

“Poverty is a lack of opportunity, lack of freedom. It is hunger and malnutrition, disease and lack of basic social services. It is a policy failure that degrades people - those who suffer it and those who tolerate it. It is an equity gap between countries and within counties. Poverty is still the gravest insult to human dignity. Poverty is the scar on humanity’s face.”

*Gro Harlem Brundtland,
Former Prime Minister of Norway.*



The Advocacy Centre

A program of Nelson CARES Society

Nelson On a Shoestring

Your guide to Nelson’s free and inexpensive resources



August, 2010

521 VERNON ST. NELSON, B.C. V1L 4E9

TEL: 250-352-5777 FAX: 250-352-5723

advocacycentre@nelsoncares.ca
www.advocacycentre.org



The Advocacy Centre

This brochure was produced primarily by Advocacy Centre volunteers and students. Original artwork and first edition thanks to Rob Stacey. Thanks to The Osprey Foundation, Columbia Basin Trust, Service Canada and to everyone who gave their input.

Updated August, 2010 - information may change. Please double check and send changes or suggestions to The Advocacy Centre.





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ABOUT THIS BOOKLET

Poverty is a reality for many people in our community. Decent food, housing, employment, accessible health care, and a safe community are necessary for survival and a sense of dignity. The solutions to ending poverty and discrimination lie in social awareness, political action and social change.

This booklet is for people with little money and contains tips on finding cheap and free services in Nelson. It is only a guide - ask the specific groups for details.



ABOUT THE ADVOCACY CENTRE

Nelson Office: 521 Vernon St.
Tel: 250-352-5777
Fax: 250-352-5723
Hours: Mon, Wed, Thurs, 9am-5pm (closed
12-1pm for lunch), appointments encouraged.
Tuesdays, by appointment only.

Castlegar Office: 1007-2nd Street
Tel: 250-608-0589
Hours: Thursdays, 9am-4pm, appointments
encouraged.

email: advocacycentre@nelsoncares.ca
Call Toll Free: 1-877-352-5777
Visit us online: www.advocacycentre.org

The Advocacy Centre provides resources for individuals, couples, families or groups who want to learn about their rights and how to protect them. Information, referrals and support is available on subjects such as:

- Welfare
- Poverty
- Victims of family and sexual violence
- Child protection
- Provincial disability benefits
- Family law
- Tenancy
- Community resources.

Health Insurance BC - 1-800-663-7100
Automated service providing answers to frequently asked questions about things like MSP and PharmaCare. 24 hrs/day.

Hope Air - 1-877-346-4673
Provides air travel for required medical treatments. Apply online or by phone. Must be financially eligible. Need two weeks notice.

Lawyer Referral Service - 1-800-663-1919
1/2 hr appointment with a lawyer for \$25.

Legal Aid - 1-877-426-4066
203-514 Vernon St. (Career Development)
Intakes to determine eligibility for Legal Aid.
Friday only 10am-4pm. Call for details.

Legal Services Family Law Line
1-866-408-2172
Next step legal advice for those who don't qualify for Legal Aid.

**Ministry of Children and Family
Development** - 250-354-6480, 566 Stanley St.

Ministry of Social Development - 1-866-866-0800 (press 3, then 5 to speak with a person)
566 Stanley St.

Residential Tenancy Branch
Kelowna - 1-800-665-8779
Provides information to tenants and landlords about their rights.

Service BC - 1-800-663-7867
Information and free connection to all provincial government offices and officials.

Tenant Resource and Advisory Centre
1-800-665-1185
A non-profit organization that provides legal information to tenants.

Salvation Army

601 Vernon St, lower level, 250-352-3488
Drop-in coffee time, Tues & Fri, 2:30pm-4pm

Selkirk College Hairdressing Program

2001 Silver King Rd, 250-354-3243
Inexpensive haircuts during the school year.
Call for an appointment.

Online Resources

BC Civil Liberties Association -

www.bccla.org

BC Coalition of People with Disabilities

www.bccpd.bc.ca

Clicklaw - <http://www.clicklaw.bc.ca/>

Legal Services Society - www.lss.bc.ca

Family Law websites

www.familylaw.lss.bc.ca
www.bcfamilylawresource.com

Ombudsperson - www.ombudsman.bc.ca

Povnet - www.povnet.org

Province of BC - www.gov.bc.ca

Tenant Rights - www.tenants.bc.ca

www.rto.gov.bc.ca

Phone Numbers

BC Coalition of People with Disabilities

1-800-663-1278
Information and advocacy for people with disabilities.

