievement. The club and the coaches work together to deliver a positive and highly motivated working environment for all of our members.

Kamloops Skydivers SPC

Box 1466
Kamloops BC BC V2C 6L8
Contact (1): Nick Stetzenko

Phone (1): (250) 376-1213
Email (1): junp@skydivekamloops.org
Website: www.skydivekamloops.org

Entering it's 41st year, the Kamloops Skydivers SPC Club has been providing safe and enjoyable skydiving activities at the Kamloops Airport for first time to the experienced skydivers.

Kamloops Social Planning Council

7 West Victoria Street
Kamloops BC V2C 1A2

Phone (1): (250) 828-3465
Fax: (250) 372-1673
Email (1): socialplan@city.kamloops.bc.ca
Website: www.kamloops.ca

The Social Planning Council acts in an advisory capacity to City Council, making recommendations to the Mayor and Councillors on a wide variety of social concerns, planning issues, and development of municipal strategies to meet community social needs. The committee also assists with the development of the Community and Social Plans, and in the review of Social Planning Grant applications.

Fees: None

Kamloops Society for Community Living

521 Seymour Street
Kamloops BC V2C 2G8
Contact (1): Debbie Steele

Phone (1): (250) 374-3245
Fax: (250) 374-2133
Website: www.kscl.ca

Provides support and services to adults with developmental disabilities. Services focus on the evolving residential, vocational, recreational and educational needs of the adults we support.

Kamloops Stamp Club

668 Robson Drive
Kamloops BC V2E 2B7
Contact (1): James West
Contact (2): TJ (Tim) Pigeon

Phone (1): (250) 372-8645
Phone (2): (250) 372-7281
Fax: (250) 377-4355
Email (1): james_west@telus.net

A club dedicated to those who collect postage stamps from around the world as well as all aspects involved with postal matters.

Kamloops Sunrays Synchronized Swim Club

910 McGill Road
Kamloops BC V2C 6N6
Contact (1): Helen Dunn - home
Contact (2): Helen Dunn - work

Phone (1): (250) 579-9105
Phone (2): (250) 314-6698
Email (1): info@sunrays.kamloops.net
Website: www.sunrays.kamloops.net

Services Available: Synchronized swimming, a variety of programs for ages 7-70+.

Kamloops Symphony Society (K.S.O.)

Box 57
Kamloops BC V2C 5K3

Phone (1): (250) 372-5000
Fax: (250) 372-5089
Email (1): info@kamloopssymphony.com

The purpose of the society is to operate a symphony orchestra for the benefit of the Kamloops region and to present orchestral, small ensemble and educational purposes. There are opportunities for community players to participate as volunteer musicians. Please note that the symphony office is not wheelchair accessible, but the Sagebrush Theatre is accessible for symphony performances.

Fees: Ticket prices vary. Society membership is \$10.

Kamloops Tai Chi Club

751 Ridgeview Terrace
Kamloops BC BC V2B 4G8
Contact (1): Mac Porter
Contact (2): Carol Hopkins

Phone (1): (250) 554-7302
Phone (2): (250) 573-3795
Phone (3): (250) 573-7533
Fax: (250) 554-7398
Email (1): porterh@telus.net
Website: Anne Sevin

Practice of Yang Style Tai Chi and Qigong. The practice of Tai Chi and Qigong to keep the body strong and healthy and the mind calm, disciplined and aware.

Kamloops Target Sports Association

753 Lansdowne Street
Kamloops BC V2C 5S2
Contact (1): Paul Reibin

Phone (1): (250) 372-7030

Many of our shooters are in the forefront of target rifle and handgun shooting at the international, national and provincial levels, establishing records in various shooting disciplines that remain unbroken. Our many experienced and knowledgeable shooters are more than willing to share their knowledge.

Kamloops Tennis Association

758 Front Street
Kamloops BC V2C 1V7
Contact (1): Debbie Janowsky, Director

Phone (1): (250) 372-1783
Fax: (250) 372-3949
Email (1): info@kamloopstennis.ca
Website: www.kamloopstennis.ca

5 indoor courts (with lights)
3 outdoor courts (no lights)
Adult & junior leagues
Programs for all ages & abilities
Clubhouse with washrooms, showers, lounge with TV and office
Water, soft drinks, gatorade, candy bars, chips and power bars
Memberships available: year round, indoor, outdoor, monthly
Drop-in rates available for non-members
Individual or group lessons are available by certified coaches

Kamloops Therapeutic Massage Clinic

204 - 180 Seymour Street
Kamloops BC V2C 2E3

Phone (1): (250) 372-5654

Helene Urcullu and Beverly Stuckenberg, Registered Massage Therapists, provide prenatal massage. Please call the above number for available appointment times and fees.

Kamloops Therapeutic Riding Association

730 Crestline Street
Kamloops BC V2B 4V5

Phone (1): (250) 554-3811
Fax: (250) 554-3834

Provides recreational therapy to children and adults living with a disability.

Kamloops Thompson Teachers' Association (KTTA)

202 - 1157 12th Street
Kamloops BC V2B 7L2

Phone (1): (250) 554-1223
Fax: (250) 554-3834

Professional organization concerned with promoting the welfare of its members, serving their needs, maintaining collective agreements and improving the quality of public education.

Kamloops Visitor Centre

1290 West Trans Canada Hwy.
Kamloops BC V2C 6R3

Phone (1): (250) 374-3377
Phone (2): (800) 662-1994
Fax: (250) 828-9500
Email (1): tourism@kamloopschamber.bc.ca
Website: www.tourismkamloops.com

Provides a wide range of visitor services, including professional visitor counselling, helpful travel information and literature, and accommodation reservations. Visitor Centres specialize in community information. Their service is friendly and personalized. The Kamloops Visitor Centre is open year round.

Kamloops Water Media Society

666 Cowan Street
Kamloops BC V2C 3G4
Contact (1): Ed Barry
Contact (2): Shirley Hastings

Phone (1): (250) 376-9669
Phone (2): (250) 372-5302

The purpose of the group is to serve the needs and interests of local artists who use watercolours, acrylics, water-soluble pastels, gouache, and watercolour pencils.

Kamloops White Cane Club

108 - 174 St. Paul Street
Kamloops BC V2C 2H9
Contact (1): Alice
Contact (2): Linda Hall

Phone (1): (250) 573-5795
Fax: (250) 376-4900

We are a social support group for the blind and visually impaired. Recreational activities offered include bowling, curling, lawn bowling, games nights, picnics, lunches, and dinners.

Kamloops Winemakers Association

607 Pine Street
Kamloops BC V2C 2Z6
Contact (1): Ron Edwards

Phone (1): (250) 374-5082
Email (1): pinegrove@telus.net
Website: www3.telus.net/kwa/

If you enjoy wine & wine making you are welcome in the Kamloops Winemakers Association. We are amateur wine makers dedicated to making, tasting and enjoying better wine. We are an informal group of men & women who enjoy our common interest in wine and do not take ourselves too seriously.

Kamloops Women's Masters Hockey Club

c/o KJ Klontz, 6 Seymour Street West
Kamloops BC V2C 1E1

Phone (1): (250) 828-3536
Email (1): kklontz@kamloops.ca

Kamloops Woodworkers Guild

719 Seymour
Kamloops BC V2C 2H4
Contact (1): Bob Wall
Contact (2): Dave Rawson

Phone (1): (250) 371-2274
Phone (2): (250) 828-2281
Phone (3): (250) 578-0138
Fax: (250) 828-0114
Email (1): Bob.Wall@shawbiz.ca

Excellence though knowledge and workmanship. Sharing ideas and techniques within the craft. Providing a sense of friendship and camaraderie.

Kamloops Work Search Centres

623 Victoria Street
Kamloops BC V2C 2B3

Phone (1): (250) 372-3803
Fax: (250) 372-3929
Email (1): info@kamworksearch.com
Website: www.kamworksearch.com

North Kamloops:
Phone: (250) 376-3111
Fax: (250) 376-3213
353 Tranquille Road
Kamloops, BC
V2B 3G4

Kamloops Work Search Centres offer FREE resources and services to help you find employment! If you are legally eligible to work in Canada and you are currently working less than 20 hours per week, come check us out!

Kamloops Youth Soccer Association

969 Laval Crescent Unit E
Kamloops BC V2C 5P4
Contact (1): Administration Office

Phone (1): (250) 828-2734
Fax: (250) 828-2736
Email (1): info@kysa.net
Website: www.kysa.net

Kamloops Youth Soccer Association is a volunteer organization that is dedicated to offering youth in Kamloops a positive, fun soccer environment at the recreational and competitive levels. The Coaches are dedicated to the players and their development while at the same time promoting sportsmanship and fellowship amongst all its members.

Kidney Foundation of Canada

1267 Delair Drive
Kamloops BC V2C 5G3

Phone (1): (800) 567-8112
Website: www.kidney.ca/index-eng.html

The Kidney Foundation of Canada is people working together for a common cause. Motivated by a variety of reasons and from all walks of life, we are volunteers, patients, donors, and staff members. Since it was established in 1964, The Kidney Foundation of Canada has helped millions of Canadians suffering from kidney failure and related disorders such as high blood pressure, kidney stones, diabetes and urinary tract infections.

Kiwanis House Rehabilitation Centre

101 Columbia Street
Kamloops BC V2C 2S7

Phone (1): (250) 374-6551
Fax: (250) 374-2399

Four-week program. Residential support recovery program for males and females who are addicted to drugs and/or alcohol.

