

MAP LEGEND

LOWER COLUMBIA *Caring* COMMUNITIES

2022 Edition

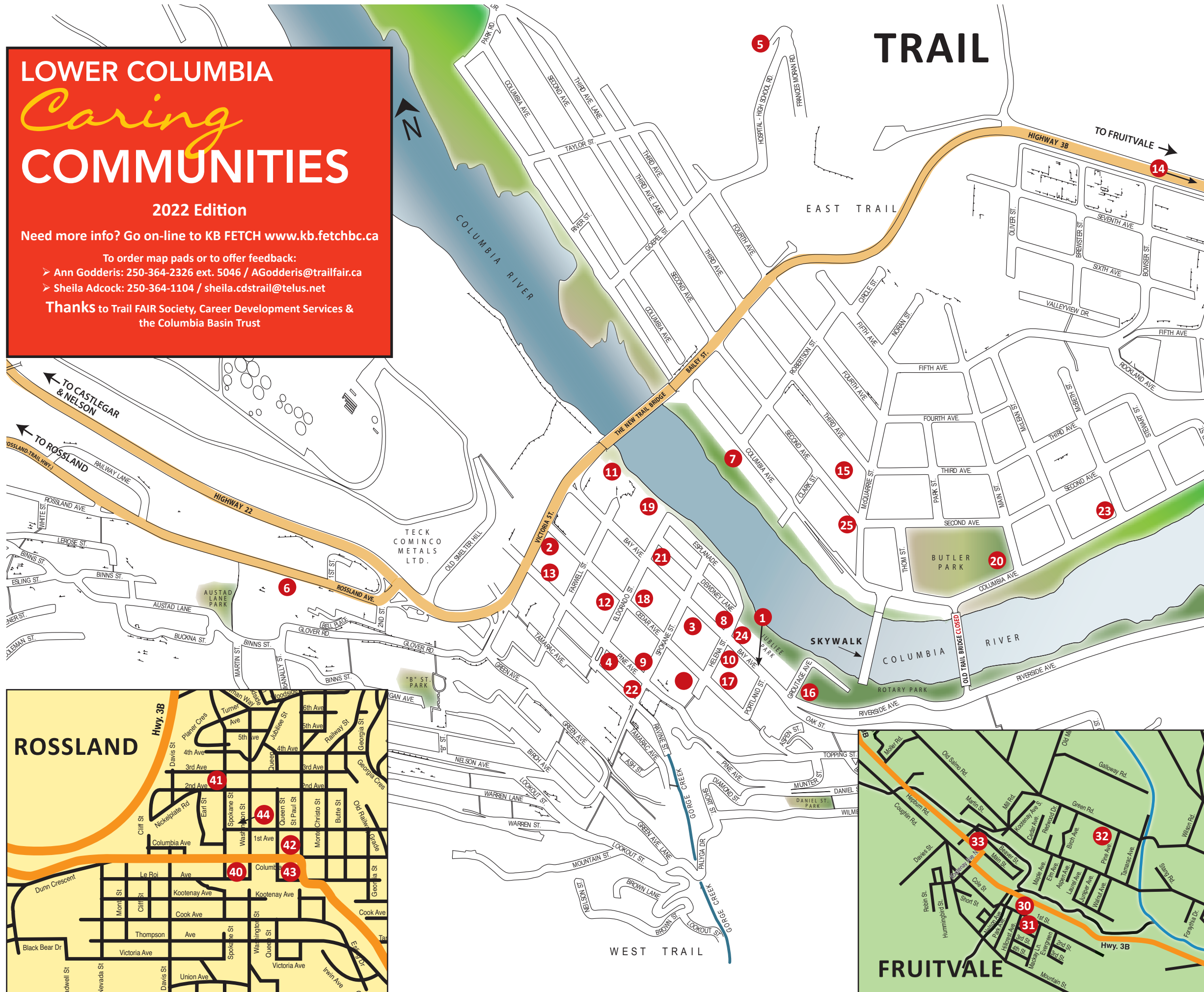
Need more info? Go on-line to KB FETCH www.kb.fetchbc.ca

To order map pads or to offer feedback:

- Ann Godderis: 250-364-2326 ext. 5046 / AGodderis@trailfair.ca
- Sheila Adcock: 250-364-1104 / sheila.cdstrail@telus.net