Dial-a-Law - 1-800-565-5297

Recorded legal info, 24 hrs/day.

Family Law Information Line - 1-877-386-4333

Mon & Thurs 9am-5pm.



GENERAL TIPS

When you are looking for free services in the community:

- Remember that some resources are not always available (e.g. tofu is usually available on certain days).
- Be respectful. Don't take your anger or frustrations out on the people who are trying to help.
- Phone ahead to see if you need an appointment.
- If you think your rights have been violated, ask about a complaint procedure. Most services appreciate feedback if it's done constructively and honestly.
- Try to take or ask for only what you need - there are many people looking for few resources.
- The vacancy rate in Nelson is quite low, but don't get discouraged when looking for a place to rent - there is a lot of turnover.
- To get emergency money from the Ministry of Social Development, you must have an open welfare file. Call the ministry 1-866-866-0800, or the Advocacy Centre 250-352-5777 for information.
- Check the facts first. There are many myths about welfare and people living in poverty.
- Please let us know about any good tips you discover.

FOOD



Free Food

Nelson and District Women's Centre

420 Mill St, 250-352-9916

Tues Wed and Thurs, 12pm-4pm.

Free bread/tofu and other food as available.

For women.

Salvation Army

601 Vernon St, 250-352-3488

Mon Tues Wed and Thurs, 10am-1pm.

Bread as available upstairs.

St. Saviour's Anglican Pro-Cathedral Church

723 Ward St, 250-352-5711

Fri, 9am-11am. Come early for best selection.

The Family Place

312 Silica St, 250-352-6678

www.kootenaykids.ca

Free prenatal vitamins and food vouchers for pregnant women. Some programs offer free snacks or lunch. Food bags available. Check newsletter or website for more information.

The Food Cupboard

(United Church basement)

602 Silica St, 250-354-1633

Mon and Wed, 9am-12pm. Thurs, 12pm-2 pm.

Supplies vary, closed on holidays.

Free or Inexpensive Meals

Our Daily Bread

Kootenay Christian Fellowship

812 Stanley St, 250-352-7700

Mon-Fri, 11am-1pm. Lunch at noon. \$20 for a meal card for 22 meals, or donate \$4 per meal.

Sponsorship and volunteer opportunities available if not able to pay.

OTHER HANDY INFORMATION



AFKO (Association Francophone Kootenay Ouest)

723 Ward St. 250-352-3516

Mon-Fri: 9am-12:30pm and 1:30pm-4:30pm

Open to francophone and francophile. Library, information, computers and social events.

Free web bulletin boards

Buy, sell, rent or find rides, accommodation and more.

www.ilovenelson.com

www.discovernelson.com

www.craigslist.com

www.gyos.com

www.kijiji.ca

Kootenay Community Cafe (google it!)

Income Tax Help (Seniors Resource Centre)

719 Vernon Street, 250-352-6008

Free help with income tax forms for low income people of all ages who qualify financially. Call for an appointment.

Laundromats

Esso Village Coin-Op Laundry - 524 Nelson Ave.

Plaza Laundromat - 616 Front St.

The Daily Grind - 323 Nelson Ave.

Public Washrooms

Aquatic Centre - 305 Hall St.

Chahko Mika Mall - 1150 Lakeside Dr.

City Building - 310 Ward, Unit 101

Lakeside Park

Library - 602 Stanley St.

Red Cross

903B Nelson Ave, 250-354-4456

Loans out medical equipment, such as canes, crutches and walkers.

Stars for Success

www.successby6wk.com/stars.html

304-625 Front St, 250-352-6786

Provides funding for families that need help to enrol their children age 0-6 in recreation, art, sport and early learning programs.

Touchstones Nelson Museum of Art and History

502 Vernon St, 250-352-9813

Museum, art gallery and archives. Entrance by donation Thursday nights from 5-8pm.

Selkirk College Resource Library

2001 Silver King Rd, 250-352-6601

admin@libraryselkirk.bc.ca

Books, magazines, videos and training resources. Reduced summer hours.