Kreps, Gwen

1167 Howe Road
Kamloops BC V1S 1M6

Phone (1): (250) 374-1834

Tai Chi & Qi Gong instructor, Registered personal fitness trainer, has martial arts black belt, certified osteofit instructor and nominated for personal fitness trainer of the year in 2006.

L

Le Jeune Manor and Senior Citizens Housing Society

#40 - 289 Maple Street
Kamloops BC V2B 4A9

Phone (1): (250) 376-3653
Email (1): rwms@telus.net

Low cost seniors' housing for seniors with limited incomes.

Learning Works

614 Tranquille Road
Kamloops BC V2B 3H6

Phone (1): (250) 554-1040
Fax: (250) 554-1050
Website: www.literacykamloops.com

Provides free confidential one on one tutoring to adults with a literacy level below grade 9 or learning disabilities. Open Monday to Thursday 10:00am - 3:00pm.

Legal Services Society of BC

100 - 125 4th Avenue
Kamloops BC V2C 3N3

Phone (1): (250) 314-1900
Fax: (250) 314-1605
Website: www.lss.bc.ca

Appoints lawyers for financially eligible people who have a legal problem covered by LSS guidelines, currently serious criminal and family matters and some immigration matters. Each area of law has different rules that determine what is covered. Provide legal information to low-income individuals through computer kiosk and published materials.

Lifestories Counselling Services

102-220 - 3rd Ave.
Kamloops BC V2C 3M3
Contact (1): Lisa Puharich

Phone (1): (250) 314-0066
Fax: (250) 314-0806
Email (1): lifestories@shaw.ca

Inclusive, holistic, respectful, confidential and affordable.....with 24 years of combined experience, we offer individual, couples and family counselling to address issues including depression, anxiety, self esteem, relationship building, substance use (self and co-dependents), eating disorders/body image, divorce, job loss and parenting. We are qualified to complete Disability Benefits applications, and also offer classes in journaling and life-story writing.

No referral necessary

Fees: \$50.00/ session - individual (adult/youth)
\$75.00/ session - couple/family

LifeWorks

#3 - 726A Sydney Ave.
Kamloops BC V2B 1M9

Phone (1): (250) 376-3615
Phone (2): (877) 376-3615
Fax: (250) 376-3609
Email (1): i
Website: www.therehabgroup.ca

The LifeWorks program, funded by the Ministry of Employment and Income Assistance as a Community Assistance Program, has been designed to help you make your life work. LifeWorks offers one-on-one and group counselling focusing on such topics as self-esteem, parenting, anger management, housing, healthy living, stress management, pain management, and providing resources to improve your basic reading, writing and math skills. Improving your quality of life is our main goal, and we work with a variety of social service agencies to meet this.

For referral to LifeWorks, please contact your worker at your Ministry office or call 1-866-866-0800, selection 3 - 3.

Lions Club (Aberdeen)

919 Schreiner Street
Kamloops BC V2B 5V8
Contact (1): John Radmacher

Phone (1): (250) 376-8364

Since 1917, Lions clubs have offered the opportunity to give something back to their communities. From involving members in projects as local as cleaning up an area park or as far-reaching as bringing sight to the world's blind, Lions clubs have always embraced those committed to building a brighter future for their community. Today with more than 46,000 clubs in 194 countries and geographical areas, Lions have expanded their focus to help meet the ever-increasing needs of our global community. Our programs are continually changing to meet new needs and greater demands, but our mission has never wavered: "We Serve." We're always looking for new members.

Lions Club (Kamloops Brock Central)

1636 Goodwin Avenue
Kamloops BC V2B 4K7
Contact (1): Bill Jackson

Phone (1): (250) 376-6326

Since 1917, Lions clubs have offered the opportunity to give something back to their communities. From involving members in projects as local as cleaning up an area park or as far-reaching as bringing sight to the world's blind, Lions clubs have always embraced those committed to building a brighter future for their community. Today with more than 46,000 clubs in 194 countries and geographical areas, Lions have expanded their focus to help meet the ever-increasing needs of our global community. Our programs are continually changing to meet new needs and greater demands, but our mission has never wavered: "We Serve."

Lions Club (Kamloops Paddlewheeler)

5254 Kipp Road
Kamloops BC V2C 4T3
Contact (1): Debbie Bostock

Phone (1): (250) 573-7520

Our Club was organized in 1990, with most of the Charter Members being ex-Lions or transfers from an existing Lions Club. Now our Club has a membership of 38 with several prospective members, full of fun loving, lighthearted people. If you can't have fun in our Club then you can't have fun anywhere. Our motto is "Fun and Fellowship" and we find that hugs and friendly handshakes promote an atmosphere of friendship and caring among our members.

Lions Club (North Kamloops)

101 - 1103 12th Street
Kamloops BC V2B 8A6
Contact (1): Laura Plummer

Phone (1): (250) 851-8360

Since 1917, Lions clubs have offered the opportunity to give something back to their communities. From involving members in projects as local as cleaning up an area park or as far-reaching as bringing sight to the world's blind, Lions clubs have always embraced those committed to building a brighter future for their community. Today with more than 46,000 clubs in 194 countries and geographical areas, Lions have expanded their focus to help meet the ever-increasing needs of our global community. Our programs are continually changing to meet new needs and greater demands, but our mission has never wavered: "We Serve."

LIONS CLUB (VALLEYVIEW OVERLANDERS)

000
Kamloops BC V2C 2B3
Contact (1): George Humphrey

Phone (1): (250) 573-4751

The Valleyview Overlanders Lions Club was chartered in 1972. It has an active membership of 35 men and women of all ages and professions. The club undertakes projects which will be of benefit to individuals within the community and to the community as a whole.

Club meetings are held the 1st and 3rd Thursday of each month.

Feel free to "dress it up" if you wish.

Lung Health

311 Columbia Street
Kamloops BC V2C 2T1

Phone (1): (250) 851-7955
Email (1): jennifer.wagner@interiorhealth.ca

Support group for people with chronic lung disease. Meets four times per year with a variety of guest speakers of interest to the members. Speakers are different health professionals and the topics discussed are requested by the group.

M

Make Children First

396 Tranquille Road
Kamloops BC V2B 3G7
Contact (1): Val Jenz

Phone (1): (250) 554-3134
Fax: (250) 554-1833
Email (1): vjanz@interiorcommunityservices.bc.ca

The "Make Children First" learning site is a community driven initiative with the goal of enhancing the ability of our community to support the healthy development of children and their families. The learning site focuses on a continuum from pre-conception through to age 6, as recognizing the significance of the early years of development being essential in creating a strong and vibrant community. Offered by Interior Community Services.

Matt Crossman Photography

17-2160 Sun Peaks Road
Sun Peaks BC V0E 5N0
Contact (1): Matt Crossman

Phone (1): (250) 578-7673
Email (1): mattcrossmanphotography@yahoo.com
Website: www.mattcrossmanphotography.com

Matt Crossman Photography offers the very best in photo-journal wedding imagery to Sun Peaks and Kamloops. As the official wedding photographer at Sun Peaks Resort, Pinnacle Lodge and Spa and the Delta Sun Peaks Resort. In addition we offer commercial and editorial services to Kamloops and Sun Peaks resort business.

MAYFLY Guided Flyfishing Adventures

78 Battle Street -west
Kamloops BC V2C 1G6
Contact (1): Bruce MacDougall

Phone (1): (250) 374-3039
Fax: (250) 374-3039
Email (1): info@kamloopsflyfishing.ca

Custom made guided flyfishing trips in the heart of Kamloops rainbow trout country in Southern BC.

McArthur Island Lawn Bowling

2810 Westsyde Road
Kamloops BC V2B 7E3
Contact (1): Kay Miller

Phone (1): (250) 376-0917

The McArthur Island Lawn Bowling Club has been located on McArthur Island for over 15 years and provides both social and recreational activities for many bowlers both young and old alike.

Medical Equipment Loans Services

340B 12th Avenue
Kamloops BC V2C 3Y5

Phone (1): (250) 372-2334

Phone (2): (877) 372-2334

Fax: (250) 372-0869

Website: www.redcross.ca

A program of the Canadian Red Cross, we loan medical equipment, wheelchairs, crutches, etc., to assist those who have limited physical mobility as a result of injury, illness, or deteriorating physical condition.

To Obtain: Monday - Friday 9:30 am - 1:00 pm.

Fees: By donation.

Mood Disorders Association of BC, Kamloops Branch

540 Seymour Street (Desert Gardens Building), Suite 100
Kamloops BC V2C 2G9

Phone (1): (250) 372-2278

Fax: (250) 372-9478

We are a peer driven support group that offers one on one and weekly group support and information on depression, by-polar, borderline personality disorders and other mood disorders.

MDA Vision:

People with a mood disorder living a healthy and satisfying life.

MDA Mission:

- (a) Provide support and friendship
- (b) Educate the community - providing information and sharing experiences about mood disorders.
- (c) Encourage the development of effective self-help models
- (d) Encourage research into mood disorders and self-help models
- (e) Encourage the development of resources and services necessary for recovery
- (f) Link with national and international mood disorder associations
- (g) Reduce the sense of disgrace experience by people with mood disorders.