Thanks to Trail FAIR Society, Career Development Services & the Columbia Basin Trust

TRAIL



Trail:

CDS (Career Development Services) 1565-A Bay Ave.....	1
CBAL (Columbia Basin Alliance for Literacy) 1160 Cedar Ave.....	2
Community Inclusion Centre 1458 Bay Ave.....	3
Family Action Network (FAN) 1160 Cedar Ave.....	2
Family Centre 1300 Pine Ave (downstairs).....	4
Freedom Quest 200 – 1300 Pine Avenue.....	4
Hospital (KB Regional Hospital) 1200 Hospital Bench Rd.....	5
Kate's Kitchen / Salvation Army Services 730 Rossland Ave.....	6
Kiro Wellness Centre 1500 Columbia Ave.....	7
Kootenay Career Development Services 1499 Bay Ave.....	8
Kootenay South Metis Society 15 - 835 Spokane St.....	9
La Nina Homeless Shelter 1458 Bay Ave.....	3
Ministry of Social Development (welfare) 1520 Bay Ave.....	10
MCFD 278 - 1051 Farwell St (enter: 1101 Dewdney Ave).....	11
Pharmasave 1280 Cedar Ave.....	12
Presbyterian Church 1139 Pine Ave.....	13
Probation / Community Corrections 1520 Bay Ave.....	10
RCMP Detachment & Victim Services 3601 Laburnum Dr.....	14
Safeway Pharmacy 1599 2 nd Ave.....	15
Salvation Army Services/Kate's Kitchen 730 Rossland Ave.....	6
Sanctuary Pre-Teen Centre 1705 Bay Ave.....	16
Selkirk College, Greater Trail Com. Centre 900 Helena St.....	17
Service BC Access Centre 1520 Bay Ave.....	10
Service Canada Centre 101 -1101 Dewdney Ave.....	11
Shoppers Drug Mart 1305 Cedar Ave.....	18
Skills Centre 1290 Esplanade Ave.....	19
Trail Aquatic & Leisure Centre 1875 Columbia Ave.....	20
Trail Area Health & Environment Program 1319 Bay Ave.....	21
Trail Ass'n for Community Living (TACL) 1565-B Bay Ave.....	1
Trail City Hall 1394 Pine Ave.....	22
Trail FAIR Centre 2079 Columbia Ave.....	23
Trail FAIR Family Centre 1300 Pine Ave (downstairs).....	4
Trail Health Centre Third Floor, 1101 Dewdney Ave.....	11
Trail Public Library, Trail Riverfront Centre 1595 Bay Ave.....	24
Trail United Church 1300 Pine Ave.....	4
Trail Youth Centre 1696-A Second Ave.....	25

Fruitvale:

Beaver Valley Food Bank 1841-B Hwy 3B.....	30
Beaver Valley Public Library 1847 1 st St.....	31
Beaver Valley Recreation 1777 Green Rd.....	32
Fruitvale IDA Pharmacy 1942 Main St.....	33

Rossland:

Associate Medical Laboratory & Medical Clinic.....	40
Rossland Food Bank (Arena Bldg) 1860 2nd Ave.....	41
Rossland Public Library 2180 Columbia Ave.....	42
Rossland Recreation 2196 LeRoi Ave.....	43
Rossland Seniors Centre 1916 1st Ave.....	44

Off-Map: Castlegar: COINS Main Office 1801 Connors Rd

Nelson: ANKORS Main Office 101 Baker St

24/7 PHONE LINES

EMERGENCY Police – Fire - Ambulance 911
Crisis Line 1-888-353-2273 Health Link 811
WINS Transition House (women) 250-364-1543

FOOD BANKS / MEALS / DROP IN

Trail:

Food Bank: Trail United Church 250-368-3225
All welcome; Tuesdays (9:30-11:30am) except 2nd Tues

Food Bank & Lunch: Kate’s Kitchen 250-365-0445
Monthly Food Hamper: Call to register & for details
Pick up lunches: Monday – Friday 11:30am-2pm

La Nina Homeless Shelter Daily Drop-in: 250-368-3476
Food, laundry, support: 8am-10pm

Fruitvale: Beaver Valley Food Bank: 250-367-6481
BV residents only; Thursdays: Call by Wed for app’t

Rossland: Food Bank: 250-362-7635; Residents only
Tuesdays: 10am-12 noon; 5 to 7pm

