



(250) 675 2167

Lyndsay Lazzarotto and Theresa Walters, Nurse Practitioners
Monday – Friday, 9:00am to 4:00pm

Our mission:

*To facilitate the delivery of primary health care to the residents of Sorrento
and area*

RESOURCE DIRECTORY

Contents

1. **Home Support/Community Care**
2. **Medical Services – Doctors, Nurse Practitioners**
3. **Medical Services – Other**
4. **Mental Health**
5. **Nutrition**
6. **Support Groups**
7. **Transportation**
8. **Wellness**

1. Home Support/Community Care

- Better at Home Program (250) 253 2749
- Copper Island Care (250) 515 1381
- Interior Health Community Care Services (250) 832 6643
- SAFE Society/Transition House (250) 832 9616

2. Medical Services – Doctors, Nurse Practitioners

- Chase Medical Clinic (250) 679 1420
- North Shuswap Health Centre (250) 955 0660
- Sorrento and Area Health Centre (250) 675 2167

3. Medical Services – Other

Chiropractor/Massage

- Sorrento Chiropractic Wellness Centre (250) 675 0063

Dentist

- Sorrento Dental Clinic (250) 675 5195

Foot care

- Copper Island Health & Wellness Centre (250) 675 3661
- Shuswap Soles – Vanna King (250) 574 9969

Hearing

- HearingLife Sorrento (Wednesdays) (250) 675 2202
- HearingLife Salmon Arm (250) 832 3530

Lifeline

- IHA Lifeline Emergency Response Program (250) 558 1334

Mammogram Screening

1 800 663 9203

Medical Labs

- Copper Island Health & Wellness Centre (250) 675 3661
- Chase Health Centre (250) 679 3312
- North Shuswap Health Centre (250) 955 0660

Medical Equipment

- Canadian Red Cross (loan program) (250) 832 6553
- Lakeside Medical Supplies (250) 832 2431
- Linda (equipment by donation) (250) 675 2568

- Munro's Sorrento Prescriptions (250) 675 4411

Physiotherapy

- Little Shuswap Physiotherapy (250) 679 8066

Prescriptions

- Munro's Sorrento Prescriptions (250) 675 4411

Public Health

- Salmon Arm Health Centre (250) 833 4100

4. Mental Health

- Mental Health Support Line 310 6789
- Salmon Arm Mental Health Services (250) 833 4100
 - Mental Health Intake Adults (250) 833 4102
 - Mental Health Intake Children (250) 833 1719
 - Substance Use Intake (250) 833 4103

5. Nutrition

- Better Meals (provides frozen meals) 1 888 838 1888
- Sorrento Food Bank (250) 253 3663

6. Support Groups

- Alcoholics Anonymous
 - Our Lady of the Lake Catholic Church (250) 832 3021
2740 Fairway Hill Rd., Blind Bay
Saturday 10:00 am
 - Sorrento Drop-In Society (250) 675 5358
1148 Passchendaele Rd., Sorrento
Monday 7:00pm
- North & South Shuswap Community Resources (250) 515 4682
 - Programs for children and families
- SAFE Society (250) 832 9616
 - Support for women and children
- Seniors First BC 1 866 437 1940
 - Seniors Abuse and Information Line

- Seniors Resource Centre (250) 832 7000
 - Caregivers Support Group
- Shuswap Hospice Society (250) 832 7099
 - Care for the dying and bereaved

7. Transportation

- Shuswap Transit System and Handydart Bus (250) 832 0191
 - Sorrento to Salmon Arm on Thursdays
- South Shuswap Rides (250) 463 4341
 - Transportation service
 - Book 24 hours in advance

8. Wellness

- Cedar Heights Community Centre (250) 675 3841
 - Fitness program: Call Sharon
- Chase Tai Chi: Call Judy (250) 679 5425
- Gratitude Yoga (250) 517 8747



And always have your address handy by the phone