

Finance



Where to start

Learn what programs exist, act as your own advocate, or find someone to help you!

Call **1-866-866-0800** for info about ministry programs. Or, visit <http://www.hsd.gov.bc.ca/programs>

Many people struggle to support themselves and their families because basic living costs are so expensive. No one should be ashamed of this. Money problems can affect anyone, which is why our government provides programs like income assistance to help citizens with their financial challenges.

Be prepared for a what may be a slow or frustrating process. If you need special assistance you may want help from one of the local non-profit housing advocates. The application for BC Ministry of Social Development programs is long and can be complicated. Even if you qualify for a program, there will be a waiting period to receive funding.

Here are three places you can find an advocate in Kamloops to help you obtain financial assistance:

ASK Wellness

433 Tranquille Road;
1.800.661.7541

Elizabeth Fry Society

827 Seymour Street;
1.877.374.2119

Canadian Mental Health Association
270 3rd Ave.
250.374.0440

services available

For programs and services in the Kamloops region, a great place to extend your search is www.accesskamloops.org using their search directory.

Here are some other services you should know about:

Credit Counselling: If you have debts that are causing you anxiety and you need advice and support, the Credit Counselling Society of BC is a free and confidential service.
1-888-527-8999.



Managing your Finances: a seven-step booklet on money management is available by calling the Credit Counselling Society of BC: 1-888-527-8999.

No Fee Banking: check out nofeebanking.ca to compare the no-fee banking options offered by different banks and financial institutions in Canada



Poverty Law Advocacy: If you have legal problems related to debt, income assistance, financial benefits, or a dispute with your landlord, call the Elizabeth Fry Society to make an appointment with someone who can give you free advice: 250.314.1900 ext. 202

Kamloops Family Rent Bank: The Rent Bank gives out small, low interest loans to keep people in their housing, or to keep utilities on. You can contact the rent bank at the Kamloops & District Elizabeth Fry Society tel. 250.374.2119.