Mount Paul Golf Course

615 Mount Paul Way
Kamloops BC V2H 1A9
Contact (1): Dan Latin
Contact (2): Restaurant

Phone (1): (250) 374-4653
Phone (2): (250) 374-4672
Fax: (250) 374-4603
Email (1): mtpaul@mail.ocis.net
Website: www.mountpaulgolf.com

Located at the base of Mount Paul, five minutes from downtown Kamloops, Mount Paul Golf Course and Driving Range is the perfect place to relax, practice your swing, or spend an enjoyable afternoon with the family.

MS Society of Canada, Kamloops and Area Chapter

180 - 546 St.Paul Street
Kamloops BC V2C 5T1

Phone (1): (250) 314-0773
Phone (2): (888) 304-6622
Fax: (250) 314-0722
Email (1): info.kamloops@mssociety.ca
Website: www.mssociety.ca

We provide support, information, education, and advocacy to people affected by MS, and their friends and family. The Kamloops and Area Chapter serves people living in the Thompson health region, including people in the Merritt, Chase, Blue River, Lytton/Lillooet, 100 Mile House, and Williams Lake areas.

To Obtain: Contact Marcia Wilson, Executive Director.

Fees: None.

N

Nature's Fare

5 - 1350 Summit Drive
Kamloops BC V2C 1T8

Phone (1): (250) 314-9560

Boasting exceptional customer service, product selection and low prices, it is the largest full line natural health food store in the Kamloops area (8,000 sq. feet), offering a huge organic produce section, as well as a full service deli.

New Life Mission

181 West Victoria Street, P.O. Box 712
Kamloops BC V2C 5L7

Phone (1): (250) 372-9898
Phone (2): (250) 434-9898
Fax: (250) 372-1373
Email (1): info@newlifemission.ca

The mission provides a drop-in centre offering hot meals six days a week, counselling, and work therapy, and a dental clinic. The mission also operates the Thrift City Boutique and Ruth's Cafe at 372 Seymour St.

North Kamloops Work Search Centre

353 Tranquille Road
Kamloops BC V2B 3G4

Phone (1): (250) 376-3111
Fax: (250) 376-3123
Email (1): info@kamworksearch.com
Website: www.kamworksearch.com

Computer access, job postings, resource library and other services to help you find your next job!

North Shore Business Improvement Association

115 Tranquille Road
Kamloops BC V2B 3E5

Phone (1): (250) 376-2411
Fax: (250) 376-1996
Email (1): info@nsbia.com
Website: www.nsbia.com

Marketing and promotion of North Shore businesses. Encourages new businesses to locate on the North Shore and provides market information.

North Shore Community Centre

452 - 730 Cottonwood Avenue
Kamloops BC V2B 8M6

Phone (1): (250) 376-4777
Fax: (250) 376-4792

The centre provides a number of services including fitness classes, dance lessons, a drop-in coffee room, card games, and carpet bowling. Education programs are also available in health and safety.

To Obtain: Drop in. Check out Senior Connector newspaper for Calendar events.

Fees: There is a membership fee but it is optional.

O

Oasis Health & Nutritional Counselling

500 - 235 1st Ave.
Kamloops BC V2C 3J4
Contact (1): Suzanne Lawrence

Phone (1): (250) 851-0027
Fax: (250) 374-8339

Health & nutritional counselling, health analysis, foot spa and colon hydrotherapy.

Octagon Enterprises

144 Briar Avenue
Kamloops BC V2B 1C1

Phone (1): (250) 554-0029

Light crew work and yard maintenance. Manufactures plot markers for reforestation.

Order of the Eastern Star, Adah Chapter No. 16

9 - 1980 Glenwood Drive
Kamloops BC V2C 4G4
Contact (1): L. Suffa

Phone (1): (250) 374-2876

Osprey Place

801 Battle Street
Kamloops BC V2C 2M7

Phone (1): (250) 374-4899
Fax: (250) 374-4833

Osprey Place offers services to male and female adjudicated youth between the ages of 13 and 18 with alcohol and drug problems.

To Obtain: Referral from Ministry of Solicitor General, Probation Officers.

Overcomers' 12 Step

702 Columbia Street
Kamloops BC V2C 2V4
Contact (1): Robert Baskin

Phone (1): (866) 548-9242
Phone (2): (250) 852-3549
Fax: (250) 548-9271
Email (1): hope@bridgestnl.org
Website: www.bridgestnl.org

A biblical approach to restoration and healing. (September to May). This 15 week program combines a once weekly 1 ½ hour support group, with a 15 minute daily workbook to help participants deal with a wide range of personal issues of brokenness. Thursdays 6:30-8 pm

P

PacificSport

6 West Seymour Street
Kamloops BC V2C 1E1
Contact (1):Carolynn Boomer

Phone (1): (250) 828-3344
Fax: (250) 372-1673
Website: <http://www.pacificsport.com>

Mission Statement:

To create a dynamic environment for sport performance at all levels by intergrating world-class athlete services, coaching excellence and long-term sport development programs

Parent Awareness and Individual Development Program

396 Tranquille Road
Kamloops BC V2B 3G7

Phone (1): (250) 554-3134
Fax: (250) 554-1833

The P.A.I.D. is a parenting program that provides education, support and counselling for parents who are experiencing challenges in their role as parents. The program structure consists of ten to twelve week sessions offered three times a year. Groups sessions take place twice a week followed by one to one sessions weekly. Referrals may be made by; self, Social Worker, Public Health Worker, or other professionals in the community.

Parks and Recreation Culture Services

6 West Seymour Street
Kamloops BC V2C 1E1
Contact (1): Administration
Contact (2): Program Registration

Phone (1): (250) 828-3400
Phone (2): (250) 828-3500
Phone (3): (250) 828-3492
Fax: (250) 372-1673
Email (1): kashby@kamloops.ca
Email (2): bmccorkell@kamloops.ca
Website: www.kamloops.ca

Our Mission Statement "To support the individual's quest for an outstanding quality of life and the community's desire to be the best possible place to live". Our Department is a diverse one with duties and responsibilities that enhance the quality of life for residents in the community, tournament participants, and visitors alike. The Department has a great lineup of recreation classes and workshops, summer camps, and special events. Parks, Recreation and Cultural Services is responsible for the operation of all civic parks, recreation facilities, swimming pools, arenas, Interior Saving Centre, The Kamloops Museum, cemeteries, and recreation programming. In addition, Parks, Recreation and Culture supports and promotes cultural facilities such as the Sagebrush Theatre, Wildlife Park, and the Kamloops Art Gallery through partnership arrangements.

Please visit or call our office, or visit the City of Kamloops website for comprehensive program listings and descriptions.

Parkview Ceramic Society

500 MacDonald Avenue
Kamloops BC V2B 3S9
Contact (1): Arlsense North

Phone (1): (250) 376-9611
Fax: (250) 573-3416

Create beautiful pieces and have great companionship at the same time. Ceramic and creative therapy available September to June, Monday and Thursday, from 10 am to 2 pm.

Fees: Club fee \$10.00 per year.

Pavilion Theatre

PO Box 329 1025 Lorne Street
Kamloops BC V2C 5K9
Contact (1): Samantha MacDonald

Phone (1): (250) 372-3216
Fax: (250) 374-7099
Website: www.westerncanadatheatre.bc.ca

The Pavilion Theatre is Western Canada Theatre's intimate 165 seat "black box" theatre, which also doubles as our rehearsal hall. The Pavilion Theatre lobby is home to Kamloops Live! Box Office.

Peer Counselling

421 St. Paul Street 205
Kamloops BC V2C 2J7

Phone (1): (250) 374-5939

One-on-one peer counselling with someone who has training in mental illness peer support. Tuesdays 1:00 pm to 4:00 pm.

People In Motion (Kamloops & District)

6E - 750 Cottonwood Avenue
Kamloops BC V2B 3X2

Phone (1): (250) 376-7878

Fax: (250) 376-4689

Email (1): information@peopleinmotion.org

Website: www.peopleinmotion.org

A community-based, not for profit agency providing services to people with disabilities for over 16 years, we are a resource centre committed to supporting people with disabilities with the challenges they face in everyday living. We maintain a special interest in those living with physical disability and sensory disability. Programs and services include: Information and Referrals, Support and Assistance, Disabled Parking Permits, Active Living Programs (recreation), Cedar Creek Camp, Bus Charters and Tours, Internet Access and Training, Workshops, Awareness and more.

There are no fees for any services, variation of fees for the workshops, recreation programs, Camp, Bus and Disabled Parking Permits; Annual Memberships available for \$10.00 (individual)

Phoenix Centre

922 - 3rd Avenue
Kamloops BC V2C 6W5

Phone (1): (250) 374-4634

Fax: (250) 374-4621

Email (1): ksad@phoenixcentre.org

Website: www.phoenixcentre.org

Owned and operated by the Kamloops Society for Alcohol & Drug Services, the Phoenix Centre promotes an improved quality of life for individuals, families, and communities affected by or at the risk of developing alcohol, drug, and other related social and health problems. In the provision of our services the Phoenix Centre recognizes and values the strengths and experiences of all.

Other Services: Phoenix Detox Unit.

Pinegrove Care Centre

313 McGowan Avenue
Kamloops BC V2B 2N8

Phone (1): (250) 376-5701

Fax: (250) 376-2453

Email (1): pinegrove@shawbiz.ca

An intermediate care facility for long-term care residents. Volunteer opportunities available.

To Obtain: Must have referral from Long Term Care.

