



COMMUNITY RESOURCES INFORMATION

2026

DESERT VALLEY HOSPICE SOCIETY

OSOYOOS OLIVER OKANAGAN FALLS



EMERGENCY NUMBERS

Ambulance / Fire / RCMP

9-1-1

BC Suicide Helpline

1-800-784-2433

Aboriginal Crisis Line

1-800-588-8717

Kids Help Phone

1-800-668-6868

Interior Health Crisis Line Network

1-888-353-2273

South Okanagan Women in Need Society

1-800-814-2033 (24-hour Crisis and Emergency)

NON-EMERGENCY HEALTHCARE & SUPPORTS

HealthLink BC

8-1-1 (to speak directly to a BC healthcare professional)

www.healthlinkbc.ca

BC211

2-1-1 (to speak directly with Helpline Services for food, shelter, mental health and addiction, legal, financial, senior, and newcomer matters)

COVID-19 (Coronavirus) BC Information

1-888-268-4319 (7:30am - 8pm / 7 Days a Week)

www.bccdc.ca/health-info/diseases-info/covid-19

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Note: This list was compiled as an information source only. We do not, in any way, endorse or recommend any service or business.

Please let us know if a service is no longer available, there is an error or discrepancy, or if there are services that you would like to have added.

ACTIVITY & RECREATION

Archery

Osoyoos Traditional Archery School

Coach Brock Paton: 250-485-7663

Community Centres

Oliver & District Recreation

250-498-4985 | www.oliver.ca | 6359 Park Dr., Oliver

Sonora Community Centre

250-495-6562 | recreation@osoyoos.ca | 8505 68th Ave., Osoyoos

Curling

Eastlink Curling Centre

250-498-2244 | 735 McKinney Rd., Oliver

Osoyoos Int'l Curling Club

250-495-7733 | 9501 Hummingbird Lane, Osoyoos

Golf Clubs

Fairview Mountain Golf Club

250-498-6050 | 933 Old Golf Course Rd., Oliver

Nk'Mip Canyon Desert Golf

250-498-2880 | 6891 Tucelnuit Dr., Oliver

Osoyoos Golf Club

250-495-7003 | 12300 Golf Course Dr., Osoyoos

Sonora Dunes Golf

250-495-4653 | 1300 Rancher Creek Rd., Osoyoos

Lawn Bowling

Osoyoos Lawn Bowling Club

www.osoyooslawnbowling.ca

Libraries

OK Falls Library

250-497-5886 | #101-850 Railway Ln, OK Falls

Oliver Library

250-498-2242 | www.orl.bc.ca |

Oliver Place Mall, #1400-5955 Main St., Oliver

Osoyoos Library

250-495-7637 | Sonora Community Centre, 8505 68th Ave., Osoyoos

Pickleball

Desert Pickleball Club (Osoyoos)

www.desertpickleballclub.com

Oliver Pickleball Club

oliverpickleball.ca

Seniors Centres

Okanagan Falls Seniors Centre

250-497-8199 | www.okfallsseniorscenter.ca | oldys2@outlook.com
1128 Willow St., OK Falls

Oliver Seniors Centre Society

250-498-6142 | www.oliverseniorcentre.com
oliverseniorcentre@gmail.com | 5876 Airport Rd., Oliver

Osoyoos Seniors Centre Association

250-495-6921 | www.osoyoosactivitycentre.com | osca1@telus.net
17 Park Pl., Osoyoos

ADVANCED CARE PLANNING

Advance Care Planning Canada

Information and resources for planning in the event you are unable to consent or refuse treatment

1-800-668-2785 or 613-241-3663 | www.advancecareplanning.ca
info@advancecareplanning.ca

Desert Valley Hospice Society

250-495-1590 | www.dvhs.ca | info@dvhs.ca | 22 Jonagold Place,
Osoyoos

NIDUS Personal Planning Resource Centre

Education, support, and assistance with personal planning and Representation Agreements

604-408-7414 | www.nidus.ca | info@nidus.ca

Public Guardian and Trustee of British Columbia

604-660-4444 | www.trustee.bc.ca/services

CHIROPRACTIC & NATURAL HEALTH

The Natural Family Health Clinic & Chelation Centre

Dr. Tamara Browne | 250-497-6681 | www.drtamarabrowne.ca
#8B-5350 Hwy 97, Ok Falls

Osoyoos Chiropractic Clinic

Dr. Christopher Scheuren | 250-495-5431 | 8317 68th Ave., Osoyoos

Sunshine Chiropractic & Orthotics

Dr. Brandt Leinor | 250-498-3880 | www.sunshinechiropractic.ca
Suite D, 339 Fairview Rd., Oliver

Sunshine Valley Family Chiropractic & Health

Dr. Johnny Cheong, Dr. Brittany Morris, Dr. Germaine
250-495-4810 | www.sunshinevalleychiropractic.com
#1-9145 Main St., Osoyoos