ENVIRONMENT AND SUSTAINABILITY



Resources

Earth Matters

521 Vernon St, 250-352-6011 ext. 15

www.earthmatters.ca

Volunteer and employment opportunities for youth and people experiencing barriers to employment. Recycling pickup program (compost pickup coming soon), Eco Store (563 Ward St, 250-352-2513) and community garden.

Nelson Junior A Leafs Bottle Depot

120 Silica St, 250-354-4922

Recycles bottles and cans for refunds.

West Kootenay EcoSociety

#206 - 507 Baker St, 250-354-1909

Promotes environmentally sustainable communities. Resources and volunteer opportunities. Reduced membership fees for students or those on a fixed income.

Outreach Clubhouse

818 Vernon St, 250-352-7730

The Clubhouse is a drop-in centre for people with persistent mental illnesses. They have meals and other subsidized benefits and activities. Referrals from mental health required.

Other Resources

Meals on Wheels

250-352-7053 Available Mon, Wed and Fri.

For people of all ages who are housebound or just coming out of the hospital. \$6.25 for a full meal. Frozen meals for \$6.25.

Nelson Food Cupboard's Harvest Rescue Program

250-354-1633 Volunteer fruit pickers can get free fruit. Opportunities to participate in fruit preservation, sustainability and Bear Stewardship workshops.

Tips and Strategies

- Check grocery stores for discount food bins. If you don't see one, ask the produce manager or stocking clerk to mark down day old or slightly damaged items - they will often cut the price in half.
- Get some friends together and buy in bulk or take advantage of case lot sales.
- Start a community kitchen with your friends, have a potluck, share your food.
- Pick wild plants, roots, fruits or berries. Check the library for information.
- Talk to neighbours about sharing their gardens and fruit trees.
- Watch for the Harvest Rescue program every fall, or search out abandoned fruit trees.
- Try canning and drying, or fishing (need a license).

HOUSING

Emergency Housing



Stepping Stones For Success

567 Ward Street, 250-352-9876

Open 24 hours/day, closed Tues. 3-5:30pm. Short term accommodation for up to 30 days for individuals and families. Three nutritious meals, showers, phones, laundry, computers, and residential transitional support. All genders welcome, must be 19 or over.

The Aimee Beaulieu Transition House

250-354-HELP (4357)

Provides emergency shelter and confidential support for abused woman and their children.

Other Strategies

- If you are **not on welfare**, call the Ministry of Social Development at: 1-866-660-3194 after 4:30 pm. They will ask you some questions and *may* be able to put you up for a night in a local hotel.
- Check with the local churches. They may be able to give you a place to sleep for the night.
- Camping may be an option. The City Tourist Park on High St. is generally open spring to Thanksgiving - \$18/night un-serviced. Ask the Visitor Information Centre (225 Hall Street, 250-352-3433) to find out about campgrounds outside of Nelson.
- There's an informal street system too - check wherever you find groups hanging out. Think about your safety.

Kidsport

www.kidsportcanada.ca, 604-333-3434

Provides grants for low-income kids up to age 18 to participate in organized sports.

Leisure Access Program

www.rdck.bc.ca/community/recreation/nelson/programs.html, 250-354-4386

Low income individuals and families can apply for a subsidy to participate in Nelson and District Community Complex activities.

Nelson and District Youth Centre

608 Lake St, 250-352-5656, www.ndyc.com

Ages 11-30. Recreational resources, facilities and events. Indoor skateboard park, music nights, books, magazines, arts and crafts. Free or reasonably priced workshops and drop-in activities.

Nelson Municipal Library

602 Stanley St, 250-352-6333

www.library.nelsonbc.net

Offers free programs and services for children and adults. Borrow books, videos and music. Indoor pay phone, internet access and resources for legal and consumer information.

Nelson Outdoor Markets

250-354-1909 (West Kootenay EcoSociety)

Saturday Market: Cottonwood Falls Park, typically from May through October, 9:30am-3pm

Wednesday Market: On Baker St. mid-June through mid-September, 9:30am-3pm

Market Fest: Baker St. summer festival featuring local entertainment, food and vendors.

Watch for dates.

The Nelson and District Community Complex (NDCC)

305 Hall Street, 250-354-4386

Runs programs for all ages. See quarterly Leisure Activity Guide for program information. Call to find out about loonie/toonie swims and skates.

