

## HEALTH SERVICES—NON EMERGENCY

**VERNON URGENT PRIMARY CARE CLINIC (UPCC)**  
Provides primary (medical) care from 9:30-am-20:30 pm,  
7 days a week #101, 3105 28 Ave. 250-541-1097

### OPTIONS FOR SEXUAL HEALTH CLINIC

Vernon Health Centre 1440 14<sup>th</sup> Ave. 250-241-3154  
Birth control, pregnancy & STD testing, sexual health  
education & counselling; \$5 yearly clinic fee; female  
doctors & nurses Hours: Tues. & Thurs. 6pm-11pm

## INDIGENOUS COMMUNITY SUPPORTS

**NORTH OKANAGAN FRIENDSHIP CENTRE SOCIETY**  
Call 250-542-1247  
[vernonfirstnationsfriendshipcentre.com](http://vernonfirstnationsfriendshipcentre.com)

### OKANAGAN INDIAN BAND MENTAL HEALTH & WELLNESS INTAKE

**Wellness Hub**  
Addictions counselling, treatment applications, mental  
wellness counselling  
Contact Mental Health and Wellness Referral Line at  
[okib.ca](http://okib.ca) 250-241-4741

### NATIVE COURTWORKER AND COUNSELLING ASSOCIATION OF BC.

Support to indigenous people (Inuit, Metis, First Nations)  
Referrals to community supports, counselling, and  
navigating through the **criminal** justice system. Help with  
legal aid applications and those who do not qualify.  
778-375-3292 or 1-866-221-5731

### VERNON NATIVE HOUSING SOCIETY

Tues-Fri 8:30am-4:30pm 250-542-2834  
4305 19<sup>th</sup> Avenue  
[vernonnativehousing.ca](http://vernonnativehousing.ca)

### VERNON & DISTRICT METIS ASSOCIATION 2908 30Ave

778-475-0823  
Tues. 9:00 am - 2:00pm  
Thurs. 11:00 am - 4:00 pm  
Fri. 10:00am - 3:00pm

## GROCERIES

**Salvation Army Food Bank - Call ahead**  
3303 32nd Avenue 250- 549-4111

## HOUSING

**BC HOUSING**  
Subsidized Housing Listings 1-800-834-7149  
[bchousing.org](http://bchousing.org)

**HOMELESS PREVENTION PROGRAM** for people who are  
about to lose their housing. By appt only at 2800 33rd St.  
250-241-5811 or 250-241-7583

**HOMELESS OUTREACH PROGRAM** for people who are home-  
less & need housing & some case-management  
250-503-7317

### CMHA (NORTH OKANAGAN RENT BANK )

Call 250-309-7551 Provides renters interest-free, short term  
loans for rent and essential utilities  
**CMHA (AFFORDABLE HOUSING)**  
Call 250-542-3114 (ext. 214) for info on how to apply.

### VERNON NATIVE HOUSING SOCIETY

Housing Society for Aboriginal and Non-aboriginal  
individuals & families Tues-Fri 8:30a m-4:30pm 250-542-2834

### KEKULI CENTRE (FRIENDSHIP CENTRE)

Youth housing ages 19—29 Call 250- 542-1264

### PIERS

Provide services that prevent homelessness to those at risk of  
losing housing . Mon-Fri 9-4pm 236-426-383

## FINANCIAL SUPPORTS

### MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION

Mon-Fri 9am-4pm (closed 12pm-1pm)  
2820 28<sup>th</sup> Street  
[myselfserve.gov.bc.ca/](http://myselfserve.gov.bc.ca/) 1-866-866-0800  
Emergency after 4:30pm 1-866-660-3194

### SERVICE CANADA EMPLOYMENT INSURANCE

Call In 1-800-206-7218  
3101 32<sup>nd</sup> Avenue TTY: 1-800-529-3742

## 24/7 HEALTH SUPPORTS

**HEALTHLINK BC NURSE HOTLINE** 811  
[healthlinkbc.ca](http://healthlinkbc.ca) TTY 711  
Confidential access to a registered nurse

**VERNON JUBILEE HOSPITAL** 911 for Emergency  
2101 32<sup>nd</sup> Street

**HOPE OUTREACH** 250-258-7879  
**SUICIDE CRISIS HELPLINE CALL OR TEXT** 988

## LEGAL SUPPORTS

### OKANAGAN ADVOCACY & RESOURCE SOCIETY (OARS)

**The Legal Advocate**  
#105-3402 27Ave (People Place) 778-475-0808  
Call to make an appointment

**Legal Aid BC -Vernon Community Partner** 778-212-3259

- Get free legal information;
- Call legal aid; find your nearest legal aid location;
- Get legal help online; connect with people who can help.

