

NOTES:

Osoyoos Family Directory

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www.communitiesforkids.ca

Promoting optimum health and development of
children from conception to age six in the
South Okanagan and Similkameen

www.communitiesforkids.ca

Enquiry BC (M-F 7:30am-5:00pm) contact any
BC Ministry office at no charge 1-800-663-7867

MEDICAL AND HEALTH SERVICES:

Oliver Hospital 250-498-5000
Penticton Hospital 250-492-4000
Ambulance Service (non-emergency) 250-495-2147
Osoyoos Medical Laboratory 250-495-2677
Osoyoos Medical Centre 250-495-2661
Osoyoos Desert Doctors Clinic 250-495-6565
Osoyoos Physiotherapy 250-495-2225
Inkameep Health Services 250-498-6935
Public Health Office 250-495-6433
Immunizations, Prenatal Classes,
Home Visits for New Moms,
Postpartum Depression Support,
Health issues, Referrals.
Nobodies Perfect – Six Week Program
Baby Talk – First Time Mom’s Program
Mother Goose Program – Story Telling
Call for Info & Dates of Programs
Speech-Language Services 250-498-5074

Mental Health Intake 250-487-4422

First Aid: Training for parents
Red Cross Child Safe **1-800-661-3308**
St. John Ambulance 250-492-4909

Poison Control Centre 1-800-567-8911
Medical Services Plan 1-800-663-7100

- Health insurance

Pharmacare 1-800-554-0250

KIDS HELP PHONE 1-800-668-6868

Help Line for Children 250-310-1234

Parents Support Services Society of BC
main office 1-800-665-6880

Breast Feeding:
Mother to Mother, Support & Information
contact Denise Mend 250-496-5857

Food & Nutrition:
Dial-a-Dietitian 1-800-667-3438

DEVELOPMENT AND SUPPORT SERVICES:

O.S.N.S. Child Development Centre 250-492-0295
Special Needs Services/Speech Pathology

BC Nurse Line 1-866-215-4700
- 24 hours, 130 languages

Ministry of Children & Family Development
- Family support and child protection
34630-95th Street Oliver 250-485-6001

Community Living B.C. 250-770-7475
*for children with mental challenges

Infant Development Program
*services for children 0-3 who are at risk or
have developmental delay

Karen Brough 1-877-493-0512

Childcare Subsidy 1-888-338-6622

Foster Parents Association
www.fostercare.org 1-800-663-9999

Osoyoos Indian Band
Inkameep Health Services 250-498-6935
Inkameep Pre-School Day Care 250-498-3010

Emergency Shelter/Transition House
S.O. Woman In Need Society 250-493-7233
Penticton Transition House 1-800-814-2033
Crisis Line (call collect) 250-493-6622

S.O.Victims Assistance.Society 1-888-493-5355

Family Maintenance Enforcement 1-800-663-3933

Okanagan Boys & Girls Club 250-498-8844
*Children’s Programs, Parenting Wisely Courses,
Child & Youth Counselling, Crisis Intervention

OTHER SERVICES:

Osoyoos Library 250-495-7637
*Storytime for children 3-5 years – Thurs 10am–11am
*Summer Reading Club ages 5 and up
*Free internet

Coats for Kids 250-498-4526

Vital Statistics Agency (Kelowna)
contact www.vs.gov.bc.ca or 250-712-7562
*Birth certificates

**DID YOU KNOW? 85% of
the brain develops between
the ages of 0 and 3**

LEGAL SERVICES:

Osoyoos RCMP Victim Services Unit
Main line 250-495-2561
 VictimLINK 24 hrs 1-800-563-0808
 Children Who Witness Abuse Program
 Ages 5-18..... 250-498-2538

Office for Children & Youth:
 Child & Youth advocacy 1-800-476-3933
 Ombudsman 1-800-567-3247

Dial-A-Law 1-800-565-5297
 - English, Punjabi, Chinese

Tenant Rights 1-800-665-1185

Important Numbers

Police 250-495-7236
 Fire 250-495-7622
 Emergency 911
 Emergency Contacts:

Doctor's office _____
 Babysitter _____
 Babysitter _____

***Please Note: Phone Numbers &
Services can change at any time
Updated March 2009***

Check our website

www.communitiesforkids.ca

click on **Communités** ↗ **Map Resources**
 ↗ to find more resources in Osoyoos

RECREATION:

