

## SHELTER - EMERGENCY & NON-EMERGENCY



**GATEWAY SHELTER**  
2800 33<sup>rd</sup> Street 250-260-2786  
**Temporary Winter Program - (November-March)**  
Women's Services 250-260-2786  
Men's Services 250-260-2792

**OUR PLACE SHELTER**  
Open 24/7; 2307 43<sup>rd</sup> Avenue 250-542-4041

**WOMEN'S TRANSITION HOUSE**  
Archway Society for Domestic Peace 250-542-1122  
For women fleeing abusive relationships

**VERNON YOUTH SAFE HOUSE (Ages 13-18)**  
Closed Mon-Fri 11am-3pm & Sat-Sun 3pm -7pm  
#206-2905 28<sup>th</sup> Avenue 250-260-7077

**BC HOUSING SUBSIDIZED HOUSING LIST**  
[bchousing.org](http://bchousing.org) 1-800-834-7149

## HEALTH SERVICES - NON-EMERGENCY



**VERNON DOWNTOWN PRIMARY CARE CENTRE**  
Mon-Thurs 9:30am-3:30pm & Fri 9am-12pm  
3306A 32<sup>nd</sup> Avenue 250-541-1097

**SUPERSTORE WALK-IN CLINIC**  
7 Days/Week 9am-9pm  
5001 Anderson Way 250-545-8338

**STERLING CENTRE MEDICAL CLINIC**  
Mon-Fri 1pm-8pm & Sat/Sun/Holidays 9am-1pm  
#101-3210 25<sup>th</sup> Avenue 778-475-8311

**COMMUNITY DENTAL ACCESS CENTRE**  
Clinic days vary, please call first  
3107C 31<sup>st</sup> Avenue 778-475-7779  
[communitydentalaccess.ca](http://communitydentalaccess.ca)

**OPTIONS FOR SEXUAL HEALTH CLINIC**  
Tues & Thurs 6pm - 11pm 250-549-5721  
Vernon Health Centre 1440 14<sup>th</sup> Avenue  
Birth control, pregnancy & STD testing, sexual health education & counseling; \$5 yearly clinic fee; female doctors & nurses

## ADDITIONAL SUPPORTS



**BUS INFORMATION**  
For information call 250-545-7221  
Fare \$2.50; Children 5 and under free  
Main Bus Terminal 31<sup>st</sup> Avenue & 30<sup>th</sup> Street

**CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)**  
3100 28<sup>th</sup> Avenue 250-542-3114  
Assistance, rehabilitation, education & recreation/social programming

**COMMUNITY SAFETY OFFICE** 250-550-7840

**CRIMESTOPPERS TIPLINE** 1-800-222-8477

**LUMBY HEALTH UNIT**  
2135 Norris Avenue 250-547-9741

**MENTAL ILLNESS FAMILY SUPPORT CENTER**  
#300-3402 27<sup>th</sup> Avenue 250-260-3233  
Support/education/advocacy to families of individuals with mental illness, addiction or substance misuse issues  
[mifsc.ca](http://mifsc.ca)

**NEIGHBOURLINK** 250-558-5527  
Tues-Fri 9am-1pm Local churches helping people in need with food, transportation & more

**NEXUSBC COMMUNITY RESOURCE CENTRE**  
Information & Referral for Seniors 60+  
#102-3201 30<sup>th</sup> Street 250-545-0585  
Mon-Thurs 9am-12pm Drop-in or call for an appointment

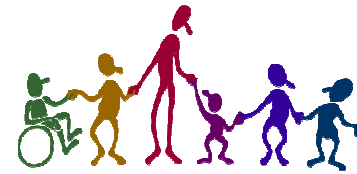
**RCMP NON-EMERGENCY**  
3402 30<sup>th</sup> Street 250-545-7171

**VERNON HEALTH UNIT - PUBLIC HEALTH SERVICES**  
1440 14<sup>th</sup> Avenue 250-549-5700

**VERNON BYLAW COMPLIANCE OFFICE**  
250-550-3505

**BRIDGEWAY: INTENSIVE LIVE-IN TREATMENT**  
2604 Enterprise Way Kelowna 250-763-0456  
[thebridgeservices.ca](http://thebridgeservices.ca)

# VERNON SURVIVAL GUIDE



SEPTEMBER 2019

## EMERGENCY CRISIS SUPPORT



**INTERIOR CRISIS LINE** 1-888-353-2273  
**KUU-US INDIGENOUS CRISIS LINE** 1-800-588-8717  
**RCMP EMERGENCY** 911  
**RCMP VICTIMS ASSISTANCE** 250-260-7171  
**MINISTRY OF SOCIAL DEVELOPMENT AND POVERTY REDUCTION** 1-866-660-3194  
Emergency After Hours Assistance

## 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

This guide is updated by the Vernon Community Safety Office.  
Please contact us if you find any errors or omissions.