Pineridge Golf Course

4725 Trans Canada Hwy. East
Kamloops BC V2C 4S4
Contact (1): Cindy Piva

Phone (1): (250) 573-4333
Fax: (250) 573-5275
Website: www.pineridgegolf.bc.ca

If you are looking for challenging, affordable golf in a relaxed atmosphere with full facilities you need look no further than Pineridge Golf Course. Built in 1989 and designed to be "the best short course ever built" Pineridge features 18 different challenging holes of golf, each having its own unique character and challenges. Taking advantage of its unique terrain Pineridge offers a wide variety of golfing experiences as well as spectacular views of the Thompson River valley and is truly a lush, green, rolling oasis in the desert.

Ponderosa Place

421 Columbia Street
Kamloops BC V2C 6R9

Phone (1): (250) 372-0651
Fax: (250) 828-1910
Email (1): info@ponderosaplace.com
Website: www.ponderosaplace.com

Provides 116, one and two bedroom, seniors oriented, self-contained suites with personal conveniences (air conditioner, five appliances), security features (enter phone, smoke, and heat detectors, sprinkler system), amenities (chapel, lockers, activity program) and optional services (beauty salon, barbershop, meals-to-go).

Pro Bono Legal Clinic

346 Seymour Street
Kamloops BC V2C 2G2

Phone (1): (250) 372-9898
Fax: (250) 372-1373
Website: www.newlifemission.ca/access

A free legal clinic has just opened with lawyers donating their time to help those in need. This clinic operates one day per week as lawyers are available.

Problem Gambling Program

784-A Victoria Street
Kamloops BC V2C 2B6

Phone (1): (250) 372-7224
Email (1): cherylhurley@shawcable.com
Website: www.bcresponsiblegambling.ca

Counselling and consulting; problem gambling, addictions, grief & loss, gender issues, depression, anxiety, First nations issues, Employee Assistance Programs.

To Obtain: BC's Problem Gambling Helpline 1-888-795-6111 Kamloops Counselling Office: 250-372-7299

Fees: Problem Gambling sessions funded by Government.

Promoting Active Living Sensitive (PALS)

788 Columbia Street
Kamloops BC V2C 2V4
Contact (1): Jody

Phone (1): (250) 314-1232
Email (1): jodiwium@hotmail.com

We provide recreation programs for people of all ages with special needs. The program is designed to provide sport opportunities, as well as co-operative play, for individuals who might otherwise be unable to participate.

Fees: Fees funded by People In Motion.

Public Health Nursing

519 Columbia Street
Kamloops BC V2C 2T8

Phone (1): (250) 851-7300
Fax: (250) 851-7301
Website: www.interiorhealth.ca

Family health service for parents and children, from before birth to age 19, including early maternity discharge service, baby & child care, immunizations, parenting, developmental screening and assessment, selective services to children with special needs and referrals to appropriate services. School health services to children and parents include immunizations, consultations on health education topics and some specialized teaching to identified groups. Adult services include, single teen prenatal classes, travel, immunization, sexually transmitted disease, and birth control clinics as well as investigation and control of all communicable diseases.

To obtain: Self-referral, physician referral, or other agency referral.

Fees: Travel clinic services, some immunizations.

Other Services: Public Health Nutrition

Purchasing Services Branch, Govt. of BC

203 E 455 Columbia Street
Kamloops BC V2C 6K4

Phone (1): (250) 828-4322
Fax: (250) 371-3890
Email (1): wayne.g.peters@gov.bc.ca
Website: www.pc.gov.bc.ca

A branch of the Ministry of Finance and Corporate Relations, the Purchasing Commission is the central procurement agency for the province of British Columbia. Provides access to government and public sector markets, as well as introductions to key government departments and agencies.

To Obtain: Referrals accepted from outside agencies, casual drop-ins to the office, as well as phone inquiries.

R

RCMP (Royal Canadian Mounted Police)

560 Battle Street
Kamloops BC V2C 6N4
Contact (1): Emergency: 911

Phone (1): (250) 828-3000
Fax: (250) 828-3210
Website: www.city.kamloops.bc.ca/police

As the policing service for the citizens and visitors to the City of Kamloops, the Kamloops RCMP Detachment, in partnership with our community is committed to providing service excellence by upholding the law, preserving the peace, and continuing to develop innovative solutions to our community challenges.

To Obtain: Please call the numbers listed, or visit the detachment for information/assistance.

Retirement Concepts

1220 Hugh Allen Drive
Kamloops BC V1S 1B4

Phone (1): (250) 571-1800
Phone (2): (866) 662-4969

One and two bedrooms suites, and studio suites with various views, spectacular views from central licensed dining room and other common areas, activity program, hairdresser, library with internet service, theatre/multi-purpose room, office space for visiting professionals, close to Aberdeen Mall, theatres and many restaurants, on public transportation route.

Ringwood Health Consultations

316 - 141 Victoria Street
Kamloops BC V2C 1Z5
Contact (1): Val

Phone (1): (250) 372-1424

Offers counselling, consultation, health and education promotion for: health/illness, anxiety/panic/depression, loss and grief, life transitions, trauma release, pain & other physical symptoms, stress management, caring for self & others and personal growth. Individual and/or family counselling and group work. Practice: honours personal stories/strengths; connects to resources; uses storytelling, problem solving, solution focused and healing touch, Reiki, "Emotional Freedom Technique" and Tapas Acupressure Technique and EMDR brief therapies. Weekly relaxation groups: eg. persons with cancer, survivors, caregivers, and others, also grief recovery groups.

Fees: Yes. EAP funding available.

Rivershore Golf Links

330 Rivershore Drive
Kamloops BC V2H 1S1
Contact (1): Don Brett-Davies

Phone (1): (250) 573-4622
Fax: (250) 573-3996
Email (1): don@rivershoregolflink.com
Website: www.rivershoregolflinks.com

The golf course is one of three Canadian Courses designed by Robert Trent Jones Sr. designed and built in 1981-82 it is typical links layout with multiple t-boxes and numerous fairway and green side sand traps. The course has been designated a 4 1/2 star must play facility by Golf Digest and, in addition, has been rated a "Gold Medal Resort" by Golf Magazine. Rivershore has proven its stature in the golfing community by hosting numerous Canadian national championships.

Rotary Club of Kamloops

meetings held at Executive Inn
Kamloops BC V2C 2B2
Contact (1): Margie Hudson

Phone (1): (000) 000-0000
Website: www.kamloopsrotary.org

Roving K-9 Care

1006 B Victoria Street
Kamloops BC V2C 2C4
Contact (1): Martin Hunter

Phone (1): (250) 374-5273
Fax: (250) 374-5272

At Roving K-9 Kare we are dedicated to providing top-quality obedience training and professional grooming services for dogs as well as cats.

We feature pet pick-up, grooming, daycare, obedience training, pet boarding, gifts & gift certificates. We also offer daycare for your pet while you are away for the day. Out of towners can leave their pet with us as well. If you are leaving town you can drop off your pet at Roving K-9 Kare's Doggy Den Resort for pet boarding. Hours of business: Monday - Friday 7:45am - 5:30pm, Saturday 8:30am - 5pm.

Royal Canadian Legion Branch No. 52

425 Lansdowne Street
Kamloops BC V2C 1Y2

Phone (1): (250) 374-1742
Phone (2): (250) 374-1743
Fax: (250) 374-1708

The Legion is a non-profit, dues-supported, fraternal organization. The Legion has always responded to the needs of communities. Since 1926, members have been quietly working to improve the quality of life for all Canadians, particularly veterans, seniors and youth. Some of The Legions programs are Veterans' and Seniors' Services, Youth Activities, Remembrance, and Community Service.

Royal Inland Hospital (RIH)

311 Columbia Street
Kamloops BC V2C 2T1

Phone (1): (250) 374-5111
Fax: (250) 314-2333
Website: www.interiorhealth.ca

Royal Inland Hospital is an acute care, regional, referral facility in the Thompson Health Region, providing a full range of acute care services.

Royal Inland Hospital Foundation

311 Columbia Street
Kamloops BC V2C 2T1

Phone (1): (250) 314-2325
Fax: (250) 314-2362
Email (1): lisa.denis@interiorhealth.ca
Website: www.rihfoundation.ca

Provides funding to the Royal Inland Hospital for crucial patient care equipment, medical education, and special programs. This allows Royal Inland to provide the finest care possible for you, your family, friends, for now and in the future. Donations can be designated to a specific fund or to the area of greatest need.

S

Sagebrush Quilters Guild

PO Box 392
Kamloops BC V2C 5K9
Contact (1): Jeanne Chambers
Contact (2): Hazel Green or Paulette Eccleston

Phone (1): (250) 372-1146
Phone (2): (250) 372-5344
Phone (3): (250) 376-9843
Website: www.sagebrushquilters.ca

The Sagebrush Quilters Guild has approximately 150 members currently. The Guild actively contributes quilts for use in the community and holds a quilt show every 3 years to showcase the members work. The Sagebrush Quilters Guild meets every 2nd and 4th Monday in the Terrace Room at the, Thompson Rivers University Campus Activity Centre from 7 P.M. until 9 P.M. The meetings include quilting tips and techniques related to quilting.

Sagebrush Theatre

Box 104
Kamloops BC V2C 5K3
Contact (1): Samantha MacDonald

Phone (1): (250) 372-0966
Fax: (250) 374-7099
Email (1): info@sagebrushtheatre.ca
Website: www.sagebrushtheatre.bc.ca

The Sagebrush Theatre is a 710 seat Proscenium Theatre, jointly owned by the City of Kamloops and the Kamloops/Thompson School District. Sagebrush Theatre is the home to Western Canada Theatre and the Kamloops Symphony Orchestra.