CHRONIC DISEASE MANAGEMENT

ALS Society of BC

1-800-708-3228 | www.alsbc.ca

Alzheimer Society of BC - Penticton

250-493-8182 | First Link Dementia Help Line: 1-800-936-6033

BC Arthritis

1-800-321-1433 | www.arthritis.ca | info@arthritis.ca

BC Cancer Agency

1-888-563-7773 | 250-712-3900—Kelowna | www.bccancer.bc.ca

BC Epilepsy Society

604-875-6704 | www.bcepilepsy.com | info@bcepilepsy.com

Canadian Cancer Society

1-888-939-3333 | www.cancer.ca/support

Canadian Lung Association

1-888-566-5864 | www.lung.ca | info@lung.ca

Cardiac Services BC

604-675-7400

Cerebral Palsy Association of BC

1-800-663-0004 | www.bccerebralpalsy.com

info@bccerebralpalsy.com

Chronic Disease/Pain Management Program

Free workshops

1-866-902-3767 | www.selfmanagementbc.ca

COPD - Certified Respiratory Educator

1-866-717-2673 | www.healthlinkbc.ca/health-topics/ | info@lung.ca

Diabetes & Chronic Disease Education, Dietician, and Cardiac Wellness Program

Interior Health Authority | 1-800-707-8550

Heart & Stroke Foundation - Kelowna

1-888-473-4636 | www.heartandstroke.ca

Kidney Foundation Canada - Penticton

1-800-567-8112 or 250-490-0501 | www.kidney.ca
interior@kidney.bc.ca

MS Society of Canada—Kelowna

250-762-5850 | info.okanagan@mssociety.ca

Muscular Dystrophy Canada

1-800-567-2873 or 604-732-8799 | www.muscle.ca | info@muscle.ca

Osteoporosis Canada

1-800-463-6842 | kelowna@osteoporosis.ca

Parkinson's Society BC

1-800-668-3330 | www.parkinson.bc.ca | info@parkinson.bc.ca

CLEANING, ERRANDS & YARD WORK

Better at Home

Transportation, groceries, housekeeping, yard work

Ok Falls: 250-492-5814 | info@oneskycommunity.com

Oliver: 250-498-2538 | bah@desertsun.ca

Osoyoos: 250-495-6925 | bah@desertsun.ca

Boots n Flannel Window Cleaning

250-300-0506 | [windowcleaning@bootsnflannel.com](mailto>windowcleaning@bootsnflannel.com)

C3 Industries - Osoyoos and Area

Lawns, yard clean-up, irrigation systems, tree removal, deck installation, landscape design

250-498-7775 | martin@c3-industries.ca

Just Like Family Home Care Okanagan

Personal care, companionship, home support including meals, cleaning, transportation to medical appointments, laundry

250-215-2477 | okanagan@justlikefamily.ca

Maid to Order Cleaning Services - Meredith Essler

Residential cleaning service

250-460-0281 | www.maidtoordercleaning.ca

Pane Management Window Cleaning

250-408-4336 | info@panemanagement.ca

Crooks Cleaning & Property Services - Sara Crook

250-498-2701 | crookspropertieservices@gmail.com

COUNSELLING & SUPPORT

BC Bereavement Helpline

1-877-779-2223 | www.BCBH.ca | contact@bcbh.ca

Desert Sun Counselling & Resource Centre

SOK Safehome, Women's Crisis Line, Men's Shed, Community Connector

Oliver: 250-498-2538 | 762 Fairview Rd., Oliver

www.desertsuncounselling.ca

Osoyoos: 250-495-2623 | 8701 Main St., Osoyoos

www.desertsuncounselling.ca

Desert Valley Hospice Society

Grief & bereavement support, palliative & dementia support, wellness check-in calls, Advance Care Planning, caregiver support, respite, Nav-CARE

250-495-1590 | www.dvhs.ca | info@dvhs.ca

22 Jonagold Place, Osoyoos

Joyce Steeves Counselling, MA CCC CAC

Anxiety, depression, trauma, PTSD, grief and life crises

250-689-7772 | www.joycesteeves.com | #6-8319 Main St., Osoyoos

MagiCore Counselling

250-495-0500 | www.magicore.ca | #6-8319 Main St., Osoyoos

South Okanagan Loss Society (SOLS)