**ACCESS PRO BONO** — free legal advice

### Summary Advice Client Line

Website: [accessprobono.ca/our-programs/summary-advice-program](http://accessprobono.ca/our-programs/summary-advice-program)

Phone: 604-878-7400

Toll Free: 877-762-6664

Online Triage Form: [accessprobono.ca/get-legal-help](http://accessprobono.ca/get-legal-help)

### Lawyer Referral Service

Website: [lrsbc.org](http://lrsbc.org)

Phone: 604-687-3221

### Everyone Legal Clinic

Website: [everyonelegal.ca](http://everyonelegal.ca)

Phone: 778-200-4478

Online Booking Link: [everyonelegal.ca/get-legal-help](http://everyonelegal.ca/get-legal-help)

### RISE WOMEN'S LEGAL CENTRE

Email: [info@womenslegalcentre.ca](mailto:info@womenslegalcentre.ca) 236-317-9000

Will conduct phone, email, videoconference consultations  
but unable to represent clients outside of Vancouver  
[Womenslegalcentre.ca](http://Womenslegalcentre.ca)

## EMPLOYMENT

### WORKBC NORTH OKANAGAN EMPLOYMENT CENTRE

3105 33<sup>rd</sup> Street. Contact 250-545-2215 Ext. 230

### WORKBC AT TURNINGPOINTS COLLABORATIVE

2800 33<sup>rd</sup> Street, Vernon, BC. Please call and leave a  
message 250-540-7097 and 250-540-5051

**NexusBC** 3201 30 St #102 Employment programs for  
anyone requiring free skills and or certificate training  
250-545-0585.

**PIERS** : Individualized Employment programming: Skills  
and readiness training, job search readiness and  
employment support Mon-Fri 9-4pm

## TREATMENT AND SUPPORTS

### INTERIOR HEALTH MENTAL HEALTH & SUBSTANCE USE SERVICES

Mental Health Intake - phone for service Mental Health and  
Substance Use Counselling & Treatment services for Adults.  
Substance Use Counseling & Treatment Services for Youth  
Phone Mon-Fri from 9:00 to 4:00 250-549-5737  
To reach a connections clinician for accessing supports.  
Call 310 MHSU

### VERNON DOWNTOWN MENTAL HEALTH AND SUBSTANCE USE - OVERDOSE PREVENTION SITE

Monday to Friday 9:00 am -3:00 pm .  
3306A 32nd Ave. 250-503--3737

### TURNING POINTS COLLABORATIVE [turningpoints.ngo](http://turningpoints.ngo)

- Residential Treatment 250-549-6144
- Family Treatment Day Programs

### YOUTH ALCOHOL & DRUG OUTREACH WORKER

Teens 13-18 250-549-5750 or Cell 250-260-8012

### NORTH OKANAGAN FRIENDSHIP CENTRE SOCIETY

Call 250-542-1247  
[firstnationsfriendshipcentre.com](http://firstnationsfriendshipcentre.com)

### OKANAGAN INDIAN BAND MENTAL HEALTH & WELLNESS INTAKE

**Wellness Hub**  
Addictions counselling, treatment applications, mental  
wellness counselling  
Contact Mental Health and Wellness Referral Line at  
[okib.ca](http://okib.ca) 250-241-4741

### VERNON METHADONE CLINIC

#103-3310 32<sup>nd</sup> Ave. 778-475-5810

### ROUND LAKE TREATMENT CENTRE

200 Emery Louis Rd Armstrong 250-546-3077  
[roundlaketreatmentcentre.ca](http://roundlaketreatmentcentre.ca)

### VERNON TREATMENT CENTRE

Call 250- 542-6151  
Self Referral - Two week intensive day program.

### ALCOHOLICS ANONYMOUS - VERNON

info and locations call 250-545-4933

### HEART RECOVERY

Faith based approach to addiction and recovery  
Wednesdays 10 am- 11 am  
First Baptist Church 1406 13 Ave 250 542 0128  
Chuck or Cheryl.