Sahali Counselling Centre

#5 1540 Springhill Drive
Kamloops BC V2E 2H1
Contact (1): Joyce Brown

Phone (1): (250) 828-2411
Phone (2): (250) 828-2410
Fax: (250) 377-8099

Provides individual, couple, and family counselling.

Salvation Army (Kamloops Community Church)

344 Poplar Street
Kamloops BC V2B 4B8
Contact (1): Major Martin Ketteringham
Contact (2): Major Carolyn Doonan

Phone (1): (250) 554-1611
Fax: (250) 554-1689
Email (1): sallyann@mail.ocis.net
Website: www.salvationarmy.ca

Lively praise and worship (contemporary style), children's programs (Kids Zone), bible studies, music groups, meals program, nursing home meetings, pastoral care, church services. Church Service: Sundays at 11:00 am. A meal is offered on Wednesdays at 5:30 pm.

To Obtain: Church office open Monday to Friday, 8:30 am to 4:30 pm; closed for lunch between 12 noon and 1:00 pm.

Thrift Store Hours of Operation

Monday-Saturday 9:30am - 5:30pm

Salvation Army Community Centre

344 Poplar Street
Kamloops BC V2B 4B8

Phone (1): (250) 554-1611
Fax: (250) 554-1689
Website: www.salvationarmy.ca

Samson Weight Lifting Club

2215 Ponderosa Avenue
Kamloops BC V2B 4V8
Contact (1): Barry Schultz

Phone (1): (250) 376-7477

Services Available: Coaching olympic lifts for competition.

School District #73 (Kamloops-Thompson)

1383 - 9th Avenue
Kamloops BC V2C 3X7

Phone (1): (250) 374-0679

Fax: (250) 372-1183

Email (1): www.sd73.bc.ca

The Kamloops-Thompson School District includes 60 public schools serving the communities of Clearwater, Barriere, Logan Lake, Chase, and Kamloops.

Schubert Enhancement Association

229 Beach Ave
Kamloops BC V2C 2B3

Phone (1): (250) 828-3581

Neighbourhood patrol that endeavouring with care, to create the best neighbourhood community.

Scriver Consultants Ltd.

103-1315 Summit Drive
Kamloops BC V2C 5R9

Phone (1): (250) 374-7457

Email (1): scrivere@telus.net

Website: www.counsellingconnections.ca

Scriver Consultants Ltd. (incorporated 1985) is a human resource based company that specializes in workplace human resource management. They provide individuals, companies, corporations and agencies assistance in creating and maintaining a healthy workplace. Services include: Management Coaching, Conflict Mediation, Strategic Planning and job-fit assessments. Scriver Consultants Ltd. is also the parent company of Community Councelling Connections; Fees vary with services-some clients are covered through thier employer. Please give us a call.

Secwepemc Cultural Education Society

311 - 355 Yellowhead Hwy.
Kamloops BC V2H 1H1

Phone (1): (250) 828-9779

Fax: (250) 372-1127

Email (1): museum@secwepemc.org

Website: www.secwepemc.org

Education programs, language, museum, Secwepemc Newspaper (publishing), ethno-botanical gardens, gift shop in museum, trades training and university programs available.

Senior Connector

107 - 540 Seymour Street
Kamloops BC V2C 2G9
Contact (1): Mike Keech

Phone (1): (250) 374-8883
Fax: (250) 374-8802
Email (1): editor@seniorconnector.com

This is a monthly newspaper dedicated to seniors 45 years and older. Independently owned and operated by PrintMark Publishing Inc., it is in tabloid format and contains local and regional stories focusing on seniors' affairs and activities.

Seniors Community Centre (Desert Gardens)

540 Seymour Street
Kamloops BC V2C 2G9
Contact (1): Blake Parenteau

Phone (1): (250) 372-5110
Fax: (250) 372-3429
Email (1): seniors@mail.ocis.net

A community drop-in centre providing a variety of scheduled seniors programs, activities and recreation. Also offers a restaurant for nutritional low cost meals as well as meeting and banquet room for rental. Restaurants also open for the public.

Fees: \$15.00 per year.

Seniors Outreach Service Society (Kamloops & District)

103 - 540 Seymour Street
Kamloops BC V2C 2G9

Phone (1): (250) 828-0600
Fax: (250) 828-7171
Email (1): kamloopssos@telus.net
Website: www3.telus.net/kamloopsdroureach

Free and confidential services to assist seniors 55+ in the community to maintain their independence in daily living. Volunteer assisted programs include: Senior Peer Counselling, Friendly Visitor, Good Morning Program, Weekly Grocery Shopping, Senior Falls Prevention and Home Safety Checks Programs. Assistance in completing forms, general information and referrals.

To Obtain: Contact us at the numbers listed for additional program information.

Service Canada

235 Lansdowne Street
Kamloops BC V2C 1X8

Phone (1): (250) 372-2515
Phone (2): (888) 347-5525
Fax: (250) 372-0761
Website: servicecanada.sc.ca

Offers administration of Employment Insurance, employment programs and services, Canada Pension Plan, Old Age Security, Passports, access to Federal Government Services.

To Obtain: Call or drop-in. Office hours are: Monday to Friday 8:30am to 4:00 pm.

Shannon's Usborne Books at Home

98-800 Valhalla Drive
Kamloops BC V2B 1R8
Contact (1): Shannon Miller

Phone (1): (250) 554-7909
Email (1): shananigunn@yahoo.ca
Website: www.usborne.ca

Usborne Books at Home seeks to provide children with excellent books that promote literacy and a lifelong love of reading. Usborne Publishing has been revolutionising the way that children's books are written and presented since 1975. Well respected by educators and parents alike, Usborne Publishing has won numerous awards and is now known around the world for their educational and entertaining books. The books are designed to capture children's attention and provide them with information on a wide variety of subjects in a number of different formats. From tiny tots to interested adults, Usborne Books provide something for everyone.

Shuswap Training and Employment Programs (STEP)

304 - 355 Yellowhead Hwy
Kamloops BC V2H 1H1

Phone (1): (250) 314-1511
Fax: (250) 374-6331
Email (1): sntcstep@shuswapnation.org
Website: www.step.shuswapnation.org

The STEP program provides opportunities for all First Nations individuals and communities in the STEP service area to achieve economic self-sufficiency through training and employment services that support locally defined needs. The main objective is to provide work experience (on and off-site) and counselling to the long-term unemployed, youth, women persons with special needs, and those workers facing unemployment.

Society for the Prevention of Cruelty to Animals, Kamloops Branch

1211 - 8th Street
Kamloops BC V2B 2Y3

Phone (1): (250) 376-7722
Fax: (250) 376-7723

Responds to complaints of cruelty, shelters homeless animals, and seeks to adopt them into new homes. Provides veterinary care for ownerless injured animals and provides humane education. Provides a low-cost spray/neuter program for low-income families.

Soroptimist International of Kamloops

Box 367, M.P.O.
Kamloops BC V2C 5K9
Contact (1): Shirley Sanderson

Phone (1): (250) 828-2185
Website: www.soroptimist.org

Soroptimist International of Kamloops is an international organization dedicated to improving the status of women and girls worldwide. Locally, Soroptimists are active in hosting Awareness Forums; sponsoring Scholarships; funding organizations such as the Food Bank, the Women's Shelter, The House of Ruth and helping individuals and groups. If you are interested in working to improve the status of women and having fun doing it, join us. We meet the 2nd Wednesday of each month, with a summer break.

Soundscape Healing Services

125 Bestwick Drive
Kamloops BC V2C 1M6
Contact (1): Terez Laforge

Phone (1): (250) 374-8672

Sound therapy, Crystal bowls, Reiki, Aromatherapy massage, Reflexology.

South Hills Centre for Psychiatric Rehabilitation

945 Southill Street
Kamloops BC V2B 7Z9

Phone (1): (250) 554-5590

This facility provides psychiatric rehabilitation to clients

South Kamloops Work Search Centre

623 Victoria Street
Kamloops BC V2C 2B3

Phone (1): (250) 372-3803
Fax: (250) 372-3929
Email (1): info@kamworksearch.com
Website: www.kamworksearch.com

Computer access, job postings, resource library and other services to help you find your next job.

South Thompson Inn and Conference Centre

3438 Shuswap Road
Kamloops BC V2H 1T2
Contact (1): Carla Carlson

Phone (1): (250) 573-3777
Fax: (250) 573-2853
Email (1): theinn@stigr.com
Website: www.stigr.com

Kentucky Style Inn-Western Hospitality. Kamloops best kept secret offering a premier meeting and accomadation destination. Dedicated to providing the ultimate guest service experience for all travellers and providing a superior welcoming spirit.

57 uniquely boutique guest rooms on 55 beautiful acres. Offering picturesque views of the South Thompson River and sagebrush hills. Fine dining fully appointed guestrooms with open balconies. Corporate meeting rooms and banquet facilities to accomadate 2-200 persons. Private retreat Manor House Location. Great for golfers and family reunions. Kamloops' only Corporate Challenge Ropes Course location. Pet Friendly 3.5 star rating.