Supports all those dealing with loss and life transitions

250-488-1320 | www.solspenticton.com | sols.penticton@gmail.com

DENTISTS & DENTAL HYGIENISTS

Henning Emergency Clinic of Kindness

Low-income, emergency dental care

1-778-476-2050 | www.henningkindnessclinic.ca

#101-439 Winnipeg St., Penticton

Dr. Daniel Ng

Supports Healthy Kids Program

250-498-2646 | 5980 Main St., Oliver

Oliver Dental Care - Dr. Jordan Noftle, Dr. L. Gill

250-498-2323 | info@oliverdentalcare.com | 6062 Main St., Oliver

Osoyoos Dental Centre - Dr. Puneet Brar

250-495-6144 | www.osoyoosdentalcentre.com

8524 Main St., Osoyoos

Solay Dental Hygiene - Suzanne Leinor, RDH

250-498-9138 | Unit D, 339 Fairview Rd., Oliver

Southern Okanagan Family Dental - Dr. Lance Huber

250-498-2220 | www.southernokanaganfamilydental.com

6050 Main St., Oliver

Sun Valley Dental Centre - Dr. Jason Bartsch

250-495-2393 | www.sunvalleydental.com | admin@sunvalley.com

#1-6511 Main St., Osoyoos

DENTURISTS

Community Denture Centre Ltd - Dr. L. Hack

250-498-3858 | www.communitydenturecentre.com

5888 97th St., Oliver

DOCTORS

Okanagan Falls

Okanagan Falls Medical Clinic

Dr. Andrew Robertson & Dr. Tyler Murphy

250-497-8703 | 5205 9th Ave., Okanagan Falls

Oliver

Bridgeside Medical Centre

**Dr. Ansunette de Vries, Dr. Madia Smallwood, Dr. Margaret Myslek,
Dr. Emir Sahin**

250-498-2232 | #107-291 Fairview Rd., Oliver

Family Health Clinic

Dr. Steven Evans, Dr. Kirk Dixon, Dr. Andrew Ashley, Dr. McIntyre

250-498-3418 | 6173 Kootenay St., Oliver

NK'MIP Resource Centre, Health Centre

250-498-6935 | Hours: Mon-Fri 8:30-4:30 | www.oib.ca/community/

1165 Sen Pok Chin Blvd., Oliver

Osoyoos

Desert Doctors Clinic

Dr. Pardeep Dhillon, Dr. Matthys DeVries, Dr. Garnett Tarr

250-495-6565 | 8305 78 Ave., Osoyoos

Osoyoos Medical Center

Dr. Jaco Bellingan, Dr. Lorraine Kane, Dr. Rana Yousif, Dr. Ben Warren

250-495-2661 | 7802 Spartan Dr., Osoyoos

TELEHEALTH

Telus Health My Care

www.telus.com/en/health/my-care

Download the app to see a doctor, mental health counselor or dietitian.

Consultations are covered under the BC Medical Services Plan (MSP).

Hours: Mon-Fri 8am-10pm; Sat-Sun 8am-6pm

Avee Health

604-762-0537 | Unit C - 2800 Douglas Rd, Burnaby

<https://www.avee.health>

Provides free phone appointments with licensed doctors for BC residents with a valid BC health card.

Interior Health Doctor Wait List

For people without a family physician, register with the South Okanagan Similkameen Primary Care Patient Attachment List (PAL) to access a family

To Register: 8-1-1 | www.divisionsbc.ca/south-okanagan-similkameen

EYE CARE

Apex Optometry

250-493-2552 | www.apexoptometry.ca | 462 Main St., Penticton

CNIB (Canadian National Institute for the Blind)

1-800-563-2642 or 250-763-1191 | #302-546 Leon Ave., Kelowna

Dr. Specs Optical

250-492-5550 | www.drspecsopticalpenticton.ca
#417-1301 Main St., Penticton

FYI Doctors—Osoyoos

250-495-2020 | www.fyidoctors.com | #3-6511 Main St., Osoyoos

Grapevine Optical

Oliver: 778-439-3003 | 6268 Main St., Oliver
www.grapevineoptical.ca

Osoyoos: 250-495-8980 | 8511A Main St., Osoyoos
www.grapevineoptical.ca

WalMart Vision Centre

250-490-0244 | 275 Green Ave. W., Penticton

FOOD - GROCERIES

Delivery

Better at Home

See listing under Cleaning, Errands and Yard Work

Buy-Low Foods

Oliver: 250-498-6440 | #105-5717 Main St., Oliver

Nester's Market - Osoyoos

Phone orders before noon on Mon., Tues., Thurs. & Fri. Delivery time depends on location

250-495-6818 | 8130 Main St., Osoyoos

Save-On-Foods

Osoyoos: 250-495-5355 | #3-9141 Main St., Osoyoos

Food Banks

Oliver

Wednesdays only, 9-11am. Not on Cheque Day

250-535-0566 | oliver.foodbank@gmail.com | 6047 Station Rd., Oliver

Osoyoos

Food Mesh (Surplus Food): Tues & Thurs only, pickup 10-11:30am.

Food Hamper: 2nd Thurs. of the month, pickup 5:30-7pm. Bring bags.

Register: osoyoosfoodbank@gmail.com | 250-495-6581

FOOD - MEAL SERVICES

Belich's AG Foods—Okanagan Falls

Senior's 65+ Frozen Meal Program

250-497-5630 | greystonesv@gmail.com

Better Meals

Free delivery with \$30 minimum order. Delivered Wednesdays to OK Falls, Oliver & Osoyoos. Low sodium, diabetic, pureed or full course packaged meals

1-888-838-1888 | www.bettermeals.ca | contact@bettermeals.ca

Meals On Wheels

Hot meals delivered 11:30am-1:30pm. Available Monday through Saturday

250-809-2383 (Oliver only)

Perogy Lady - Marilyn Yacishyn

Microwave dinners, perogies, cabbage rolls, borscht etc.

250-485-8792 | yakmom@gmail.com

Soupertime - Food for the Soul

October through April. Frozen soups. Monthly subscriptions available

Pickup at Oliver Eats or home delivery in Oliver (Monday)

