



Helpful Numbers

For Alcohol and Drug Detox. The Detox Centre prefers you to make the call.	Phoenix Detox Centre, Kamloops Phone: 250-374-4634
Assistance with Legal Aid and any services that are court related.	Native Court Worker, Deana Gooden Cell: 250-550-0417
Assistance for: <ul style="list-style-type: none">• Peace Bond ~ Contact RCMP• Restraining Order ~ Contact Legal Assistance• “No Contact Order” ~ Court Order	Armstrong RCMP: 250-546-3028 Lake Country RCMP: 250-766-2288
Child & Family Services and after-hours contacts:	24 hrs day phone: 1-800-663-9122 OKIB Practice Lead: Catherin Louis Phone: 250-558-8852 Email: cfslead@okanagan.org
Kuu-us Crisis Line ~ Culturally safe help from First Nations supports. Operates 24 hours a day: Adults/Elders/Youth	Phone: 1-800-588-8717
Wellbriety Healing Circles <ul style="list-style-type: none">• OKIB, Public Safety Office, Wednesdays 5:30 to 7:30 p.m. Support to navigate the justice system and facilitates healing circles/workshops	Contact Mike Ochoa, Justice Worker Cell: 250-309-0353
Individual Counselling and supports <ul style="list-style-type: none">• Addictions• Trauma• Grieving	Contact Linda Williams, Syilx Liaison Cell: 250-308-6662

“If You See Something ~ Say Something”

We endeavour to provide a safe space