## HARM REDUCTION SUPPLIES



### VERNON DOWNTOWN MENTAL HEALTH AND SUBSTANCE USE (MHSU) and OVERDOSE PREVENTION SITE

Mon - Fri 9am -3pm 3306A 32nd Ave.

### CAMMY LAFLEUR OUTREACH PROGRAM & OPS

Basement 2800 33rd Street. (Gateway Site)

Mon to Fri 1:pm -3pm

Safe smoking and consumption site & community closet 250-938-3518

### YOUTH INTEGRATED SERVICES HUB (YISH)

3304 30<sup>th</sup> Ave [youth@cmhavernon.ca](mailto:youth@cmhavernon.ca)

harm reduction supplies for youth 12 to 24 years old

### OKANAGAN INDIAN BAND HARM REDUCTION

Harm Reduction Supplies incl. delivery

call Nicole S. 250-309-7364

### MEDICINE SHOPPE PHARMACY/VERNON DRUG CHECKING

100- 3605 31 Street Vernon, BC V1T 5J4

P: 778-475-1010

Hours: M-F 9am-5:30pm, Sat & Sun 10am-4pm

Harm reduction supplies & resources available

Naloxone kits and training available

**HOPE OUTREACH** Harm reduction supplies, including Naloxone Kits. Supplies for Women & Men living rough 24/7 support & inquiry line

250-258-7879

### VERNON URGENT PRIMARY CARE CLINIC

limited harm reduction supplies. Provides primary

(medical) care from 9:30 am – 20:30 pm

#101, 3105 28 Ave.

Prefer people to call ahead. 250-541-1097

**TURNING POINTS COLLABORATIVE** Provides harm reduction supplies to shelters/housing guests

Please contact us if you find any errors or omissions.

Email edits to [rzubick@vernon.ca](mailto:rzubick@vernon.ca)

Please note that inclusion of an organization does not indicate endorsement nor does exclusion imply lack of approval.

3010 31<sup>st</sup> Avenue Vernon V1T 2G8

Ph 250-550-7840;



## ADDITIONAL SUPPORTS



### ARCHWAY SOCIETY FOR DOMESTIC PEACE

Homelessness Prevention Program – for women who have experienced violence – 250-558-0171

### COMMON THREADS -VERNON ALLIANCE CHURCH

free meal, food and clothing 250 545 7105

Mon. 2-4pm & Thurs. 9-11am 2601 43 St

### UPPER ROOM MISSION -3403 27 Ave.

Showers Monday to Friday 9am - 1pm

Laundry Monday to Friday 9am - 12pm

Public Washrooms Monday to Friday 9am - 4pm

Public Washrooms Saturday/Sunday 2pm- 4pm

### NEXUS BC CONNECT PROGRAM

Local resources and services, as well as supports people through application processes and intakes so they are connecting to the resources they need.

Call the Community Navigator 250- 545-0585

### NEXUS BC COMMUNITY RESOURCE CENTRE

Information & Referral for Seniors 60+

Call 250- 545-0585

### VERNON YOUTH SAFE HOUSE (Ages 13-18)

If a youth is in need or in crisis, call the Safe House @ 250-250-7077 for assistance.

Services Currently Available to help youth and families:

- Food and hygiene supplies, Mentoring,
- Job coaching, Assistance finding place to live
- Parent-teen conflict support/resolutions
- Referrals to other agencies and services
- Laundry services for youth

### CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)

3100 28th Avenue 250-542-3114.

Housing, Adult/Senior Programs, Recreation/Social Programming, Nutrition, Crisis Support, Peer Support, Employment, Volunteer and Family Support.

Youth Integrated Services Hub (YISH) supports youth 12 to 24 years old.