250-408-5756 | soupertime@hotmail.com

FOOT CARE

Mary Tulk, RN

Penticton and region. Also provides insulin pump training

Osoyoos Nail Studio

Foot care for seniors at nominal fee

250-495-3505 | 8311 78 Ave, Osoyoos

Okanagan Footworx - Dawn MacRae

250-689-0156 | Oliver & Osoyoos

Bare Roots Foot Care - Jill Fai, LPN

Mobile Medical Foot Care

250-488-4823 | jill@barerootsfootcare.ca

FUNERAL HOMES & CREMATION

Credible Cremation Services Ltd

250-493-3912 | www.crediblecremation.ca

#110-1960 Barnes St., Penticton

Memorial Society of BC

1-888-816-5902 | www.memorialsocietybc.org

Kettle Valley Memorial

250-493-2929 | kettlevalleymemorial.ca

#101-1873 Main St., Penticton

Nunes-Pottinger Funeral Service & Crematorium

250-498-0167 | www.nunes-pottinger.com | 5855 Hemlock St., Oliver

Providence Funeral Homes & Cremation

250-493-1774 | www.providencefuneralhomes.com

1258 Main St., Penticton

HEARING SUPPORT

Beltone Hearing Clinic

Oliver: 250-498-4544 | 6053 Main St., Oliver

Osoyoos: 250-495-6535 | 8303 78 Ave., Osoyoos

www.beltone.ca/okanaganbeltone/

Hearing Life

Oliver: 250-498-2966 | #135-5717 Main St., Oliver

Osoyoos: 250-495-7008 | 8307 Main St., Osoyoos

www.hearinglife.ca

Sound Advice Mobile Hearing Aid Clinic

778-531-5213 | www.sahearing.ca | 700 7th Ave, Keremeos

Wavefront Centre for Communication Accessibility

Provides services to the deaf and hard of hearing

1-888-736-7391 | www.wavefrontcentre.ca

info@wavefrontcentre.ca

HOME AND COMMUNITY CARE

Home Health Central Intake (Interior Health)

Home & community services for people with acute, chronic, palliative or rehabilitative health care needs including Caregiver Support, Disability Services, End of Life Care, Home Care, Housing/Shelter, Seniors Services, Long Term Care

1-800-707-8550 | Inquiries: Press 2 | Scheduling: Press 1

Penticton Health Centre: 250-770-3434 | 740 Carmi Ave., Penticton

Oliver Health Centre: 250-498-5080 | 930 Spillway Rd., Oliver

Osoyoos Health Centre: 250-495-6433 | 4816 89th St., Osoyoos

OneSky Community Resources - Penticton

Services including seniors and housing support

General: 250-492-5814 | info@oneskycommunity.com

330 Ellis St, Penticton

Seniors: 778-736-4677 | seniors.info@oneskycommunity.com | www.oneskycommunity.com

Bayshore Home Healthcare - Kelowna & Okanagan

*Medical and non-medical homecare, therapy, and rehabilitation services
Self referrals. Direct billing to DVA*

250-717-7528 or 1-877-717-7528

Just Like Family Home Care - Penticton & Okanagan

Personal care, home support including meals, cleaning, transport to medical appointments, laundry

250-215-2477 | okanagan@justlikefamily.ca | www.justlikefamily.ca

Nurse Next Door — Penticton

Personal, respite, wound, live-in and Palliative Care

250-488-8586 | www.nursenextdoor.com

HOSPITALS

South Okanagan General Hospital (Oliver Hospital)

250-498-5000 | 911 McKinney Rd., Oliver

Penticton Regional Hospital

250-492-4000 | 550 Carmi Ave., Penticton

Kelowna General Hospital

250-862-4000 or 1-888-877-4442 | 2268 Pandosy St., Kelowna

Patient Care Quality Office (Interior Health)

Share feedback on care received to improve patient services and resolve concerns

1-877-442-2001 | PCQO@interiorhealth.ca

HOUSING

BC Housing

Subsidy for eligible BC residents over 59 who pay rent. Shelter Aide For Elderly Persons

1-800-257-7756 | 250-493-0301 (Penticton) | www.bchousing.org

BC Rent Bank

Interest-free loans to help low-to-moderate income renters struggling to pay rent and/or essential utilities

604-877-8453 | www.bcrentbank.ca | info@bcrentbank.ca

Compass House - Homeless Shelter

236-422-2449 | housing@pdscl.org | 1706/1716 Main St., Penticton

Elk's Golden Villa - Independent Living

250-495-6666 | 5 Jonagold Place, Osoyoos

Happipad

Non-profit home sharing rental program

1-888-882-5530 | www.happipad.com | customercare@happipad.com

Heritage House Assisted Living—Oliver

250-498-0622 | www.heritagehouse-al.com | 409 Salamander Ave., Oliver

Mariposa Gardens Retirement and Care Community

250-495-8124 | www.siennaliving.ca | 8816 97 St., Osoyoos

McKinney Place Residential Care Facility

250-498-5040 | 911 McKinney Rd., Oliver

Oliver Kiwanis Senior Citizens Housing Society

Subsidized housing for low income seniors

250-498-4685 | www.oliverkiwanis.org/housing.php

#200-6012 Kootenay St., Oliver

Sunnybank Retirement Centre - Interior Health Residential Care

250-498-4951 | 6553 Park Dr., Oliver

Sunshine Ridge Retirement Residence

250-495-2520 | info@sunshineridgeosoyoos.ca

www.sunshineridgeosoyoos.ca | 9107 Main St., Osoyoos

Women and Children's Shelter (South Okanagan Safe Home)

Short-term shelter and support for women and children fleeing abusive situations. 24 hours. Confidential and free - Pet-friendly

1-877-723-3911 or 250-485-7777

INDEPENDENT LIVING

Ability 411 - Technology and Equipment for Seniors

Practical information about assistive equipment such as computers, phones and mobility devices

250-721-7300 | www.ability411.ca | ability411@uvic.ca

Wellness Monitoring System from BestBuy

Designed to empower older adults to live life to the fullest, while giving caregivers peace of mind

1-866-697-4501 | www.bestbuy.ca/assuredliving

Home Adaptations for Independence (HAFI)

Financial assistance to help eligible low-income seniors and individuals living with disabilities

1-800-257-7756 | info@hafi.ca

Self Management Health Coach

Free, telephone-based program supporting adults experiencing difficulty managing their health

1-866-902-3767 | www.selfmanagementbc.ca | selfmgmt@uvic.ca

Desert Valley Hospice Society - Nav-Care

Discover how we can help you! Feel better with our support. Navigate your care. Serving Oliver, Osoyoos and Okanagan Falls

250-495-1590 | info@dvhs.ca | www.dvhs.ca

22 Jonagold Pl, Osoyoos

PALLIATIVE CARE

Client & Caregiver Support
Hospital & Facility Visits
In-home Relief Visits
Vigils

COMPANIONSHIP & SUPPORT

Dementia & Alzheimer's Support
Grief & Bereavement Support
Wellness Check-in Calls

INFORMATION & EDUCATION

Community Resource Booklet
Advance Care Planning
Nav-CARE

SUPPORTIVE CARE CENTRE

Guest Suites for Out-of-Town Family
Resource Library

DESERT VALLEY
HOSPICE SOCIETY



Discover How We Can Help You!