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; Fax 250-260-5866

## DOPE ALERTS & DRUG CHECKING



**CAMMY LAFLEUR STREET OUTREACH CLINIC**  
2800 33<sup>rd</sup> Street 1-3pm 250-938-3518  
Harm reduction, education & support to those who use drugs, are homeless and/or have a mental health illness

**TOWARD THE HEART** [www.towardtheheart.com](http://www.towardtheheart.com)

## HARM REDUCTION



**INTERIOR HEALTH SUBSTANCE USE SERVICES**  
1440 14<sup>th</sup> Avenue 250-549-5737  
ATEAM, Overdose Prevention Nurse, Opioid Agonist Therapy, Aboriginal Health Team, Substance Use Outreach

**TURNING POINTS COLLABORATIVE SOCIETY**  
[turningpoints.ngo](http://turningpoints.ngo) 250-542-3555  
Residential Addiction Recovery Programs, Supported Recovery Housing, Overdose Prevention Services

**CAMMY LAFLEUR STREET OUTREACH CLINIC**  
Mon-Fri 1pm-3pm 250-938-3518  
Basement of Gateway Shelter - 2800 33<sup>rd</sup> Street

**VERNON DOWNTOWN PRIMARY CARE CENTRE**  
3306A 32<sup>nd</sup> Avenue 250-541-1097

**VERNON METHADONE CLINIC**  
#103-3210 25<sup>th</sup> Avenue 778-475-5810

**HOPE OUTREACH**  
Harm reduction supplies for Women & Men living rough 6 nights per week, 2 hours per night

## INDIGENOUS COMMUNITY SUPPORTS



**NORTH OKANAGAN FRIENDSHIP CENTRE SOCIETY**  
2904 29<sup>th</sup> Avenue 250-542-1247  
[vernonfirstnationsfriendshipcentre.com](http://vernonfirstnationsfriendshipcentre.com)

**VERNON & DISTRICT METIS ASSOCIATION**  
Mon-Fri 10am-2pm  
#005-3402 27<sup>th</sup> Avenue 778-475-0823

**VERNON NATIVE HOUSING SOCIETY**  
Mon-Fri 8:30am-4:30pm  
4305 19<sup>th</sup> Avenue 250-542-2834  
[vernonnativehousing.ca](http://vernonnativehousing.ca)

**OKANAGAN INDIAN BAND COMMUNITY SERVICES & DEVELOPMENT**  
76 Head of the Lake Road (upstairs) 250-542-5094  
[okib.ca](http://okib.ca)

It's Ok To  
Ask For Help

## TREATMENT AND SUPPORTS



### INTERIOR HEALTH MENTAL HEALTH & SUBSTANCE USE SERVICES

Drop In Mon-Fri 1pm to 3pm

Mental Health Intake - phone for service

1440 14<sup>th</sup> Avenue 250-549-5737

Counseling and/or treatment services to adults and youth; services are also provided to family members

### TURNING POINTS COLLABORATIVE

Harm Reduction Residential Drug & Alcohol Program

[turningpoints.ngo](http://turningpoints.ngo) 250-542-4041

Bills Place Addiction's Recovery 250-549-6144

### YOUTH ALCOHOL & DRUG OUTREACH WORKER

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

### NORTH OKANAGAN FRIENDSHIP CENTRE SOCIETY

2904 29<sup>th</sup> Avenue 250-542-1247

[firstnationsfriendshipcentre.com](http://firstnationsfriendshipcentre.com)

### OKANAGAN INDIAN BAND HEALTH & SOCIAL DEVELOPMENT

76 Head of the Lake Road (upstairs) 250-542-5094

Mental Health & Addictions Programs & Services

### ROUND LAKE TREATMENT CENTRE

200 Emery Louis Rd Armstrong 250-546-3077

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

### VERNON TREATMENT CENTRE

#3-2810 48<sup>th</sup> Avenue 250-542-6151

Self Referral - Two week intensive day program.

