

LOWER COLUMBIA
Caring
COMMUNITIES
2025 Edition

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

To order map pads or to offer feedback:
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Thanks to Trail FAIR Society & Career Development Services for this 2025 edition

MAP LEGEND

TRAIL



Trail:

| | |
|--|----|
| CDS (Career Development Services) 1565-A Bay Ave..... | 28 |
| CBAL (Columbia Basin Alliance for Literacy) 1160 Cedar Ave | 13 |
| Community Inclusion Centre 1458 Bay Ave | 23 |
| Freedom Quest 200 – 1300 Pine Ave..... | 19 |
| Homeless Shelter (La Nina) 2039 Riverside Ave..... | 30 |
| Hospital (KB Regional Hospital) 1200 Hospital Bench Rd | 1 |
| Kiro Wellness Centre (IHA) 1500 Columbia Ave | 4 |
| Kootenay South Metis Society 15 - 835 Spokane St..... | 20 |
| MCFD 278 - 1051 Farwell St (enter: 1101 Dewdney Ave) | 11 |
| Presbyterian Church 1139 Pine Ave | 14 |
| Pharmasave 1280 Cedar Ave..... | 15 |
| Red Cross Health Equipment Loan Program 104 – 1199 Bay Ave ... | 12 |
| RCMP Detachment & Victim Services 3601 Laburnum Dr | 2 |
| Safeway Pharmacy 1599 2nd Ave..... | 5 |
| Salvation Army Services: Sally's /Food Bank 1460 Cedar Ave | 24 |
| Sanctuary Pre-Teen Centre 1705 Bay Ave | 29 |
| Selkirk College, Greater Trail Com. Centre 900 Helena St..... | 27 |
| Service BC Access Centre (Incl Social services) 1520 Bay Ave | 26 |
| Service Canada Centre 101 -1101 Dewdney Ave..... | 11 |
| Shoppers Drug Mart 1305 Cedar Ave | 18 |
| Skills Centre 1060 Eldorado St | 16 |
| Trail Aquatic & Leisure Centre/ Recreation 1875 Columbia Ave..... | 7 |
| Trail Area Health & Environment Program 1319 Bay Ave..... | 17 |
| Trail Ass'n for Community Living (TACL) 1565-B Bay Ave | 28 |
| Trail City Hall 1394 Pine Ave | 21 |
| Trail Memorial Centre..... | 9 |
| Trail Community Health Centre 1101 Dewdney Ave | 11 |
| Trail FAIR Office 2079 Columbia Ave..... | 8 |
| Trail Public Library, Trail Riverfront Centre 1595 Bay Ave..... | 25 |
| Trail United Church & Food Bank 1300 Pine Ave..... | 19 |
| Trail Youth Centre / Youth Action Network 1696-A Second Ave..... | 6 |
| Waneta Mall & Offices (2 floors) 8100 Hwy 3B..... | 3 |
| Warfield Youth Action Network Community Hall 900 Schofield..... | 10 |
| Work BC (Kootenay Career Development Serv.) 1499 Bay Ave | 22 |

Fruitvale:

| | |
|---|----|
| Beaver Valley Food Bank 1846 1st St..... | 41 |
| Beaver Valley Public Library 1847 1st St | 40 |
| Beaver Valley Recreation 1777 Green Rd | 45 |
| Fruitvale Christian Fellowship 1878 Columbia Gardens Rd | 44 |
| Fruitvale IDA Pharmacy 1942 Main St | 42 |
| Fruitvale Village Hall 1947 Beaver St..... | 43 |

Rossland:

| | |
|--|----|
| Associate Medical Lab & Clinic 1973 Columbia Ave | 50 |
| Rossland Food Bank (Arena Bldg) 1860 2nd Ave..... | 53 |
| Rossland Public Library 2180 Columbia Ave | 51 |
| Rossland Recreation & City Hall 1920 3rd Ave..... | 54 |
| Rossland Seniors Centre 1916 1st Ave..... | 52 |
| Rossland Youth Centre / YAN 2385 Washington St | 55 |