Sun Bowl Arena 250-495-7919
Sonora Community Centre 250-495-6562

Parents & Tots (ages 0-4)
 Tues.& Thurs. 9:30 ~ 11:30
 (\$2.50 1st child, each additional child \$1)

Bowling at Kobau Lanes 250-495-6112

Hockey 250-495-3206

(South Okanagan Minor Hockey)

Soccer
 (Community) 250-495-6562

Rattlesnake Canyon 250-495-3544
 **Open May to Sept

Swimming 250-495-4311
 Swimkids Program (RedCross) 3-6yrs
 Swimkids for Parents & Tots (3mths +)

Osoyoos Desert Model Railroad 250-495-6842
www.osoyoosrailroad.com

Public Swimming – call for hours
 Best Western Sunrise Inn 250-495-4000
 Holiday Inn (Oct-Apr) 250-495-7223
 Adriatic Motel 250-495-3250

NK'MIP Desert & Heritage Centre
 contact www.nkmipdesert.com or 250-495-8555

Mt. Baldy (Skiing)
 contact www.skibaldy.com or 250-498-4086

TRANSPORTATION:

Greyhound Bus:
 Depot at Tourist Info Centre 250-495-6443

South Okanagan Transit
 Main line 250-495-8054

Osoyoos Taxi
 Main line 250-495-7004

COUNSELLING SERVICES:

Desert Sun Counselling 250-498-2538
 Community Action Program for Children (C.A.P.C).
 Women & Children's Counselling 250-498-2538
 Safe Home (up to 48 hours) 1-877-723-3911

CHILD CARE SERVICES:

Child Care Resource & Referral

Penticton 1-800-775-6560

Supported Child Development Program

*assistance for children in child care facilities who need extra support 250-492-5864

Fetal Alcohol Spectrum Disorder (FASD)

Information & Referral 250-492-2303

Child Care Licensed Facilities (Osoyoos)

Angel Academy 250-495-4772

Inkameep Pre-School Day Care 250-498-3010

Osoyoos Child Care Centre 250-495-5020

*Childminding, Group Daycare over 30 months

*Out of School Care

Tammy's Family Day Care 250-495-4772

EDUCATION:

Kindergarten

-for children who will be 5 years old by Dec.31st

Osoyoos Elementary 250-495-7248

Sen Pok Chin 250-498-2019

Good Shepherd Christian School 250-495-3549

Home School Outreach DL 250-498-4597

Osoyoos Elementary Early Learning Centre

- free school based early learning program for children ages 0-6

contact Starla Braithwaite 250-485-7018

DENTAL & OPTICAL SERVICES:

Dentistry in Osoyoos:

Dr. David Jenkins 250-495-7221

Dr. Jason Bartsch 250-495-2393

Drs. Singleton/Stinson 250-495-6144

Optometry in Osoyoos:

Waterfront Eye Care Centre 250-495-5665

CULTURAL SERVICES:

South Okanagan Immigrant & Community Services 250-492-6299

*English-as-Second Language classes for adults, Nobody's Perfect

Okanagan College: ESL classes for adults/parents

*English as a second Language Settlement Assistance Program 1-866-510-8899 Ext.3244

South Okanagan Community Literacy Program

Contact Mary Kiviste 1-866-510-8899 Ext.3244

*Provides reading & writing up-grading skills for adults/parents/volunteer tutors

FAITH SERVICES:

Bhavsagar Sikh Temple 250-498-6677
Gurmat Spring Camp ages 5+

The Gathering Place 250-495-0651
Sonora Community Center: Sunday School ages 3+

Grace Lutheran Church
6 Finch Crescent 250-495-2727
*Sunday school ages 3+ @ 10:30am

Osoyoos Baptist Church
8506 92nd Avenue 250-495-6581
*Kids Club – ages 6+ on Thurs. 6:30pm
*Sunday School @ 10:30am
*Family Movie Night (phone for date and time)

Osoyoos Christian Centre
42 Finch Crescent..... 250-495-2550
*Kidzone – Sun. 10:30 am

St. Anne's Catholic Church
7610 87th Street 250-495-3394
*Sunday School @ 10:30am
*Catechism Wed. & Thurs. evenings

United Church of Canada
7814 Spartan Drive 250-495-2001
*Sunday School Service@ 10:00am
*Rainbow Club (5-12 yrs) on Wed. 4:00pm
-Snack, Stories & Crafts (free); **pickup available from school**

**Parents are a
child's first teachers.**