

Westside and West Kelowna

Outreach Supports Fall/Winter 2025

Canadian Mental Health Association – Outreach

- 🕒 Wednesdays, 11am–2pm
- Mobile outreach and support services

Canadian Mental Health Association – Foundry (Youth Services)

- 📍 #15–2484 Main St West Kelowna Child & Youth Mental Health Office
- ☎ 236-420-2803 Appointments available by phone or walk-in.
- 🕒 Mondays and Fridays, 9am–4pm
- Counselling and youth navigation (ages 12–24)

Central Okanagan Food Bank – West Kelowna

- 📍 #203–3710 Hoskins Rd
- 🕒 Mon–Fri, 9am–3pm
- Provide day bags to Turning Points outreach staff to hand out
- Food hampers for registered clients

City of West Kelowna – Bylaw Community Support

- ☎ 778-797-2227 / 778-797-3308
- 🕒 7 days a week, 7am–6pm
- Outreach and wellness checks for people sheltering outdoors

Crisis Lines

- 🕒 Immediate Assistance 24 hours, 7 days per week
- Interior Crisis Line Network ☎ [1-888-353-2273](tel:1-888-353-2273)
- Suicide Crisis Helpline ☎ 988 📧 crisisline@kcr.ca
- KUU-US (Indigenous) Crisis Line ☎ [1-800-588-8717](tel:1-800-588-8717)
- Métis Crisis Line ☎ [1-833-638-4722](tel:1-833-638-4722)

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Helpline Services - United Way British Columbia


Call, Live Chat, Text, or Email to talk to a 211 Navigator, 9am to 9pm Weekdays

 211  bc.211.ca

Interior Health – Substance Use & Mental Health


 Call 310-MHSU (6478) to reach your local Mental Health and Substance Use (MHSU) Centre for more information and links to services to best meet your needs.

Interior Health – Integrated Health Outreach Team (IHOT)

 7 days a week, 8:30am - 4:30pm


- Health care access and system navigation


KANDU

 778-594-1716

- Outreach Services


Ministry of Social Development & Poverty Reduction (MSDPR)

 3685 Hoskins Rd


 Mon–Fri, 8:30am–4pm

- Income & disability assistance, outreach, navigation

PIERS (Partners in Resources)


 #3–2411 Drought Rd


 250-878-2740


 Mon–Fri, 9am–4pm

- Employment and case management services

Salvation Army - West Kelowna

 3531 Old Okanagan Hwy

 778-484-9796

 Mon–Fri, 9am–3pm (Closed Thurs am & daily for lunch)

- Support for unhoused individuals: supplies, referrals, clothing

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Turning Points – Outreach Meals

- 📍 Various Locations
- 🕒 Tues–Sat, 11:30am–12:30pm
- ☎️ 250-306-8666
- Meals and Beverages

Turning Points – Bartley Shelter

- 📍 2500 Bartley Court ☎️ 778-583-4881
- 🕒 Open 7 days a week
- Shelter and mat program

Turning Points - Shelter Hub

- ☎️ 250-826-2322
- 🕒 Mondays, 9am-12pm
- Outreach and connection to shelter services

Westbank First Nation - Health and Wellness

- 📍 1900 Quail Lane, Westbank, BC ☎️ 250-768-0227 ext 2121
- 🕒 Mon–Fri, 8:30am-4:30pm
- Wellness Advocate Support

Westbank First Nation – Law Enforcement

- ☎️ 250-717-6417 🕒 Mon–Fri, 6am–10pm
- Community safety and enforcement

Westside Health Network Society

- ☎️ 250-768-3305 🕒 Mon–Fri, 8am-2pm
- Senior support and referrals

Westside Youth Centre – BGC Okanagan

- ☎️ 250-768-9139 or (cell) 250-718-7065 📍 2466 Main St 🕒 Mon–Fri, 3–6pm
- Youth services for ages 12–19