SHELTER / HOUSING

Getting to Home: 250-364-1104 CDS Office
Housing support for those who are homeless or at risk

La Nina Homeless Shelter: 250-368-3476
Shelter overnight: 10pm-8am; Drop-in: 8am-10pm

Women (& their children) leaving abuse & violence
Confidential location:

- WINS Transition House: 250-364-1543 (24/7)
30 days: free emergency housing & support
- Second Stage Program: 250-364-2665
12-18 months: low cost housing & support

HEALTH CARE

Dental: TEETH Clinic: Esther: 250-921-5484
Low cost dental care for low income adults. Call for
registration appointment at Presbyterian Church

HIV/HEPC Nurse: 1-866-778-7736 Various locations
Tues to-Fri: HIV, HepC & Syphilis testing & support

Kiro Wellness Centre (IHA) 250-364-6219 Public Health.
Home Health, Mental Health services & other clinics

Hospital (KB Regional Hospital): 250-368-3311

Medical Laboratories: Make App’t: 1-844-870-4756

- Trail Health Centre: Lab: 250-368-8141; Located on
3rd floor along with several medical clinics
- Rossland: Associate Med Clinic Lab: 250-364-3401

Sexual Health Clinic: Kiro Wellness Centre: Drop-in
Wednesdays: 4:30- 7pm; Free birth control, exams, info

ABORIGINAL HEALTH

COINS (Circle of Indigenous Nations Society)
Main Office in Castlegar: 1-877-904-2634

- Aboriginal Community Wellness 250-608-4552
Helps navigating & accessing health care services
- Aboriginal Mental Health & Substance Use
250-608-7472 Individual support & Recovery Circle
- Aboriginal Patient Navigator: 250-551-4395
Cultural support & links to resources for Aboriginal
hospital patients & families

ADULT MENTAL HEALTH & SUBSTANCE USE (MHSU)
IHA MHSU Office: 250-364-6262 Kiro Wellness Centre
(enter from parking lot) 8:30am – 4:30pm;
Relapse Prevention, Groups, Counselling, Nurse
Practitioner, Withdrawal Support, Day Treatment, Free
naloxone, supplies, OAT (Opioid Agonist Therapy) clinic

IHA MHSU Crisis Response Nurse: 250-364-5173:
Hospital (KBRH) Assessment, intervention, treatment
planning, withdrawal management, referrals, free take-
home naloxone & training: 7 days/wk: 7am to 5:20pm

HARM REDUCTION & SUPPLIES

Free supplies: naloxone, needles (+safe disposal), safe
smoking kits, etc:

- MHSU office: 250-364-6262 Kiro Wellness Centre
- ANKORS Mobile Services: 250-777-0733
- Crisis Response Nurse: 250-364-5173 Hospital

OAT (Opioid Agonist Therapy) Clinic: 250-364-6262
MHSU Kiro Centre: Prescriptions from clinic filled by:

- Trail: Pharmasave (+free needles/kits): 250-368-3363
Safeway: 250-368-3790
Shoppers Drug Mart: 250-368-3341
- Fruitvale: IDA Pharmacy: 250-367-9331

COMMUNITY MHSU PROGRAMS FOR ADULTS

ANKORS 250-505-5506: Main Office in Nelson
Regional outreach, mobile services, support &
education. re HIV, HEPC & substance use

QuitNow Smoking Cessation Support: 1-877-455-2233

R.E.D.U.N. (Rural Empowered Drug Users Network):
Lisa: 250-231-2326 Trail United Church (downstairs)
Meet every other Thursday: 1- 3pm

TWELVE STEP SUBSTANCE USE PROGRAMS:
AA: All West Kootenay Meetings Info 1-250-800-4125

- AA Trail: 250-368-5651 Trail United M W F: 8pm
- AA Rossland: Seniors Centre: Tuesdays 8pm

Al-Anon Trail: 250-362-9507; Presby Church Thu 8pm
NA Help Line: 1-855-444-2262 support & info
NarAnon: Trail United Church; 250-364-0066 Fri 7pm

ABORIGINAL SERVICES / SUPPORT

COINS (Circle of Indigenous Nations Society)
1-877-904-2634 Child, adult, family & cultural programs

Kootenay South Metis Society 250-368-3735
Support and advocacy for Trail-Castlegar Area Metis