Nelson and District Seniors Coordinating Society

719 Vernon Street, 250-352-6008

Home help services including cleaning, yard work, cooking and a grocery bus run service. Referrals, help with government forms such as income tax, volunteer drivers for medical appointments. Senior's counsellor available Tues 10am-12pm (appointment needed).

Company of Older Women (Women's Centre) - 250-352-9916

Informal group of retired women. Meets the last Monday of the month and may include guest speaker or videos. By invitation, call for details.

RECREATION



Tips and Strategies

- Some sports groups will subsidize fees or equipment costs. Talk to the president or administrator of the activity you are interested in. If you're not sure who to contact, call the **Nelson and District Community Complex**: 305 Hall St, 250-354-4386.
- Take advantage of local parks and trails. Check the **Visitor Information Centre**, 225 Hall St, 250-352-3433.

Resources

ArtWalk - Nelson and District Arts Council
250-352-2402

Free summer art exhibition at venues throughout Nelson. Watch for opening nights.

Chamber of Commerce and Visitor Information Centre

www.discovernelson.com, 225 Hall St, 250-352-3433
Call to find out about community groups and special events. Maps of the area available.

Finding Permanent Housing

It can be hard to find affordable housing in Nelson. Pamphlets like "Finding a Place to Rent in Nelson" and "Guide to Trouble Free Renting" are available at The Advocacy Centre and can help you get started.

Subsidized or Low Cost Housing

Alpine Lakes Suites

Gordon Rd, 250-352-5127
Subsidized units available.

Cicada Place Youth Housing and Services

605 Lake St, 250-352-9595
ncscyouth@netidea.com

Supported low-cost housing for youth 15-24. Units available for youth participating in the independence for youth program. Call to book an intake and to get an application.

Kiwanis Project Society (Fairview)

700 Gordon Rd, 250-354-4041
Independent living for seniors 65 and over (60 years if wait list is short). Rates based on 30% of income.

The Links Housing Cooperative

402B Tower Rd, 250-352-6652
www.info@chf.bc.ca
Subsidized units available.

Nelson and District Housing Society

309-500 West Richards St, 250-352-1608
Has 3 locations with units available for seniors, families and people with mental health issues. Call for details.

Ward Street Place

567 Ward St, 250-352-2320
Low-cost rental units downtown. 19+

Other Resources

Community Outreach

Cicada Place, 605 Lake St
250-352-9595 ext 203

Support for people who are at risk of being homeless. Help finding rentals; landlord/tenant mediation; rent supplement program.

Renting Tips

- Check the local papers and bulletin boards around town.
- Check at realty companies for rental listings. Leave your contact information, along with what you are looking for.
- If you have access to the internet, check out these online bulletin boards:
www.ilovenelson.com
www.discovernelson.com
www.pennywiseads.com
www.craigslist.com
www.gyos.com
www.kijiji.ca
www.selkirkcollege.ca/students/kootenaylife/offcampushousing/listings
- Post a notice or create your own “Rental Wanted” ad - some newspapers and online bulletin boards will let you do this for free. What makes you a good tenant? What can you offer a landlord or housemate?
- Tell everyone you can think of that you are looking for a place - you never know what might come up!

Nelson & District Youth Centre

608 Lake St, 250-352-5656

www.ndyc.com

Recreational, educational and cultural programs for young people. Youth employment centre. Referral to other youth services.

SENIORS



BC Centre for Elder Advocacy Support

1-866-437-1940

Legal information and advocacy for seniors.

Elder Services Program

Nelson Mental Health

333 Victoria St, 250-505-7248

Assistance to seniors experiencing issues with depression, confusion, management problems, stress, bereavement, anxiety and isolation. Will visit home, care facility or hospital. Also offers workshops and group programs and support for caregivers. Call for more info.

Gordon Road Wellness Centre

905 Gordon Rd.

Community Care Services - 250-352-1401

Long term care, home support, home care nursing, rehabilitation.

Broader Horizons Adult Day Centre -

250-352-1444. Social/recreation programs for seniors including day trips, shopping, dancing, celebrations and games. Day rates apply.

Senior Citizens Association of BC Branch 51

717 Vernon St, 250-352-7078

Senior social group offering activities such as social events, sports and games.

Nelson Community Services

201-518 Lake St, 250-352-3504

Individual, couple, family and group counselling, parenting education, parent/teen mediation, family support services.