Squashworks Fitness Club

929 McGill Road
Kamloops BC V2C 6E9
Contact (1): Neill Steed

Phone (1): (250) 372-1344
Fax: (250) 372-5543

All memberships include full facility use:

- Complete Gym Facilities
- Circuit & Fitness Classes
- Full Range of Cardio Equipment
- Unlimited Squash
- One free Squash lesson with Pro
- Free Daily Lockers & 2 Hr Parking
- Sauna
- Unlimited Sun Tanning

New Features:

- Free Sun Tanning
- New Fitness Area
- More Cardio Equipment
- Expanded Hours

St. John Ambulance Association

627 Victoria Street
Kamloops BC V2C 5T4

Phone (1): (250) 372-3853
Fax: (250) 372-2275
Email (1): kamloops@bc.sja.ca
Website: www.sja.ca/bc

Provides first-aid courses to the community as well as first-aid coverage by volunteers, within the community, for events requesting their service. Programs offered include: Training the general public and industry in all aspects of first-aid Card. Fees: Varied.

Stockstad Affordable Housing

765 Tranquille Road
Kamloops BC V2B 3J3

Phone (1): (250) 376-3660
Fax: (250) 376-3040
Email (1): adm@interiorcommunityservices.bc.ca
Website: www.interiorcommunityservices.bc.ca

Stockstad is comprised of 6 affordable 2, 3, and 4 bedroom townhouses. There is 1 unit that is wheel chair accessible. Stockstad is located in the North Shore area of Kamloops and is offered in partnership with BC Housing. Applicants are put on the wait list according to date received and need. Applications are available at 765 Tranquille, 396 Tranquille or on our website.

Sun Peaks Massage Therapy

3180 Creeside Way
Sun Peak BC V0E 1Z1
Contact (1): Sonia Dobson

Phone (1): (250) 578-0086

The Sun Peaks Massage Therapy & Spa offers an array of massage therapies as well as body wraps, salt glows, facials, pedicures and other services.

T

Taiko Sound

145 Briar Avenue
Kamloops BC V2B 1C2
Contact (1): Michelle Mukina

Phone (1): (250) 851-6392

Sound therapy, Crystal bowls.

Teens of Kamloops Organization (TKO)

6 West Seymour Street
Kamloops BC V2C 1E1

Phone (1): (250) 828-3477
Fax: (250) 372-1673
Website: www.tkokamloops.com

We are proud to bring you images from everywhere we go. If you have images and want to submit them please contact us so we can give you access to the loading gallery so you may include your images in here as well.

Tetra Society of North America

Box 27, Suite A 304, Plaza of Nations, 770 Pacific Boulevard
Vancouver BC V6B 5E7
Contact (1): Pat Tweedie

Phone (1): (604) 688-6464
Fax: (604) 688-6463
Email (1): ptweedie@tetrasociety.org
Website: www.tetrasociety.org

Tetra Society of North America is an independant not-for-profit society dedicated to assisting people with signifigant disabilities achieve a quality of within the community. Tetra is concerned with human dignity and the enhancement of the human spirit.

1(877)688-8762

The Anica Open Studio Society

232 Victoria Street
Kamloops BC V2C 1P2

Phone (1): (250) 372-2444
Phone (2): (250) 319-8926
Phone (3): (250) 828-0047
Fax: (250) 828-0457
Email (1): elaine_sedgman@telus.net
Email (2): carmen@iloveowls.com

To provide a supportive environment for emerging artists, to continue their education and development. To work toward providing a permanent open studio facility, where member artists can share information and the use of the equipment. To help develop awareness and appreciation of fine art in the community, through art exhibitions and educational opportunities.

The Bodymind Centre

205 - 635 Victoria Street
Kamloops BC V2C 2B3
Contact (1): Colleen Tobin
Contact (2): Tyson Bartel, CFP

Phone (1): (250) 372-3814
Phone (2): (250) 377-7203
Fax: (250) 374-8286
Website: www.colleenandtyson.com or
www.yogawithtyson.com

Services provided to the community are: Yoga, Feldenkris(registered) and Meditation Classes and Workshops. Other programs are; Thai Massage, Reflexology and Reiki Treatments and Workshops

The Brickhouse Cafe

3007 Westsyde Road
Kamloops BC V2B 4G1
Contact (1): Dave Wildbore

Phone (1): (250) 579-3336
Fax: (250) 579-3336
Email (1): cattakker@hotmail.com

It is our goal to provide gourmet coffee and a limited array of quality food and beverage products for Westsyde residents while supporting the local economy.

By supporting local residents, suppliers and coffee roasters we can keep generating income that can be put back into our city while offering a friendly, family oriented establishment for Westsyders to relax.

The Children's Wish Foundation of Canada British Columbia & Yukon Chapter

119-4240 Manor Street
Burnaby BC V2G 1B2
Contact (1): Diana McKenzie

Phone (1): (604) 299-2241
Phone (2): (800) 267-9474
Fax: (604) 299-1228
Email (1): diana.mckenzie@childrenswish.ca
Website: www.childrenswish.ca

The Children's Wish Foundation of Canada works with the community to provide children living with high risk life threatening illnesses the opportunity to realize their most heartfelt wish.

The Dunes At Kamloops

652 Dunes Drive
Kamloops BC V2B 8M8
Contact (1): Toll-Free 1-888-881-golf

Phone (1): (250) 579-3300
Fax: (250) 579-3311
Website: www.golfthedunes.com

The Dunes at Kamloops truly is nature's golf course. Lush fairways carve through the sand that was once the riverbed of the North Thompson. Wild rescue and wheat grass stand guard along the fairways, giving way to dunes that transform into vast waste areas and challenging bunkers. Each fairway leads to a meticulously groomed green. Measuring 7131 yards and offering four different sets of tees, The Dunes at Kamloops is fun and challenging for amateurs yet a formidable test of golf for experts. Designed by renowned Canadian golf course architect, Graham Cooke, we pride ourselves on conditioning the course to be tournament ready every day. The Dunes at Kamloops has a practice facility second to none in the region. Grass tees and target greens, bunkers, chipping, and putting greens make practicing and improving your game a pleasure.

The Family Therapy Centre

3 - 166 Oriole Road
Kamloops BC V1S 1M7
Contact (1): Karl Ireland, MA, RCC

Phone (1): (250) 372-3511

The centre provides: counselling, marriage, family, individual, parent, teen, first nations, sexuality issues.

The Learning Works

614 Tranquille Road
Kamloops BC V2B 3H6

Phone (1): (250) 554-1040
Fax: (250) 554-1050
Website: www.literacykamloops.com

Provides free confidential one on one tutoring to adults with a literacy level below grade 9 or learning disabilities. Open Monday to Thursday 10:00 am - 3:00 pm.

THEO BC (BC Society of Training for Health & Employment Opportunities)

657 Victoria Street
Kamloops BC V2C 2B3

Phone (1): (250) 377-3670
Phone (2): (866) 377-3670
Fax: (250) 377-3695
Website: www.theobc.org

THEO BC provides pre-employment and supported employment services to people with disabilities. Services include career exploration, resume workshops, and job seeking workshops as well as support in accessing and maintaining paid employment.

Theroux, Val, RN, BSN, M.Ed.

875 Seymour Street
Kamloops BC V2B 2H6
Contact (1): Val

Phone (1): (250) 372-1424
Phone (2): (250) 314-2001
Email (1): valtheroux@shaw.ca

Offers counselling, education and health promotion for: health/illness, anxiety/panic/depression, loss and grief, life transitions, trauma release, pain and physical symptoms, stress management, and personal growth. Individual and family counselling and group work. Practice: honors personal stories/strengths; connects to resources; uses storytelling, problem solving, solution. Focussed and healing touch/Reiki, "Emotional Freedom Technique" and Tapas Acupressure Technique and EMBR Brief therapies. Weekly relaxation groups eg: Persons with cancer, survivors, caregivers and others, also grief recovery groups.

Fees: yes, EAP funding available

Thompson Nicola Assessment and Resource Society

408 153 Seymour Street
Kamloops BC V2C 2C7

Phone (1): (250) 372-2262
Fax: (250) 828-2263
Email (1): tnars@kamloops.net
Website: www.tnars.com

Personal counselling and Employee/Family Assistance program for marital/relationship conflict, parent/child conflict, emotional issues, alcohol/drug issues, anger, grief, stress & anxiety.

Fees: \$68.00 per employee per year or Fee for Service \$85.00 + GST per session.

Thompson Nicola Regional District Library System

300 - 465 Victoria Street
Kamloops BC V2C 2A9

Phone (1): (250) 374-8866
Fax: (250) 374-8355

Library Branches: Ashcroft: 453-9042 Kamloops library and shut-in service: 372-5145 Barriere: 672-5811 Logan Lake: 523-6745 Blue River: 673-8235 Lytton: 455-2521 Cache Creek: 457-9953 Merritt: 378-4737 Chase: 679-3331 North Kamloops: 554-1124.

Thompson Nicola, Cariboo United Way

#203 - 239 Victoria St.
Kamloops BC V2C 2A1
Contact (1): Brenda Aynsley

Phone (1): (250) 372-9933
Fax: (250) 372-5926
Email (1): office@kamloops.unitedway.ca
Website: www.kamloops.unitedway.ca

The United Way of Kamloops & Region exists to enable all citizens to join a community-wide effort to fund and provide, in consort with others, effective delivery of health and social service programs in response to the needs and desires of the community.

To Obtain: Through member agencies, or by contacting us at the numbers listed.