CHILDREN / YOUTH / FAMILIES

CCRR (Child Care Resource & Referral): 250-364-2980
Trail FAIR Centre: Info re child care services & subsidy,
toy library, support for in-home child care providers

Family Action Network (FAN): 1-855-368-3707
Activities info & programs for children (0-5) & families

MCFD (Ministry of Children & Family Development):
250-364-0540: Support for children, youth & families

Sanctuary Pre-Teen Centre: 250-368-6142 Free after
school support, activities and food for 8 - 12 year olds

Trail Area Health & Environ. Program: 250-368-3256
Free supports/services to prevent lead exposure for
families expecting or with young children

Trail Association for Community Living: 250-368-3503
Services for children, youth and adults (& families) living
with developmental disabilities

Trail FAIR Centre & FAIR Family Centre: 250-364-2326
Free programs: pregnancy outreach, women/family/
child counselling & support, playgroups, parenting & etc

Trail Youth Centre: 250-368-3095 Tuesday to Thursday:
Drop-in: 3:30 to 8:30pm; Activities for youth ages 13 -18

CHILDREN / YOUTH / FAMILIES – MH / SU SERVICES

IHA MHSU Office: 250-364-6262 Kiro Wellness Centre;
Wrap around services for youth aged 12-24 with
complex substance use (& mental health) challenges

Freedom Quest: 250-231-4962 or 1-877-304-2676
Support for youth ages 12-19 affected by substance use

MCFD Child & Youth Mental Health: 250-364-0540
Offers counselling & supportive mental health services

LIBRARIES

Books, programs, computer access, printing, scanning

- Trail Public Library: 250-364-1731
- Fruitvale: Beaver Valley Pub. Library: 250-367-7114
- Rossland Public Library 250-362-7611

RECREATION

Reduced fees/grants for those on low income (ask staff)

- Trail Aquatic & Leisure Centre: 250-364-0888
- Fruitvale: Beaver Valley Recreation: 250-367-9319
- Rossland Recreation: 250-362-2327

ADVOCACY / LEGAL / POLICE

Legal Assistance Clinic: 250-364-2326 ext 227 Trail FAIR
Centre: Tuesday afternoons: For those on low incomes;
Free on-line access to a lawyer re various issues

Poverty Law Advocate: 250-364-2326 ext 235
Trail FAIR Centre: Help with issues & appeals re
welfare, disability, tenancy, gov’t programs, etc.

Probation / Community Corrections: 1-877-365-8518

RCMP (Greater Trail): Non-emergency: 250-364-2566

Victim Services
Provide crisis intervention, support, assistance with
forms, referrals, court orientation & accompaniment.

- Community-Based Victim Services: 250-364-2326
ext 227; Trail FAIR Centre Serves victims of family &
sexual violence; criminal harassment; legal aid info.
- Victim Services 250-368-2184; RCMP Detachment
Serves victims of crime, accidents, and tragedy

EDUCATION / SETTLEMENT / TRAINING / WORK

CBAL (Columbia Basin Alliance for Literacy): 250-368-6770
Adult, child & family literacy, ESL & Settlement Services

Community Inclusion Centre (CDS): 250-368-3391
Various programs & work opportunities focused on
supporting those with multiple barriers to employment

Skills Centre: 250-368-6360 Employment and skills
training services, computer access, job board

Kootenay Career Development Services: 250-512-3001
Work BC services, Job search, Computer access

Selkirk College Trail Campus: 250-368-5236
Academic upgrading, Community Education & skills
training programs: Health workers, SOAR, tech skills, etc

FINANCIAL / GOVERNMENT SERVICES CENTRES

Service BC Access Centre: 250-364-0591 Mon to Fri:
9am to 4:30pm; Access to BC Government services such
as welfare, health cards, licences, birth, marriage &
death certificates, ID, community access terminal, etc

Ministry of Social Development & Poverty Reduction
1-866-866-0800: income assistance (welfare), hardship,
disability, health benefits, supplements, bus passes, etc

Service Canada Centre: 1-800-622-6232 Tues to Thurs:
8:30am to noon; 1-4pm; Access to Federal Government
services such as EI, passports, pensions, SIN, etc.

Volunteer Income Tax Program: 250-364-2326 ext 221
Free help with income tax filing in March & April for low
income individuals. Call for dates & various locations