Off-Map:

| | |
|--|--|
| Castlegar: COINS Main Office 1801 Connors Rd | |
| Castlegar Health Centre 709 10th St | |
| 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
KBR Hospital & Emergency Dept 250-368-3311
Transition House-support for women 250-364-1543

FOOD BANKS / MEALS / DROP IN

Trail: Food Bank Trail United Church 250-368-3225
Drop-in Tuesdays (9:30-11:30am) except 2nd Tuesday
Connect with health, financial & other supports

Trail: Salvation Army Services 250-368-3814

Food Hamper/month: Call to register & appointment
Sally's Place free lunch: Mon – Fri 11:30am-1:30pm

Fruitvale: Beaver Valley Food Bank: 250-368-7513

BV residents only; Thursdays: Call by Tuesday for app't

Rossland: Food Bank: 250-897-6622 or 250-362-5365

Residents only; Drop-in Tues 10am-12noon; 5 -7pm

SHELTER / HOUSING / AMENITIES

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

Homeless Shelter (La Nina) 250-512-0973

24/7 support and services for residents; no drop-in

Public Toilets: Trail Public Library, Trail Memorial Centre & Trail Aquatic Centre Hours vary, closed overnight; Contact MHSU Office for shower access

Transition House 250-364-1543 (24/7) Free emergency housing & support (confidential location) for women (their children & pets) leaving abuse & violence

HEALTH CARE

For KB residents without a family doctor or nurse practitioner: Call the KB Access Clinic: 778-508-3112 or Primary Care Clinic: 250-304-1289 Castlegar Health Ctr

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, MHSU, Clinics, Hospice Office, info

Medical Labs Walk-in / or by appointment:
Rossland: Associate Med Clinic Thur: 8:30am-1:30pm
Trail: LifeLabs: Waneta Mall M-F: 7am-3pm
Trail Community Health Ctr M-F: 8:30am-4pm

SAFE (Sexual Assault Forensic Exam) 250-368-3311
Emerg Dept, Hospital (KBRH): exam, support, referrals

Sexual Assault self-exam: CDS: Sheila 250-368-7390

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

ABORIGINAL HEALTH

Patient Navigator, Health Coordinator & Healing Our Spirits Programs: 1-877-904-2634
COINS (Circle of Indigenous Nations Society)
Navigation & access for Indigenous persons & families to culturally safe health & respectful care services

ADULT MENTAL HEALTH/SUBSTANCE USE (MHSU)

MHSU (IHA) Office: 250-364-6262 Kiro Wellness Centre (enter from parking lot) Mon-Fri: 8:30am – 4:30pm
Offers: Crisis Response, Shower/hygiene access, Counselling, Relapse prevention, Groups, Nurse Practitioner, Withdrawal support, Free naloxone & supplies, OAT (Opioid Agonist Therapy) Clinic, Referrals

MHSU Crisis Response: 250-364-5173 Hospital (KBRH)

Offers: 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 smoking kits, etc:
MHSU office: 250-364-6262 Kiro Wellness Centre
ANKORS Mobile Services: 250-777-0733
Crisis Response Nurse: 250-364-5173 Hospital (KBRH)

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 SU/ ADDICTION PROGRAMS

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

Kootenay Gambling Support Helpline 1-888-795-6111

R.E.D.U.N. (Rural Empowered Drug Users Network)
Amber: 250-551-7224 Trail United Church
(downstairs) Meets every other Thursday: 1- 3pm

Smoking Cessation Support: QuitNow: 1-877-455-2233
& **Local pharmacies** offer free products/ medications

Twelve Step Substance Use Programs:

AA: All West Kootenay Meetings Info 1-250-800-4125
AA Fruitvale Christian Fellowship, Sunday 7:30pm
AA Rossland Seniors Centre: Tuesdays 7pm
AA Trail United Church M, W, F at 7pm
Al-Anon Trail: 250-362-9507 Presby Church Thurs 7pm
NA Trail United Church Thursdays 7pm
NarAnon: Trail United Church Fridays 7pm

CHILDREN / YOUTH / FAMILIES / SENIORS

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

Family Action Network (FAN): 1-855-368-3707
Skills Centre Child, youth, families activities & calendar

Greater Trail Hospice Soc & Nav-CARE 250-364-6204
Kiro Centre Supports those with life-limiting conditions &/or those needing end-of-life care, grief support, etc.