Nelson and District Women's Centre

420 Mill St, 250-352-9916

Tues, Wed, and Thurs, noon-4pm

Safe and friendly drop-in space for women and children. Referrals, library, free store for women and children's clothing, bag sewing project and community garden.

Nelson Waldorf School

250-352-6919

Free tuition possible for first year students.

Call to find out more.

Childcare Subsidies

Childcare subsidies are available through the Ministry of Children and Family Development. Low-income parents can receive help with some childcare costs, even if not working. Call the regional office, Kamloops 1-866-663-7867.

YOUTH

Freedom Quest Youth Addictions Services

608B Lake St, 250-352-3783

Youth addictions counselling. Prevention, day treatment, outreach support, mobile youth substance abuse management program.

Nelson Community Services

Cicada Place, 605 Lake St, 250-352-9595

Combination of housing and programs to help youth (15-30) make the transition to independent living.

Renting and the Law

The Residential Tenancy Act is the law that describes the rights and responsibilities of tenants and landlords. To find out what the law says:

- Pick up pamphlets at The Advocacy Centre (521 Vernon St) or the Government Agent's Office (310 Ward St).
- Look up the Residential Tenancy Act at the Library.
- Call the Residential Tenancy Office at 1-800-665-8779 (Kelowna) or check their website: www.rto.gov.bc.ca
- Call the Tenant Resource and Advisory Centre, 1-800-665-1185 or check their website: www.tenants.bc.ca

Note: The Act does not cover certain living situations, for example, if you are crashing on someone's couch.

WELFARE

Welfare provides financial assistance for people who have no other means of support (employment, EI, savings, assets, etc.). Call the Ministry of Social Development at 1-866-866-0800 if you have questions. Press 3, then 5 to speak with a real person.

To apply for welfare:

1. You can apply in person at the Ministry of Social Development at 566 Stanley St, by phone at 1-866-866-0800 or online at <https://www.iaselfserve.gov.bc.ca/>. The Ministry encourages online applications, but it is not required.

2. You must then schedule an eligibility interview. This is usually 3 weeks after you fill out your application. During this time you will be asked to complete an orientation session and a job search.

Important: Not everyone has to complete a 3 week work search. Check with the worker when you first apply. Even if you are required to do a search, you can ask for an immediate eligibility interview if you have an immediate need for food, shelter, medical care, heat or electricity.

3. During your eligibility interview, a worker will assess whether you qualify for welfare benefits. The Ministry will tell you what information you need to bring.

For more about welfare and your rights check:

- The Ministry of Social Development: 1-866-866-0800
- PovNet website: www.povnet.org
- The Legal Services Society website: www.lss.bc.ca
- The Advocacy Centre: 250-352-5777
- Government policy and procedures: www.gov.bc.ca/eia/

AVOIDING TROUBLE

Sometimes people can run into trouble around city bylaws. Here are some tips for avoiding trouble in Nelson:

- No one can bring dogs, ride skateboards, play drums, play street hockey or hackey sack on Baker St. There may be restrictions in other areas of the city, so keep an eye out for signs.

Second Hand Consignment Stores

Play It Again Kids

807 Baker St, 250-505-5300

Maternity wear, kid's clothes, toys and books.

Kootenay Kobbler & Silver Lining

456 Ward St, 250-352-6754

Strutters Styles

601 Front St, 250-352-2501

Sweet Repeats Clothing Shoppe

575 Baker St (downstairs), 250-354-4409

CHILDREN AND FAMILIES

Child Care Resource and Referral Program

518 Lake St, 250-352-0407

Resources and outreach to home daycare providers and caregivers. Toy lending library. Information on childcare providers and services.

Kootenay Advocacy Network -Taking Action for Special Kids (KAN-TASK)

250-352-7047

Support services for individuals with developmental disabilities and their families.

Kootenay Kids Society - The Family Place

www.kootenaykids.ca

312 Silica St, 250-352-6678

A non-profit organization for children and caregivers. Programs include Pregnancy Outreach, Life After Birth & Aboriginal Early Intervention. Call or go online to learn more.

La Leche League

Judy Banfield: 352-3521

Information, support and encouragement for breast feeding moms. Free support.