### INDEPENDENT LIVING VERNON

Call 250 545-9292

Assistance with provincial and federal disability forms and income taxes

### COMMUNITY DENTAL ACCESS CENTRE

Open Tuesday-Friday 8:00 am-4:00 pm

3107C 31st Avenue 778-475-7779

[communitydentalaccess.ca](http://communitydentalaccess.ca)

[info@cdacentre.ca](mailto:info@cdacentre.ca)

# VERNON SURVIVAL GUIDE



Fall/Winter 2024

## Emergency Food Resources

(For People Not Accessing Turning Points Food Programs)

<b>UPPER ROOM MISSION:</b> 3403 27 Ave.	<b>Mon-Fri</b> Breakfast 9:30am-10:30pm Early Supper 2:30pm-3:30pm <b>Sat</b> Dinner 3:30-4:30pm <b>Sun</b> Dinner 3:30-4:30pm <b>Until Nov 1st</b>
<b>COMMON THREADS:</b> 2601 43rd Avenue	<b>Mon</b> 2-4pm & <b>Thurs</b> 9-11am
<b>TEEN JUNCTION YOUTH CENTRE (ages 13 – 20)</b> 3104 37 Ave.	<b>Mon-Fri</b> Early Supper 3pm-8pm
<b>CAMMY LAFLEUR OUTREACH PROGRAM</b>	<b>FRIDAY</b> Bagged Lunches Delivered to People Camping
<b>SATURDAY STREET LUNCH</b> Anglican Church 3205 27 St.	11 am – 12:30pm <b>SATURDAY</b>
<b>STREET CHURCH</b> Salvation Army House of Hope 3303 32Ave	<b>Sun/Holidays</b> 1pm-2:30 pm
<b>PACKMAN OPENS HEARTS –AFTER NOV 1—</b> Corner of 26 <sup>th</sup> Ave and 36 <sup>th</sup> St.	<b>SUNDAY</b> 6pm – 8 pm

## EMERGENCY CRISIS SUPPORT



<b>INTERIOR CRISIS LINE</b>	1-888-353-2273
<b>KUU-US INDIGENOUS CRISIS LINE</b>	1-800-588-8717
<b>SUICIDE CRISIS HELPLINE CALL OR TEXT</b>	988
<b>RCMP EMERGENCY</b>	911
<b>RCMP VICTIMS ASSISTANCE</b>	2250-260-7171
<b>MINISTRY OF SOCIAL DEVELOPMENT POVERTY REDUCTION</b>	
<b>EMERGENCY AFTER HOURS ASSISTANCE</b>	1-866-660-3194

## EMERGENCY COMMUNITY RESPONSE

**THE AMALGAMATED SHELTER :** Shelter, showers and food services . 2506 37st. 250-241-2217

**UPPER ROOM MISSION -3403 27 Ave.**

**Mon to Fri:** Day Shelter open 9 am - 4 pm

Breakfast 930 - 1030 am, Dinner 230 - 330 pm

Washrooms closed Noon - 1 pm

Showers M - F 9 am - 1 pm

Laundry & Clothing available M/W/F 9 am-Noon

**Sat:** Day Shelter 2 pm - 5 pm

Dinner 330 - 430 pm

**Winter Mat Program Starting Nov. 1 open 7pm-7am**

15 beds available - pre-registration required

### CAMMY LAFLEUR OUTREACH PROGRAM & OPS

Basement 2800 33rd Street. (Gateway Site)

Mon to Fri 1:pm -3pm

Safe smoking ,consumption site & community closet 250-938-3518

**WOMEN'S TRANSITION HOUSE** Archway Society for Domestic Peace 250-542-1122

Women's Transition House

Safe Shelter for Women & Children and 24-7 support for domestic and sexual violence

### SHELTER HUB VERNON

Shelter Hub shelter diversion targets anyone that has lost or on the edge of losing their housing and need support navigating systems, connecting with natural supports and help with case management.

Gateway Services Bldg. 2800 33rd St

Call 250-309-1121 or 250 306 4244

Tues & Wed 11am-3pm Shelter Hub at the

Vernon Okanagan Regional Library 2800 30th Ave

Thurs 10am-2pm

### MEDICINE SHOPPE PHARMACY/VERNON DRUG CHECKING

100 -3605 31 Street M-F 9am-5:30pm, Sat & Sun 10am-4pm

**Drug Checking Service** P: 778-212-8611

[vernondrugchecking@gmail.com](mailto:vernondrugchecking@gmail.com)

\*Samples can be dropped off during all open hours

\*For in person testing hours follow us on Facebook

& Instagram [@Vernon Drug Checking](https://www.instagram.com/Vernon_Drug_Checking)

**LIFEGUARD APP** [lifeguarddh.com](http://lifeguarddh.com)

App for your device that contacts emergency

responders in the event of an overdose