Kootenay S. Metis Soc. 250-521-0259; 250-368-3735

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

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

Trail Area Health & Environ. Program: 250-368-3256
Info, support, services to prevent/assess lead exposure

Trail Association for Community Living: 250-368-3503
Serves those living with developmental disabilities

Trail FAIR: 250-364-2326 A wide range of free services & supports re: pregnancy, parenting, childcare info & resources, toy library, women/family/child counselling, advocacy, playgroups, Better at Home Seniors services

Youth Centres & Youth Action Networks (YAN):
BeaverValleyyan@gmail.com RosslandYAN@gmail.com
trailyancoordinator@gmail.com WarfieldYAN@gmail.com

CHILDREN / YOUTH / FAMILIES – MHSU SERVICES

Foundry: MHSU & other supports for youth age 12-24
Virtual services <https://foundrybc.ca/virtual/>

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

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

MHSU (IHA) Office: 250-364-6262 Kiro Wellness Centre
Serves youth with complex substance use challenges

PUBLIC LIBRARIES

Books, activities, computer access, printing, scanning....
Trail 250-364-1731; Rossland 250-362-7611
Fruitvale (Beaver Valley): 250-367-7114

RECREATION

Centres: Trail Aquatic & Leisure Centre: 250-364-0888
Fruitvale: Beaver Valley Rec: 250-367-9319
Rossland Recreation: 250-362-2327
Reduced recreation fees for those on low incomes: see
Common Access Card: Skills Centre 250-368-6360

ADVOCACY / LEGAL / POLICE

Community Law Advocate: 250-364-2326 ext 235
Trail FAIR Assists with issues (including tribunals and appeals) re welfare, disability, tenancy, gov't programs

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

Legal Aid Contact 250-364-2326 ext 227; Trail FAIR
Application info & assistance; Call for an appointment

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

Victim Services: Crisis intervention, referrals, help with forms, court orientation & accompaniment from:
Community-Based Victim Services 250-364-2326-227
Trail FAIR Office for victims of domestic & sexual violence, criminal harassment, historic abuse
RCMP Victim Services 250-368-2184; RCMP Detach't for victims of crime, accidents & abuse

EDUCATION / SETTLEMENT / TRAINING / WORK

CBAL (Columbia Basin Alliance for Literacy): 250-368-6770
Free literacy programs for adults, children & families
ESL & Settlement Services for newcomers to Canada

Community Inclusion Centre (CDS): 250-368-3391
Supports those with multiple barriers to employment

Selkirk College Trail Campus: 250-368-5236
Upgrading, education & workplace training programs

Skills Centre: 250-368-6360 Employment skills training, workplace learning and wellness programs, job board, social development and poverty reduction programs including the Common Access card

Work BC Centre & KCDS Services: 250-512-3001
Employment services, computer access, skills training

FINANCIAL / GOVERNMENT SERVICES CENTRES

Service BC Access Centre: 250-364-0591 Mon to Fri: 9am – 4:30pm; Access to BC Government services and information including social assistance, health cards, licences, birth, marriage & death certificates, ID, community access terminal

Ministry of Social Development & Poverty Reduction 1-866-866-0800; located in **Service BC Access Centre**
Income assistance, disability, benefits, bus passes, etc
In-person support 250-581-0425 welfare issues, lost ID

Service Canada Centre: 1-800-622-6232 Tues to Thurs: 8:30am – noon; 1-4pm; : Access to Federal Government Services and information: EI, SIN, passports, pensions

Volunteer Income Tax Program: 250-364-2326 ext 221
Free help re income tax filing in March, April & also year round for low income individuals. Call for details