





# SERVICES FOR SPECIFIC GROUPS: WOMEN, SENIORS, CHILDREN & YOUTH, 2SLGBTQ+

## Women Services

- South Okanagan Women in Need Society (SOWINS), 1027 Westminster Ave W, Penticton; +1 800-814-2033; <https://sowins.com>

“Elders play an integral role in First Nation communities, especially in terms of preserving language and cultural traditions. Elders often provide an opening prayer at meetings, and educate those present with their wisdom on issues. Our elders taught us that we have two ears and one month for a reason: we should listen twice as much as we speak. It is considered very disrespectful to interrupt a person when they are speaking.” (Syilx. The Indigenous Peoples of this Land... by Okanagan Nation Alliance)

“Elders of families took roles and responsibilities to choose for the best interest of all, as the basis to delegate work. It was a system designed to help one another to share, not for power. Elders offered counselling and provided guidance to the people. Elders in the family disciplined the children, not the parents. Grandfathers passed on the history in family clans, ensuring essential teaching hours after midnight into before dawn. The oldest woman in the family clans was the main boss of the family and had the final say. She ultimately was the law in living form.” (Penticton Indian Band Comprehensive Community Plan 2009-2013)

## Seniors’ Services

- Lower Similkameen Community Services Society; 250-499-2352, <https://www.lscss.com>
- South Okanagan Seniors Wellness Society; 1-877-364-2345, [www.seniorswellnesssociety.com](http://www.seniorswellnesssociety.com)
- OneSky Community Resources, 330 Ellis Street, Penticton; 250-492-5814, <http://oneskycommunity.com>
- Okanagan Falls Senior’s Activity Centre, 1128 Willow St., Penticton; 250-497-8199 1128
- Osoyoos Seniors Centre Association, 17 Park Pl., Penticton; 250-495-6925
- Penticton Seniors’ Drop-in Centre Society, 2965 S Main St, Penticton; 250-493-2111, [www.pentictonseniors.org](http://www.pentictonseniors.org)
- South Okanagan RECOPE Society (need a referral from family doctor), Summerland; 250-494-9006, [www.recope.ca](http://www.recope.ca)
- Princeton Senior Citizens Drop-in Centre Society; 162 Angela Ave; 250-295-7515

## Children & Youth Services

### Literacy/Tutoring:

- Lower Similkameen Community Services Society; 250-499-2352, <https://www.lscss.com>

### Early Childhood Education:

- Lower Similkameen Community Services Society; 250-499-2352, <https://www.lscss.com>

**Youth Centre & Health Services:**

- 201 Main Street, Penticton; 778-646-2292, <https://foundrybc.ca/penticton>

**Queen’s Park YMCA Child Care**

- 630 Birch Avenue, Penticton; 250-491-8678, [childcare@ymcaokanagan.ca](mailto:childcare@ymcaokanagan.ca)

**Childcare Options:**

- <https://oneskycommunity.com/early-childhood/childcare>
- The Osoyoos Child Care Centre, 6609 89th St, Osoyoos; 250-495-5021

**Private Daycare/baby-sitting services:**

- <https://www.care.com/en-ca/profiles/child-care/penticton>

**Children with Special Needs:**

- Okanagan Similkameen Neurology Society; 250-492-0295, [www.osns.org](http://www.osns.org)
- Penticton Centre for Exceptional Learning; 236-422-0207, [www.pentictonexcel.com](http://www.pentictonexcel.com)

**After School Activities:**

- Okanagan Boys & Girls Club; 250-493-0512, [www.boysandgirlsclubs.ca](http://www.boysandgirlsclubs.ca)

**2SLGBTQ+ SERVICES**

- OASIS - Okanagan College Safe Space for Gender Equality and Sexuality, Centre of Excellence, 583 Duncan Ave. West, Room PC 213, Penticton; 250-492-4305 ext. 3313, [OASIS.Penticton@gmail.com](mailto:OASIS.Penticton@gmail.com)
- Radar at the Foundry - safe space for LGBTQ2S youth (ages 12-18) to meet, be active, build relationships, and understand themselves. 501 Main St., Penticton; 250-488-0992
- South Okanagan Similkameen Pride; [www.mysospride.ca](http://www.mysospride.ca); [info@mysospride.ca](mailto:info@mysospride.ca)

“Children are the heart of our community. They have always been taught the necessary skills, and the Syilx laws they needed to learn in order to survive. They are taught skills such as: fishing, hunting, tanning hides and making baskets, songs, stories, dances and prayers. They are taught that every living thing has a right to be a part of our lives and our community—even if its role isn’t easily understood. They are taught to respect life and all of creation and that disrespect would lead to certain consequences. Children are not forcibly taught or punished for not understanding. They are taught with patience and only what the teacher thought they needed to learn or were ready for. Harshness was not a method used in teaching children. Learning has always been made to be very easy at first and gradually becoming harder, and only as much as the child could understand. Therefore, when the children became ready to do the harder things they did so without fear or anxiety.”  
(Penticton Indian Band Comprehensive Community Plan 2009-2013)