- Watch for events like free days and trash to treasure days, or post notices on local bulletin boards and websites.
- Check out Nelson and Area Freecycle, an online community for giving away or receiving free items. Go to:
<http://ca.groups.yahoo.com/group/nelsonfreecycle/>

Tips and Strategies

- Check thrift shops and garage sales. Check the papers for garage sale listings.
- Use second hand consignment stores to sell or trade clothing.
- Watch for rummage sales, barter fairs and bazaars.

Thrift Shops

I.O.D.E. Thrift Shop

670 Baker St
250-352-9915



Positive Apparel Thrift Store

721A Front St, 250-505-5444
Secondhand clothing for men, women, kids and infants. Housewares, linens, books, hardware and collectables.

Salvation Army Thrift Store

601 Vernon St, 250-352-9819

SHARE Nelson

612 Lakeside Dr, 250-352-1222
Furniture and household goods (no clothing).
Free pick-up for quality goods.

- You may have some problems if you are camping outside designated areas, or squatting.
- If the police approach you, be respectful. If you have questions about the law, ask them to clarify it for you. The police may also be a good source of information about other resources in Nelson.
- You need a license from City Hall to busk. The annual fee is \$30. A temporary permit is available for 3 days at \$5 a day. You can get more info at City Hall (101-310 Ward St. 250-352-5511) and Eddy Music (488 Baker St). Note that you might have to ask a business before busking in front.
- Dumpster diving is illegal.
- If you feel that your rights have been violated, you can make a complaint. The Advocacy Centre (521 Vernon St.) has some pamphlets that may be helpful.

GETTING AROUND

Tips and Strategies

- City buses run from Balfour to Slocan City. Fares range from \$1.50-\$3.25 Call 250-352-8201 for info or pick up a schedule at City Hall.
- HandyDART - Slocan Valley and Rural Transit fares vary from \$1.50 to \$3.50. Call 1-877-843-2877.
- Senior citizens and persons with disabilities on restricted incomes can get a subsidized bus pass. Call 1-866-866-0800.
- Hitchhiking is free, but can be dangerous. Think about safety.

- Try carpooling. Check bulletin boards or put up your own notice.
- Pick up a map of the city at the Tourist Info Office, 225 Hall St, 250-352-3433.



Other Resources

Kootenay Carshare Co-op

250-352-2033

Members can book a car for a small fee.

There is an initial deposit, but it's cheaper than owning a car.

Kootenay Rideshare

www.kootenayrideshare.com

Connect with other people who want to share a ride to places like Vancouver or Calgary, or locally between communities.

LOOKING FOR WORK



Tips and Strategies

- Check the help wanted ads in the free local papers:
The Pennywise
The Nelson Star
- Check bulletin boards like the one at the Women's Centre (420 Mill St.) or Library.
- Volunteer - it's a great way to get to know the community.

Nelson Medical Clinic

806 Vernon Street, 250-352-6611

Mon-Fri, 8:30am-5pm.

Family practice centre and walk-in clinic.

Mental Health and Addiction Services

333 Victoria St, 250-505-7248

Case workers, individual therapy, outreach, psychiatric services, support & therapy groups. Addiction counselling for individuals and groups (adult only), outreach and free acupuncture clinics.

Narcotics Anonymous

108-601 Front St, 1-800-342-7439

Nelson Options for Sexual Health Clinic

2nd Floor 333 Victoria St, 250-505-3108

Wednesday drop-in 5:30-8pm (ring buzzer).

Information and education on sexual and reproductive health care including: contraception, STD's and treatment, pregnancy testing, low-cost contraception, emergency contraception pill and referrals.

Options Facts of Life Line

Call 1-800-739-7367 for health related questions. Anonymous and open daily until 9pm.

Pregnancy Options Service

BC Women's hospital 1-888-875-3163

CLOTHING/ HOUSEHOLD



Free

- The Women's Centre (420 Mill St.) has a free store for women and children's clothing.
- Call the fire department about their winter Coats for Kids campaign - 250-352-3103.

- If you are on income assistance, you are covered for most prescriptions. If you are low-income you may be eligible for the Fair PharmaCare program. Register online www.health.gov.bc.ca/pharmacare/fpcreg.html or call 1-800-663-7100.
- If you cannot afford a certain medication, or if it's not covered, ask your doctor if they have any free samples.

Other Resources

Academy of Classical Oriental Sciences

303 Vernon St. 250-354-1984

Ask about reduced fees for people with disabilities or financial aid recipients.