Feel better with our support. Navigate your care.

Call 250-495-1590

DESERT VALLEY HOSPICE SOCIETY



Or contact us via email at info@dvhs.ca

www.dvhs.ca

Serving Osoyoos, Oliver, and Okanagan Falls

LABS & BLOOD COLLECTION

South Okanagan General Hospital Lab

250-498-5000 | 911 McKinney Rd., Oliver

www.labonlinebooking.com | Hours: Mon-Fri 7:30am-2:00pm

Penticton Regional Hospital Lab

250-492-9023 550 | Carmi Ave., Penticton

www.labonlinebooking.com | Hours: Mon-Fri 7:30am-4:45pm

Valley Medical Laboratories (Operated by Dynacare)

Osoyoos: 250-495-2677 | #2-9150 Main St., Osoyoos

Hours: Mon-Fri 7:30-3:00pm | www.valleymedicallaboratories.com

Penticton: 250-493-7522 | #108-2504 Skaha Lake Rd., Penticton

Hours: Mon-Fri 7:30-4:00pm | www.valleymedicallaboratories.com

Penticton: 250-493-0715 | #302-383 Ellis St., Penticton

Hours: Mon-Fri 7:30-4:30pm | www.valleymedicallaboratories.com

LAWYERS, NOTARIES & TRUSTEES

Dewar Law Office - Janice M Dewar, LLB

Hours: 9am-5pm, Mon-Fri | 778-439-2388

jandewar@dewarlawoffice.com

#125-5717 Main St., Oliver | www.dewarlawoffice.com

Greg Litwin, Notary Public

250-770-8888 | www.greglitwin.com | 444 School Ave., Oliver

Mcleaod & Schneiderat Lawyers

www.ms-law.ca

Osoyoos: 250-495-2626 | 8145 Main St., Osoyoos

Penticton: 250-492-0907 | 474 Main St., Penticton

Public Guardian and Trustee of BC

604-660-4444 | www.trustee.bc.ca

Sage Hill Law

250-485-4960 | www.sagehilllaw.com | 6206 Main St., Oliver

MENTAL HEALTH AND ADDICTIONS

Adult Abuse Reporting Line (Interior Health)

1-844-870-4754

Robert Bateman House (Interior Health)

Adult short-term assessment and treatment, community residential programs, crisis intervention, addictions counselling, after-hours mental health support. Most services require a physician referral

250-485-0043 | Tues, Wed, Thurs 8:00am-4:30pm

538 Fairview Rd., Oliver

Mental Health Crisis Line (Interior Health)

1-888-353-2273 | Confidential, 24/7/365

Mental Health & Substance Abuse (Interior Health)

250-495-6433 | Press 1 or enter ext. 62502

Suicide Prevention Line (Interior Health)

1-800-784-2433 | Confidential, 24/7/365

VictimLinkBC

Information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence

1-800-563-0808 | www.victimlinkbc.ca

Al-Anon & AlaTeen

Crisis line: 1-800-735-7520 | Al Anon: 250-800-5566

Alcoholics Anonymous Info Line (Penticton & area)

1-800-228-5118

BC Centre for Elder Advocacy & Support - Seniors Abuse & Information Line (SAIL)

1-866-437-1940 or 604-437-1940 | www.seniorsfirstbc.ca

BC Schizophrenia Society (BCSS)

Support to families from local educators. Programs, support groups, workshops and information for families

604-270-7841 or 1-888-888-0029 | info@bcss.org | www.bcss.org

Canadian Mental Health Association

250-493-8999 | www.sos.cmha.bc.ca

Desert Valley Hospice Society

250-495-1590 | info@dvhs.ca | www.dvhs.ca

22 Jonagold Place, Osoyoos

Drug Rehab Institute

Free addiction consultation provider

1-877-909-3636 | www.infodrugrehab.com

Kelty Mental Health Resource Centre

Parent peer support for child/youth mental health, youth and adult eating disorders

1-800-665-1822 | keltycentre@cw.bc.ca | www.familysmart.ca

www.keltymentalhealth.ca

South Okanagan Similkameen Mental Wellness Centre

Peer support for clients, families and friends

250-493-7338 | www.sosmws.com

MOBILITY & INDEPENDENT LIVING EQUIPMENT

Action Orthotics and Prosthetics - Penticton

250-490-3636 | www.actionorthotics.net | info@actionorthotics.net
#128-197 Warren Ave E, Penticton

BC Health Equipment Loan Program - HELP (Red Cross)

Medical and mobility equipment loans to individuals in need. Physician, PT/OT referral required

250-498-6700 | 146 Spruce Ave., Oliver

Dycks Pharmacist Home Health Care

250-762-3333 | 1469 St. Paul Street, Kelowna

Lifeline Canada

Emergency response devices and medication dispensers

1-888-937-1971

Lighthouse Medical (SafeHip supplier)

Rehab and home health care distributor carrying SafeHip

1-866-609-6827 | www.lighthousemedicaltd.com

info@lighthousemedicaltd.com

Motion Cares

Mobility equipment for purchase, testing and rental

250-492-4435 | www.motioncares.ca | penticton@motioncares.ca

#113-78 Industrial Ave., Penticton

OKAPED Inc—Penticton

Custom orthotics, compression stockings, braces, diabetic foot care.