Thompson Rivers University

900 McGill Rd. P.O. Box 3010
Kamloops BC V2C 5N3

Phone (1): (250) 828-5000
Phone (2): (250) 828-5071
Phone (3): (250) 828-5159
Fax: (250) 828-5006
Website: www.tru.ca

TRU is a unique combination of traditional degree programs, many allowing diploma and certificate program graduates access through laddering, along with flexible degree completion through distance education as the BC Centre for Open Learning.

Thompson Rivers Youth Program

645 Victoria Street
Kamloops BC V2C 2B3
Contact (1): Judy Bruce

Phone (1): (250) 372-8313
Fax: (250) 372-8314
Email (1): try@volunteerkamloops.org
Email (2): info@volunteerkamloops.org
Website: www.volunteerkamloops.org

Thompson Rivers Youth "TRY" Program is delivered in partnership with the Government of Canada and United Way Kamloops and region. This is a volunteer recruitment and referral program for youth 13,14,15,16,17,18 years of age. TRY volunteering and get a jump start on employable skills while completing your planning 10 portfolio.

Thompson Shuswap Senior Slo-pitch League

1579 West Mount Drive
Kamloops BC V2B 6A1
Contact (1): Fred Schaffer

Phone (1): (250) 376-0067
Email (1): fredschafter@hotmail.com

This Slo-pitch League starts registration in early April of each year. The league age limit is 55 years of age and older, to play and each team must field at least 2 women and 8 men. The league last year consisted of 10 teams playing at various fields in and out of Kamloops. This is currently recreational league however, there is consideration at looking at creating a competitive league for seniors as well.

Thompson Valley Taekwon-Do School

1278 B Dalhousie Drive
Kamloops BC V2B 5A9
Contact (1): Rob

Phone (1): (250) 318-5420
Website: www.thompsonvalleytaekwondo.com

ITF Taekwon-Do School, Internationally rated school, teaching Martial Arts to children and adults. Awareness seminars, self-defence, competition training, physical and mental training for all ages.

Fees: First month is \$19.95. Monthly fees are \$50.00 plus a yearly registration fee.

Three Mountain Foundation

1048 Desmond Place
Kamloops BC V2B 5L1
Contact (1): Sandra Simpson

Phone (1): (250) 376-8003
Fax: (250) 376-8033
Email (1): tmf@origin8.org
Website: www.origin8.org

Programs to promote health of body, mind, spirit, and healthy relationships. Primarily group work. Individual counselling also available. Our programs strengthen the participants' ability to meet the demands of their lives by strengthening the body, relaxing the mind, simplifying emotional and relational issues and encouraging freedom of spirit.

Fees: \$50 per day for meals and facilities.

Thrupp Manor Association (Seniors' Housing)

591 Royal Avenue
Kamloops BC V2B 3P8

Phone (1): (250) 376-6536
Fax: (250) 376-6513

Forty-one resident rooms (in a "room and board" arrangement) for ambulatory seniors. Homemakers and nursing care for those in need of service.

Fees: Monthly rate

Total Health Clinic

735 Victoria Street
Kamloops BC V2C 2B5
Contact (1): Dr. Shane Gathercole, D.C.

Phone (1): (250) 828-7844

Family Chiropractic Clinic and Orthotics

Tournament Capital of Canada

6 West Seymour Street
Kamloops BC V2C 1E1
Contact (1): Sean Smith

Phone (1): (250) 828-3552
Fax: (250) 372-1673
Website: www.kamloops.ca

The Tournament Capital of Canada concept, managed by the City of Kamloops Parks and Recreation Department, is more than just top quality facilities. Experienced tournament organizers, accessible location, ideal weather conditions, and the friendliest sport volunteers around are all critical components. The Tournament Capital of Canada provides financial, administrative, and staff support to sport groups hosting out of town participants.

TRU Friends of the Gardens (FOG)

PO Box 3010
Kamloops BC V2C 5N3

Phone (1): (250) 377-6057
Phone (2): (250) 828-5181
Email (1): kscollon@tru.ca

Volunteer group open to all interested in helping to enhance and support TRU Campus Gardens. Offers members horticultural growth and fellowship through speakers, workshops, trips, plant sale. Meet Sept.-June, 1st Tuesdays, 7:00 pm, House 10 TRU.

Two Rivers Metis Society

E3 - 750 Cottonwood Avenue
Kamloops BC V2B 3X2

Phone (1): (250) 376-4095
Fax: (250) 376-3914
Email (1): tworiversmetisociety@telus.net
Website: www.2rms.org

The Two River Metis Society is a registered non-profit organization that is a contributing member in Kamloops as well as an active participant within the local Aboriginal Community. The purpose of the Two Rivers Metis Society is to encourage and celebrate Metis heritage and culture. We provide monthly meetings that are held at Cottonwood Avenue and they take place every 3rd Monday of the month at 7pm. We provide such services as Genealogical research to people who wish to establish their Metis ancestry, funding options for Metis members, cultural events, youth and elders projects as well as referral to other Metis agencies in the community. The office is open 5 days a week from 8:30am to 4:30pm and closed daily from 12-1 for lunch. Please feel free to contact the office at anytime.

V

Valleyview Massage Therapy

2144 Valleyview Drive
Kamloops BC V2C 4C6

Phone (1): (250) 851-8882
Fax: (250) 851-8802

Andrea Perrett, Registered Massage Therapist, provides specialized massage therapy for the prenatal period as well as for infants. Appointments are available on Tuesdays, Wednesdays, Fridays and Saturdays.

Venture Kamloops Business Development Society

297 - 1st Avenue
Kamloops BC V2C 3J3

Phone (1): (250) 828-6818
Phone (2): (888) 526-5667
Fax: (250) 828-7184
Email (1): info@venturekamloops.com
Website: www.venturekamloops.com

Venture Kamloops is the Economic office for the City of Kamloops . The mandate of Venture Kamloops Business Development Society is to manage, promote and coordinate Economic Development for the City of Kamloops. To Obtain: Please contact Anita Grover, Economic Development Manager.

Vision21 Consulting

204 - 444 Victoria Street
Kamloops BC V2C 2A7

Phone (1): (250) 314-9565
Fax: (250) 314-9595
Email (1): info@pathwaysprogram.ca
Website: www.pathwaysprogram.ca

For workers in career transition. A career decision-making program including self-assessment, labour market opportunities, technology training, information search, and goal setting. "We'll help you take the next step"

To Obtain: call for appointment

Fees: Free to unemployed Canadians.

Volunteer Kamloops

645 Victoria Street
Kamloops BC V2C 2B3

Phone (1): (250) 372-8313
Fax: (250) 372-8314
Email (1): info@volunteerkamloops.org
Website: www.volunteerkamloops.org

Volunteer Kamloops has worked to enhance the quality of life for residents of our city since 1985, by actively supporting and promoting volunteerism to our nearly 200 member agencies and thousands of community volunteers. Ongoing programs include: Volunteer Link, FOCUS, TRY (Thompson Rivers Youth), volunteer management training and consultation, Kamloops Community Resource Directory, and volunteer recognition (including the annual city-wide Volunteer Appreciation Social).

Fees: Individual membership \$12/yr; Events \$25 per event; Agency membership \$48/yr. (note: membership not required to volunteer).

Volunteer Link Program

645 Victoria Street
Kamloops BC V2C 2B3
Contact (1): Judy Bruce

Phone (1): (250) 372-8313
Fax: (250) 372-8314
Email (1): try@volunteerkamloops.org
Website: www.volunteerkamloops.org

Volunteer Link Program is delivered in partnership with the City of Kamloops and United Way. This program provides volunteer recruitment and referral services for ages 19 years and older. The final volunteer placement is up to you. Obtain a list of referral information for agencies/events that best fit your personal interest(s), receive extra support in finding a volunteer placement if you have special needs.

W

We Care Home Health Services

651 Victoria Street
Kamloops BC V2C 2B3
Contact (1): Brenda Wagner CHRP

Phone (1): (250) 851-2947
Fax: (250) 851-2949
Email (1): brenda.wagner@axisfamilyresources.ca
Website: www.wecare.ca

Every day, We Care health professionals bring personal, dedicated health care to homes, offices, and health care institutions throughout Canada. We invite you to find out more about us and learn about our home and workplace health services.

Welcome Wagon

105 - 436 Lorne Street
Kamloops BC V2C 1W3

Phone (1): (250) 851-2670
Phone (2): (250) 372-7900
Fax: (250) 851-2674
Email (1): www.welcomewagon.ca

Provides information packages for those who are: new to the community or area; expecting, or recently had, a baby; planning a wedding; opening a new business; retiring or semi-retiring. Our head office is located at: #10 - 3767 Victoria Park Ave., Agincourt, ON M1W 3S3 Phone: (416) 497-8688 Fax: (416) 497-3474.

Wellspring Counselling Services

4 - 219 Victoria Street
Kamloops BC V2C 2A1

Phone (1): (250) 374-6646
Fax: (250) 372-7078

Individual, couple, and family counselling. General practice but special expertise in working with victims/survivors of sexual, physical and/or emotional abuse. I work a rotating schedule, 5 days on and 3 days off, so I am often available for weekend appointments.