Alcoholics Anonymous

717a Vernon St, 250-352-3391

ANKORS

101 Baker St. 1-800-421-AIDS or

250-505-5506, information@ankors.bc.ca

Support and advocacy for people living with HIV or AIDS, community resources, prevention and education programs, internet access, lending library, fixed and mobile needle exchange programs.

Interior Health Authority (Health Unit)

333 Victoria St, 250-505-7200

Public health nursing, nutrition program, flu vaccination clinic, tobacco reduction and enforcement, speech and language for preschoolers, public health inspector, environmental health and dental prevention program.

Kootenay Lake Medical Clinic

Chahko Mika Mall, 1140 Lakeside Dr,
250-352-4666

Mon - Fri, 9:30am-7pm Sat-Sun, 10am-3pm.
Walk-in clinic

Employment Services

Kootenay Career Development Society

203-514 Vernon St, 250-352-6200

<http://www.kcds.ca/>

Career counsellors, computers, faxing, job board, training support, work related local and long distance calling and faxing.

Service Canada Employment Insurance Office

333 Victoria St, www.servicecanada.gc.ca

Job banks and job boards. Access to other federal programs and services.

Youth Employment Resource Centre

608 Lake St, 250-352-5656 www.yerc.ca

Ages 15-30. Job postings, casual labour pool, phones, printing, free computers, resume help and job search assistance. Low cost and free workshops and training.

Computer Access

Here are some places you can use a computer to work on resumes or to get on the internet:

- **AFKO** - 723 Ward St.
Free for French speaking people.
- **BC Government Access Centre** -
310 Ward St. Free access to provincial government websites.
- **Kootenay Career Development Society** -
203-514 Vernon St, 250-352-6200
For work or school purposes only, call for appointment.
- **Nelson Youth Centre** - 608 Lake St.
Ages 15-30.
- **Nelson Municipal Library** - 602 Stanley St. With library card, use internet for one

free half hour per day (if not busy, can usually stay online longer). With no card, pay \$1 for 30 minutes.

- **Service Canada Access Centre** - 333 Victoria St. Free access to federal government websites.
- **Women's Centre** - 420 Mill St. \$1/hr Women only.

SAFETY

Emergency Numbers

24 Hour Crisis Line - 1-800-515-6999

Confidential, anonymous support; 24/7

Ambulance - 911 or 250-352-2112

Amiee Beaulieu Transition House - 250-354-HELP (4357)

For abused women and their children.

Fire - 911 or 250-352-3123

Kids Help Phone - 1-800-668-6868

Counselling and referral

Kootenay Lake Hospital - 250-352-3111

Nelson City Police Emergency - 911

RCMP Emergency - 911

VictimLink - 1-800-563-0808

Report any type of crime; 24/7

Safety Resources

Nelson Area Specialized Victim Services

The Advocacy Centre

521 Vernon St, 250-352-5777

Mon, Wed, Thurs: 9am-12pm and 1-5pm

Tues: by appointment

Information, support, short term counselling and referrals for victims of relationship violence, sexual assault/abuse, child abuse, stalking and criminal harassment.

City of Nelson Fire Department

919 Ward St. 250-352-3103

Will inspect your home for fire safety and help plan escape routes.

Police Victim Services

Provides support to victims of crime and trauma.

Nelson City Police 606 Stanley St.

250-505-5657; after hours call 250-354-3919

R.C.M.P. 1010 Second St.

250-354-5196; after hours call 250-352-2156

Safe Haven Program

If you see a Safe Haven sticker on the door or window of a business, that means it is a place where women and children who feel threatened can go and use the phone to call for help.

VictimLink Info line - 1-800-563-0808

Information, support and referrals for victims of crime. 24 hour crisis intervention, crime prevention and home security information.

Women's Outreach Services

Nelson Community Services

201-518 Lake St, 250-352-3504

Mon-Fri, 8:30am-4:30pm

Responds to the needs of adult women and their children who have experienced or are at risk of abuse. Provides supportive counselling, advocacy, safety planning, referrals and transportation/accompaniment to important appointments.



HEALTH

Tips and Strategies

- If you don't have medical coverage, contact Medical Services Plan of BC at 1-800-663-7100 or visit www.health.gov.bc.ca. They have special rates for people with low incomes. Ask for an application.