

Advocacy

An advocate is someone who will help you try to access the programs, services, and assistance you need when you have difficulty helping yourself.

Some common things that advocates help with

- | | |
|---------------|--------------------|
| Debt | Childcare |
| Health | Affordable Housing |
| Abuse | Employment |
| Legal Trouble | Transportation |
| Education | |



Often, you can benefit from programs and services designed to help you with your problems, but sometimes they can be:

- **Complicated to apply for**
- **Unfair**
- **Hard to find**

An advocate understands this, knows the system, and does their best to make the process of finding help easier for you. Advocates are very knowledgeable, so they are a good place to start when you need to find a solution to your problem.

Where to start

Here are a few of the organizations in Kamloops that provide advocacy:

Elizabeth Fry Society (housing, poverty, legal troubles) 1.877.374.2119

ASK Wellness (health, housing) 1.800.661.7541

Seniors Outreach Society (Seniors Issues) 250.828.0600

Childcare Resource and Referral (childcare) 250.372.7791

And here are some **hotlines** you can call for free advice on various topics:

Rights and entitlements for people with disabilities: **1.800.663.1278** (Advocacy Access Program)

Legal Problems: **1.888.685.6222** (Community Assistance Legal Society) or 1-800-565-5297 (Dial-a-Law)

Credit/Debt Problems: **1.888.527.8999** (Credit Counseling Society of BC)

Unfair treatment by the BC Government: **1.800.567.3247** (Provincial Ombudsperson)

Health: **1.888.353.2273** (Interior Health Crisis Line)