Appointments preferred

250-487-1468 | www.okaped.com/contact/penticton

#122-300 Riverside Dr., Penticton

Premium Mobility Products Inc

236-422-4383 | chris@pmpenticton.ca

#101-1505 Main St., Penticton

Valley Medical Supply

Home healthcare sales, service and equipment rental

Hours: 9:30am-5pm, Mon-Fri | 1-800-665-8258 or 250-492-7221

www.valleymedical.ca | #103-437 Martin St., Penticton

OXYGEN AND RESPIRATORY

Independent Respiratory Services

Sleep apnea, home oxygen therapy & snoring clinic services

Penticton & South Okanagan: 1-877-326-9013 or 250-487-7606

2504 Skaha Lake Rd., Penticton | www.irscanada.ca

Home Oxygen Program (Interior Health)

Home oxygen assessments and subsidy for eligible residents in the BC

Interior by physician referral

250-770-7576 | 250-492-4000

NON-EMERGENCY SERVICES

OK Falls Non-Emergency Numbers

Animal Control: 250-490-3801

OK Falls Fire Hall: 250-497-5700

OK Falls Community Services: 778-515-5520

RCMP Penticton: 250-492-4300

Oliver Non-Emergency Numbers

Animal Control: 250-485-6251

Oliver Fire Department: 250-498-3332

Oliver Public Works: 250-485-6213 | **After Hours Emergency:** 250-498-6335

Oliver Town Hall General Inquiries: 250-485-6200

RCMP: 250-498-3422

Osoyoos Non-Emergency Numbers

Animal Control: 250-495-6515

Osoyoos Fire Hall: 250-495-4600 | fire@osoyoos.ca

Osoyoos Public Works: 250-495-6213 | **After hours:** 250-498-7676

RCMP (Including Victim's Assistance Program): 250-495-7236

Town of Osoyoos General Inquiries: 250-495-6515 | info@osoyoos.ca

Osoyoos Community Paramedicine Initiative

*Patients are referred by their primary care physician or healthcare team.
Intended primarily for older patients with chronic conditions, fall risk, or
in need of palliative support*

cp.osoyoos@bcehs.ca | www.bcehs.ca

PALLIATIVE CARE

Canadian Virtual Hospice

Support & information about advanced illness, palliative care, loss & grief
info@virtualhospice.ca | www.virtualhospice.ca

BC Centre for Palliative Care

Resources including advance care planning
604-553-4866 | www.bc-cpc.ca/resources | office@bc-cpc.ca

Canadian Hospice Palliative Care Association

Online searchable directory of hospice palliative care services across Canada
1-800-668-2785 | www.chpca.ca/listings

BC Hospice Palliative Care Association

Support for palliative care education
1-877-410-6297 or 604-267-7024 | office@bchpca.org
www.bchpca.org

Desert Valley Hospice Society

Grief and bereavement support, palliative and dementia support, wellness check-in calls, caregiver support, Advance Care Planning, NAV-Care
250-495-1590 | info@dvhs.ca | www.dvhs.ca
22 Jonagold Place, Osoyoos

Palliative and End of Life Care (Interior Health)

Holistic approach to treating the clinical, emotional, and spiritual needs of individuals and families coping with a life-limiting illness
www.interiorhealth.ca/health-and-wellness/palliative-and-end-of-life-care

PET CARE

O'L Mother Hubbard

Pet Sitting in People's Home | 250-408-4990 | pellielyn@hotmail.com

Dog Sitting - Gail Nemes

Will dog sit in your home | 250-689-0957

Desert Valley Dog Walking - Sarah

250-801-9097 | dvdogwalking2024@gmail.com

Little Green Farm Pet Hotel

250-498-1904 | enquiry@littlegreenfarm.ca | www.littlegreenfarm.ca

Pet Sitting - Osoyoos—OK Falls & Beyond—Min & Gene

Pet sitting in your home | 250-951-7053 | mingene82@gmail.com

PHARMACIES & PRESCRIPTION SERVICES

Pharmacare for BC Residents—Health Insurance BC

Income based plan to assist BC residents to pay for eligible prescription drugs, certain medical supplies and pharmacy services

1-800-663-7100 | www.gov.bc.ca (search Pharmacare for BC Residents)

Oliver Pharmacy

Hours: Mon-Fri 9-5:30, Sat 9-3 | 250-485-4007

www.oliverpharmacy.com | #105-291 Fairview Rd., Oliver

Pharmasave

Oliver: 250-498-2830 | Hours: Mon-Fri 9am-6pm

6323 Main St., Oliver

Penticton Regional Hospital: 236-422-2771

Hours: 9:30am-5:30pm, Mon-Fri

550 Carmi St., Penticton

Okanagan Falls: 250-497-8050 | Hours: Mon-Fri 9am-5:30pm

5217 9th Ave., OK Falls

Osoyoos: 250-495-7424 | Hours: Mon-Fri 9am-5pm, Sat 9am-2pm

8301C 78 Ave., Osoyoos

Shoppers Drug Mart

Oliver: 250-498-3663 | Hours: Mon-Sun 8am-8pm

#1100-5955 Main St., Oliver

Osoyoos: 250-495-6055 | Hours: Mon-Fri 8am-6pm, Sat-Sun 9am-6pm

8305 Main St., Osoyoos

Health Canada Drug Products Database

www.canada.ca/en/health-canada/services/drugs-health-products/drug-products/drug-product-database.html