Fees: \$80.00/hour. Some people are covered through work place EAP's or other contracts, Criminal injuries, First Nations Health Branch, etc. Carol Reiter, BC, MA, RCC

West Tech Snowboarding Club

174 Laten Place
Kamloops BC V2B 7P2
Contact (1): Tyler
Contact (2): Leni

Phone (1): (250) 376-5995
Email (1): westtech@mail.ocis.net
Website: www.westtech.ca

Camps:

Boost Overall = 14 Days

Girls Camp = 9 Days

A new Junior Program will be included this year. If you have any questions please contact Tyler at info@westtech.ca

Boost and Girls Camps include one road trip plus travel expenses.

Western Canada Theatre

PO Box 329
Kamloops BC V2C 5K9

Phone (1): (250) 372-3216
Phone (2): (250) 372-0966
Fax: (250) 374-7099
Email (1): info@westerncanadatheatre.bc.ca
Website: www.westerncanadatheatre.bc.ca

A not-for-profit professional theatre company offering five main stage shows and two "Dangerous and Sexy" second stage shows each season (September to April). The company manages the Sagebrush Theatre, owns the Pavilion Theatre and operates both the "Kamloops Live!" box office and the "Grasslands Entertainment & Leisure" monthly publication.

To Obtain: Call Kamloops Live! Box Office at 250-374-5483

Fees: Ticket prices vary.

Western Karate Academy

call for location
Kamloops BC V2B 3T9
Contact (1): Jim Doan

Phone (1): (250) 376-5428
Website: www.westernkarateacademy.com

We are located in Kamloops, B.C. We have a Dojo on both the North and South Shore. Our classes are designed for people of all ages and abilities. We offer low rates and the first month is free.

The style of Karate we teach is Shokaido. Shokaido is neither a traditional or modernized style, but instead strives to conform to a North American style while not compromising the values and form of traditionalism.

Westsyde Massage Therapy

3771 Overlander Drive
Kamloops BC V2B 8M8

Phone (1): (250) 579-8008

Provides prenatal and infant massage.

Westsyde Pool

859 Bebek Road
Kamloops BC V2B 6P2

Phone (1): (250) 579-8121
Phone (2): (250) 828-3655
Website: www.kamloops.ca

This indoor aquatic centre offers a swimming pool with water slide tarzan swing, a rock-climbing wall, diving board, deck slide and a fitness studio. A variety of programs, lessons and water aerobic classes are offered either drop-in or by registration.

Fees: Prices vary depending on class and age. Single admission and punch cards available. Family and student rates also available.

White Buffalo Aboriginal Women's Society and Resource Centre

S-211 750 Cottonwood Avenue
Kamloops BC V2B 3X2

Phone (1): (250) 554-1176
Fax: (250) 554-1157

Offers: 16 Step Gift Givers Addictions Recovery Program; One to one drug and alcohol counselling; Aboriginal Youth Connections; Community Health Co-ordinator - Mental Health & Addictions Education; Advocacy/Outreach Services; Friday Morning Breakfast Club; Community Referrals; Education & Awareness; Community Workshhops; Point of Contact Services; Employment & Wellness Planning; Education & Awareness on Youth Sexual Exploitation.

Holistic services in health and wellness incorporating traditional Aboriginal values.

WillowTree Program/ELLe Consulting Services Ltd.

Suite 220 - 546 St. Paul Street
Kamloops BC V2C 5T1

Phone (1): (250) 851-9753
Fax: (250) 851-9763
Email (1): emailinfo@elleconsulting.bc.ca
Website: www.elleconsulting.bc.ca

Twelve-week holistic wellness program for female survivors of past trauma/abuse. The goal of WillowTree is to provide the skill building necessary to create and maintain a healthy, balanced life-style. Some areas of skill development include: shifting negative thought patterns, creating boundaries, confidence building, critical thinking, and controlling fear and anxiety.

Fees: Program funded by Ministry of Human Resources for women on Income Assistance.

Y

Y Nobody's Perfect Program

Unit E - 1420 Hugh Allan Drive
Kamloops BC V1S 1L8

Phone (1): (250) 372-7791
Fax: (250) 372-0144
Email (1): np.ccr@shawlink.ca

Nobody's Perfect. There are no perfect parents or perfect children. We can only do our best, and we all need help once in a while. "Nobody's Perfect" is for parents of children 0 -5 years of age. It is guided by two caring and trained facilitators. Parents have access to accurate, up-to-date information on children's health, safety, development, and behaviour. The program encourages participants to have confidence in their ability to be good parents. This program has no fee.

Transportation and child care can be arranged at no charge, please call to inquire if you meet this criteria.

Y Women's Emergency Shelter

confidential
Kamloops BC X1X 1X1

Phone (1): (250) 374-6162
Fax: (250) 374-1733
Email (1): sheila.shelter@kamloopsy.org

A 23-bed residence (shelter) offering 24 hour access for abused women and their children. Programs offer support, advocacy, referrals and support groups for residents and non-residents.

To Obtain: For more information on becoming a participant or a sponsor, contact the YMCA/YWCA coordinator at the above number.

YMCA-YWCA of Kamloops

400 Battle Street
Kamloops BC V2C 2L7
Contact (1): Administration
Contact (2): Group Fitness Member Services

Phone (1): (250) 314-9702
Phone (2): (250) 372-7725
Fax: (250) 372-3023

A community recreation facility (25 meter indoor pool, cardio and weight training, fitness studio) that also offers personal training, health, and wellness services, playcare, summer camps, and volunteer opportunities.

Fees: Varies, financial assistance available.

There is also a YMCA-YWCA on the North Shore, located at #61-700 Tranquille Rd. (in the NorthHills Mall). They can be contacted at phone # 554-9622.

Young Eagles Program

5971 Todd Hill Crescent
Kamloops BC V2C 4X9
Contact (1): Norm Reed

Phone (1): (250) 573-4109
Phone (2): (250) 828-5451
Email (1): nreed@tru.ca
Website: www.youngeagles.com

Kamloops Flying Club offers local youth between 8 and 17 years the opportunity to fly in a private aeroplane with a qualified pilot. It's safe, it's fun, it's free and it's fantastic! The US Experimental Aircraft Association (EAA) founded Young Eagles in 1992. By 2003 a million young people will have flown in the program. Participants receive a Young Eagles certificate and their names are entered in the World's Largest Aviation Logbook. Check out the websites or contact one of the numbers above for further information.

Youth Action Team

1106 206 Seymour Street
Kamloops BC V2C 2E1

Phone (1): (250) 372-0855
Fax: (250) 372-1532
Email (1): kis@telus.net
Website: www.immigrantservices.net

Volunteer Youth driven action team that organizes and participates in a variety of events to eliminate racism and discrimination in Kamloops.

To Obtain: Contact The Anti-Racism Coordinator.

Youth Clinic (Health Centre Downtown)

#36 450 Lansdowne Street
Kamloops BC V2C 1Y3

Phone (1): (250) 851-7954
Fax: (250) 851-7965

The clinic is located in Thompson Park Mall and provides accessible, confidential and affordable options for access to contraceptive health services. The clinic is intended for clients without medical plans, students, the unemployed, or those who for other reasons are unable to use regular medical and pharmaceutical services.

To Obtain: Call for an appointment. Monday to Friday, 8:00 am to 4:30 pm. Clinic hours are Tuesday from 2 to 6 pm.

Youth Clubhouse (Canadian Mental Health Association)

857 Seymour Street
Kamloops BC V2C 2H6

Phone (1): (250) 374-0440
Fax: (250) 374-8718
Website: www.cmhakam.com

The Youth Clubhouse, a Community Youth Initiative Project, is a youth-drive drop in program for youth aged 13 to 18. This project is administered by CMHA - Kamloops in partnership with eight community agencies. We provide a safe, drug & alcohol free place for youth on weekday evenings and some weekends. Interested youth are encouraged to contact CMHA for more information about membership. Members can make use of our musical equipment, pool table, stereo, computers/internet, and participate in programs, which include social and life skills training as well as recreational activities. Fees: There is no fee for membership.

Youth Forensic Psychiatric Services Thompson Area Clinic

#8 - 1315 Summit Drive
Kamloops BC V2C 5R9
Contact (1): Susan Morris-McEwan, Coordinator

Phone (1): (250) 828-4940
Fax: (250) 828-4946

Assessment and treatment services for young offenders. Includes multi-disciplinary assessment and offence-specific treatment programs. Works with youth, families, and community professionals to provide multi-systemic interventions.

Youth Recreation Programs

PO Box 885 Main Station
Kamloops BC V2C 5M8

Phone (1): (250) 554-5437
Email (1): youth@bcgkamloops.com

A wide variety of programs for children and youth, 5 to 19 years of age. Arts, crafts, sports, leadership programs, special events, and family activities are a few of the programs available. Locations at McArthur Island youth Centre, South Sahali and Beattie Elementary schools. Transportation to McArthur Island location from some North Shore Schools available from September to June.

Fees: Annual membership of \$25 per child to a maximum of \$50 per family. "Extended Day" programs are available to meet child care needs for some families, on a fee-for-service basis, at McArthur Island location. Offered by Boys and Girls Club.

Youth Violence Intervention Program

827 Seymour Street
Kamloops BC V2C 2H6

Phone (1): (250) 374-2119
Fax: (250) 374-5768
Email (1): kamloops@efrysoc.com

This educational program provides youth with a basic overview of concepts related to anger, aggression and violence. The program engages youth in active learning with age appropriate, creative activities that incorporate various learning styles. The primary target group for this program is low to medium risk/needs referred young offenders in the community.

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