

A Physician's Guide

to finding community resources for young patients in Penticton, Summerland and area

CARE NEEDED...

...LOCAL RESOURCES

**Age 3 – 12, mild to moderate
behaviour issues**

www.confidentparents.ca Parental coaching via phone including evening and weekends; Doctor referral required

**ADHD and mild to moderate
anxiety and depression support**

Refer for local counselling, and parent support. Low barrier, no cost, short (if any) waitlist

**INTEGRATED FAMILY DEVELOPMENT PROGRAM
FOR CHILDREN, YOUTH AND CAREGIVERS**

Facilitates counselling, support, parent education, conflict resolution, and community connections for children, youth and families
250-492-5814 330 Ellis Street, Penticton

MENTAL WELLNESS CENTRE

Education and caring support for families affected by mental illness
250-493-7338 118-246 Martin St., Penticton

Local Counselling for CYMHSU

Referrals and self-referrals accepted, no cost, short or no waitlist

PATHWAYS

Services for youth involved in substance use and their parents/caregivers
250-492-0400 1 – 996 Main St., Penticton

YES! Youth Engagement Worker

One-on-one support with flexible hours 250-462-6704

SOSLetstalk.ca

Online community resource directory

BounceBackOnline.ca

(ages 15+) Free self-referral for CBT program to help with symptoms of mild to moderate depression and anxiety; BounceBack Telephone Coaching: physician referral required for 4-6 sessions by phone or video conference

**Age 0-19, any medical behavioral
disorder that seems to meet DSM,
KADS, CFA, SCARED, TeFA, TASR
criteria:**

- depression
- anxiety
- obsessive/perfectionist
- school refusal, shyness that interferes with functioning
- early psychosis, bipolar symptoms
- post traumatic stress
- gender identity/orientation issues
- oppositional defiant
- any DSM disorder

Can be longer waitlist

Can refer to these resources simultaneously, due to differing wait times

CHILD & YOUTH MENTAL HEALTH (MCFD)

Walk-in, self-referral required.
Tues., Wed., & Thurs., 1:00-3:00pm
351-740 Carmi Ave., Penticton
Phone 250-487-4422 to speak to the Team Lead about complex circumstances, including barriers to access. Gateway to services like ARC, CY Psychiatry.

**Family Support/Counselling and
Facilitation**

Penticton and District Community Resources Society

www.SOSLetstalk.ca 250-492-5814 330 Ellis St., Penticton

FASD Key Worker

250-492-5814 referral and self-referral

Grief Counsellor:

Susan Kast
250-490-1107

IH Eating Disorder Clinic

250-870-5774 (Kelowna)
Doctor referral required

A Physician's Guide

Community Resource Contacts in Penticton, Summerland and area

ABORIGINAL SPECIFIC RESOURCES

Penticton Indian Band Health Centre Lynn Kruger (Health Programs Manager) 250-493-7799
Friendship Centre (counselling) clinician@friendshipcentre.ca or 250-328-8534 Youth Crisis Hotline 1-877-209-1266
Residential Survivor Support Services 1-866-925-4419 KUU-US Crisis Services 1-800-588-8717

SCHOOL COUNSELLORS

Elementary Schools (Contact School Principal)

Carmi Elementary 250-770-7697 Dave Ritchie
Columbia Elementary 250-770-7676 Lloyd Lindsay
Giants Head Elementary 250-770-7671 Kelly Jones
Kaleden Elementary 250-770-7692 Nancy Lomax
Naramata Elementary 250-770-7688 Jan Ramsay

Parkway Elementary 250-770-7686 Todd Lindsay
Queen's Park Elementary 250-770-7680 Jacquie Hicks
Uplands Elementary 250-770-7678 Lisa Edwards
Trout Creek Elementary 250-770-7665 Heather Rose
West Bench Elementary 250-770-7698 Darryl Tenisci
Wiltse Elementary 250-770-7694 Cathy Bowles

Middle Schools (Contact the on-site school counsellor)

KVR Middle School Nick Korvin 250-770-7600
Skaha Lake Middle School TBA 250-770-7674
Summerland Middle School Cheryl Hope 250-770-7685

Secondary Schools

Penticton Secondary (Counsellors are assigned to students by last name)

(Students with last names A -G) Robyn Richter 250-770-7750 ext. 6477
(Students with last names H-O) Karen Boyd 250-770-7750 ext. 6251
(Students with last names P-Z) Michelle Glibbery 250-770-7750 ext. 6404
(Hockey Program) Dave Nackoney 250-770-7750 ext. 6374

Princess Margaret Secondary (Counsellors are assigned to students by last name)

(Students with last names A -K) Tracy Sorensen 250-770-7620 ext. 6509
(Students with last names L-Z) Sam Wingham 250-770-7620 ext. 6105
(PDCRS Youth and Family Worker, AIM program) Teresa MacDonald 250-770-7620 ext. 6445

Summerland Secondary 250-770-7650

Brad Russill and Kim Wise

Other (Contact school principals)

ConnectEd (Grades 1 - 12) 250-770-7718 Al Beckingham
Concordia Lutheran School 250-492-5902 Andrea Garriot
Holy Cross Elementary School 250-492-4480 Shawn Campbell
Outma Squil'x Cultural School 250 493 2421 Derek Smith
Penticton Christian School 250-493-5233 Karl Boehmer
Ecole Entre-Lacs 250-770-7691 Lorraine Vaillancourt

MCFD CLINICIANS

Team Lead Jason MacKenzie CYMH 351 – 740 Carmi Ave, Penticton
Phone: 250-487-4426 (direct line) Cell: 250-486-3356