Natural and Non-Prescription Database

www.canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription.html

PHYSIOTHERAPY & MASSAGE THERAPY

Oliver Physiotherapy & IMS

250-485-7124 | www.oliverphysiotherapy.ca
oliverphysio@gmail.com
471 Fairview Rd., Oliver

Osoyoos Family Massage and Wellness

778-437-2117 | www.osoyoosmassagewellness.com
jason@osoyoosmassagewellness.com
8127 Main St., Osoyoos

Park Drive Registered Massage Therapy

250-498-5417 | Hours: 9am-5pm, Mon-Thurs
www.parkdrivemassagetherapy.com | 6467 Park Dr., Oliver

South Okanagan Physiotherapy & Active Wellness Centre

www.southokanaganphysio.com

Ok Falls: 250-498-2202 | 837 Main St., OK Falls

Oliver: 250-498-2202 | #103, 291 Fairview Rd., Oliver

Osoyoos: 250-495-2225 | 8301-A 78 Ave., Osoyoos

SENIORS SUPPORTS

Office of the Seniors Advocate of BC

Information and referrals for individuals navigating seniors services including health care, housing, income supports, community supports and transportation

1-877-952-3181 or 250-952-3181 | www.seniorsadvocatebc.ca
infor@seniorsadvocatebc.ca

Telus WISE Seniors

Free digital literacy education program
www.telus.com/en/wise/seniors

Canadian Anti-Fraud Centre

Information on fraud and identity theft, past and current scams. Online and phone reporting available

1-888-495-8501 | www.antifraudcentre-centreantifraude.ca

SERVICE GROUPS

Elks of Canada

www.elksofcanada.ca

Oliver: 250-498-3808 | #267-477 Banks Ave., Oliver

Osoyoos: 250-495-6416 | #436-8506 92 Ave., Osoyoos

Kiwanis Club of Oliver

Donations: 250-485-0242

Kiwanis Senior Housing Inquiries: 250-498-4685

www.oliverkiwanis.org

Kiwanis Saturday Market: 5992 Sawmill Rd., Oliver

Lions Club of Okanagan Falls

250-809-6027 | www.e-clubhouse.org/sites/okfalls

okfallslionsclub@gmail.com

Rotary

Oliver: 250-408-8899 | rotaryclubofoliver@gmail.com | rotaryclubofoliver.com

Osoyoos: rotaryclubosoyoos@gmail.com

Royal Canadian Legion

Oliver: 250-498-3868 | rclegion97@telus.net | 6417 Main St., Oliver

Osoyoos: 250-495-7447 | rcl173@telus.net | 8310 78 St., Osoyoos

Ok Falls: 250-497-8338 | branch227@shaw.ca

5009 Veterans Way, OK Falls

SUPPORT ASSOCIATIONS AND SERVICES

Access Centre—Penticton

Services include legal and disability advocacy, resource referral and income tax completion

www.accesscentre.org

Penticton: 250-493-6822 | support@accesscentre.org

304 Martin St, Penticton

Alzheimer Society of BC

1-888-318-1122 or 250-493-8182 | info.penticton@alzheimerbc.org

First Link Dementia Helpline (toll-free):

English: 1-800-936-6033 (Mon-Fri, 9am-8pm)

Cantonese and Mandarin: 1-833-674-5007 (Mon-Fri, 9am-4pm)

Punjabi, Hindi and Urdu: 1-833-674-5003 (Mon-Fri, 9am-4pm)

Community Living BC (CLBC) - Penticton

Support and services for adults with developmental disabilities and individuals with a diagnosis of Autism

Spectrum Disorder or Fetal Alcohol Spectrum Disorder

250-487-4436 | www.communitylivingBC.ca | 444 Ellis St, Penticton

BC Cancer

Services and support programs to help you through your cancer care.

www.bccancer.bc.ca/our-services/patient-guide/services-support

Desert Valley Hospice Society

Grief and bereavement support, palliative and dementia support, wellness check-in calls, Advance Care Planning, caregiver support, respite, Nav-CARE

250-495-1590 | info@dvhs.ca | www.dvhs.ca

22 Jonagold Place, Osoyoos

Disability Alliance of BC

1-800-663-1278 | www.disabilityalliancebc.org/contact-us-new-looking/

Family Caregivers of BC - Caregiver Support Line

Access to information, education & support that enables caregivers to feel more confident & successful in their role

1-877-520-3267 | www.familycaregiversbc.ca

OneSky Community Resources - Penticton

Provides a broad spectrum of services including seniors and housing support

General: 250-492-5814 | info@oneskycommunity.com

330 Ellis St, Penticton

Seniors: 778-736-4677 | seniors.info@oneskycommunity.com

www.oneskycommunity.com

Ministry of Social Development & Poverty Reduction

Income assistance for people unable to fully participate in the workforce.

Help for transition from income assistance to sustainable employment

Hours: Mon-Fri 7:30am-5pm. Closed Stat. Holidays | 1-800-663-7867

www.hsd.gov.bc.ca/bcea.htm

Penticton and District Hospice Society

Referral options for grief support

250-490-1107 | www.pentictonhospice.com | inquiries@pentictonhospice.com

Spinal Cord Injury BC

Offers free support for people with spinal cord injury

1-800-689-2477 or 604-324-3611 | www.sci-bc.ca | info@sci-bc.ca

Southern Okanagan Community Inclusion Society

Support & programs for adults & children with disabilities

250-498-0309 | www.soaicl.bc.ca

South Okanagan Immigrant and Community Services (SOICS)

English language training, settlement & integration services

250-492-6299 | www.soics.ca | 340 Ellis St., Penticton

South Okanagan Brain Injury Society - Penticton

Provides support to individuals and families living with the effects of acquired brain injury

250-490-0613 | www.sosbis.com

TRANSPORTATION

Disabled Parking Permits (SPARC BC)

Application forms available from SPARC, through ICBC, or your doctor

1-888-718-7794 or 604-718-7744 | www.sparc.bc.ca

permits@sparc.bc.ca

Accessible Transit

HandyDART - SOS BC Transit

Shared, accessible, door-to-door transit service for people with permanent or temporary disabilities. Registration required prior to booking

Booking/Cancellation: 1-844-442-2212, Press 2

Hours: 8:00am-4:00pm

Wheelchair Van - Better at Home

Desert Sun Counselling & Resource Centre | 250-495-6925

Bus

South Okanagan-Similkameen (SOS) BC Transit

Route 10: Naramata/Penticton | Route 20: OK Falls/Penticton

Route 30: Summerland/Penticton | Route 40: Osoyoos/Penticton

Route 50: Princeton/Penticton | Route 70: Kelowna/Penticton

1-844-442-2212 | www.bctransit.com/South-Okanagan-Similkameen/home

Mountain Man Mike's Bus Service

Eco-friendly transport between Vancouver, Kaslo & Calgary

778-382-7729 | www.mountainmanmikes.ca

info@mountainmanmikes.ca

Medical Transport

Inter-facility Transport

Non-emergency transport between major interior hospitals. Stretcher or wheelchair transport for doctor appointments, long distance, or airport transfers. Advance booking required (2-3 weeks)

1-250-860-0682 | www.inter-facilitytransport.com/ | ift@errs.org

Life Support Transport

Services include repatriation, critical care transport and medical care on commercial flights. Ground transfers from BC, AB, Sask., Washington, Oregon or California

North America: 1-855-661-2389 | International: 1-250-585-7640

www.lifesupporttransport.com |

customer.care@lifesupporttransport.com

Community Transport

Wheels of Hope - BC Cancer Society

Funded by Freemasons. Connects people needing transportation to cancer treatments with volunteer drivers

1-888-939-3333 | <https://cancer.ca>

Just Like Family Home Care - Penticton

Personal care, home support including meals, cleaning, transport to medical appointments, laundry

250-215-2477 | www.justlikefamily.ca

Desert Sun Community Lift

Transportation for seniors and vulnerable individuals with disabilities

250-485-8767 | www.desertsuncounselling.ca

Eckhardt Senior Transport—Penticton

Assists people to get to appointments or home from the hospital

778-476-1948 | www.eckhardtseniorservice.com

Taxi

Oliver Taxi: 250-498-0022 or 250-535-1122

Osoyoos Taxi: 250-495-7004

TRAVEL HEALTH SERVICES

Private providers and some family physicians administer travel vaccines and issue preventative medications. Fees for these services are not covered by BC's provincial health plan

London Drugs Travel Clinic

250-487-3340 | 211 Main St. (Cherry Lane Shopping Centre), Penticton
www.pharmacy.londondrugs.com/health-clinics/travel-clinics

VETERANS

Bureau of Pensions Advocates

National semi-independent law firm within Veterans Affairs Canada providing free legal advice and representation in reviews and appeals related to claims for disability benefits

1-877-228-2250 | 60 Nanaimo Ave. W, Penticton
www.veterans.gc.ca/eng/veterans-rights/how-to-appeal/bureau-pensions-advocates

Service Canada Centre

Canada Pension Plan, Old Age Security
1 800-662-6232 | www.servicecanada.gc.ca
386 Ellis St. Penticton

Veterans Affairs Canada

Provides support and services to current or former members of the Canadian Armed Forces, RCMP, and family members
1-877-228-2122 | www.veterans.gc.ca
60 Nanaimo Ave. W, Penticton

WOMEN'S SERVICES

Okanagan Nation Transition Emergency House

1-877-493-4909 or 250-493-4902 | #22-650 Duncan Ave., Penticton
www.onteh.org

Desert Sun Counselling and Resource Society

250-485-7777 | safehome2@desertsun.ca
www.desertsuncounselling.ca

South Okanagan Safehome

Temporary shelter and necessities for women/children who are being victimized

1-877-723-3911 | www.desertsuncounselling.ca

South Okanagan Women in Need Society (SOWIN)

24 Hour Crisis & Emergency—1-800-814-2003

Counselling & Administration Office—250-493-4366

www.sowins.com | info@sowins.com

Access Centre

See listing in Support Associations and Services Section

NOTES

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DESERT VALLEY HOSPICE SOCIETY



In Partnership With



Interior Health

Donations are
gratefully accepted
in support of this
Nav-Care service.

Desert Valley Hospice Society

22 Jonagold Place, Osoyoos BC

250-495-1590

Email: info@dvhs.ca