### ALCOHOLICS ANONYMOUS - VERNON

Meetings 7am, 12pm, 5pm daily

For more info and locations call 250-545-4933

**GAMBLERS ANONYMOUS** 250-549-1633

Problem Gambling Helpline 1-888-795-6111

## WARM MEAL and COFFEE



### ALL SAINTS ANGLICAN CHURCH

Saturday Free Lunch 11:30am - 12:30pm

3205 27<sup>th</sup> Street 250-542-3179

### UPPER ROOM MISSION

Mealtimes 9am, 12pm, 4pm Mon-Fri

3403 27<sup>th</sup> Avenue 250-549-1231

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

### VERNON ALLIANCE CHURCH

2601 43<sup>rd</sup> Avenue 250-545-7105

### NORTH OKANAGAN COMMUNITY CHAPLAINCY (NOCC)

#### FIRST BAPTIST CHURCH

for further info re. meals call 250-309-1777

[noccministry.org](http://noccministry.org)

## GROCERIES



### SALVATION ARMY FOOD BANK

3303 32nd Avenue 250-549-4111

### LUMBY FOOD BANK

2087 Shuswap Avenue 250-547-2225

### ARMSTRONG FOOD BANK

3459 Pleasant Valley Road 250-546-3465

### FEED ENDERBY & DISTRICT FOOD BANK

250-938-3114

## SLEEPING BAGS, BLANKETS, CLOTHING



### SALVATION ARMY THRIFT STORES

3303 32<sup>nd</sup> Avenue & 5400 24<sup>th</sup> Street  
If free clothes needed, call 250-549-4111

### MISSION BOUTIQUE

2708 34<sup>th</sup> Street 250-549-1231

### UPPER ROOM MISSION

Mon-Fri 9am-5pm  
3403 27<sup>th</sup> Avenue 250-549-1231  
[upperroommission.ca](http://upperroommission.ca)

### VERNON ALLIANCE CHURCH

2601 43<sup>rd</sup> Avenue 250-545-7105

Common Threads at The Arbour - 4301 27<sup>th</sup> Street

Mon 3pm - 5m & Thurs 9:30am - 11:30am

Free clothing, haircuts (Thursdays), bread & buns

## HOUSING/EMPLOYMENT



### BC HOUSING

Subsidized Housing Listings 1-800-834-7149

[bchousing.org](http://bchousing.org)

**HOUSING OUTREACH WORKER** 250-542-3555 Ext.211

### CMHA HOUSING

3100 28<sup>th</sup> Avenue 250-542-3114

Subsidized housing for families & those with physical & mental disabilities

### VERNON NATIVE HOUSING SOCIETY

Housing Society for Aboriginal and Non-aboriginal individuals and families 250-542-2834

### KEKULI CENTRE (FRIENDSHIP CENTRE)

2905 28<sup>th</sup> Avenue 250-542-1264

### WORKBC AT COMMUNITY FUTURES EMPLOYMENT CENTRE

Mon 10am-6pm; Tues-Fri 9am-5pm

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

### NORTH OKANAGAN CENTER FOR COMMUNITY COLLABORATION

#102-3301 24<sup>th</sup> Avenue 250-542-3555

- ⇒ Work BC Employment Program
- ⇒ Homeless Outreach Program
- ⇒ Homeless Prevention Programs
- ⇒ Brain Trust Canada
- ⇒ Legal Advocacy Program



## FIND A NEEDLE ?

PUT IT IN A PUNCTURE PROOF CONTAINER

(POP BOTTLE, JAR) AND TAKE IT TO THE

VERNON DOWNTOWN PRIMARY CARE CENTRE

OR THE COMMUNITY SAFETY OFFICE

## LEGAL SUPPORTS



### VERNON AND DISTRICT LEGAL ADVOCACY PROGRAM

#102 3301 24<sup>th</sup> Avenue 250-542-3555 Ext. 209

Call to make an appointment

**ACCESS PRO BONO** — free legal advice

[accessprobono.ca](http://accessprobono.ca) 1-877-762-6664

### 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)

## FINANCIAL SUPPORTS



### MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION

Mon-Fri 9am-4pm (closed 12pm-1pm)

2809 28<sup>th</sup> Street 250-558-2700 or

[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

Mon-Fri 8:30am-4pm 1-800-206-7218

3101 32<sup>nd</sup> Avenue TTY: 1-800-529-3742

## COMPUTER ACCESS



### INDEPENDENT LIVING

Mon-Thurs 8:30am-4pm

3402 27<sup>th</sup> Avenue 250-545-9292

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

### OKANAGAN REGIONAL LIBRARY

Mon/Fri/Sat 10am-5:30pm; Tues/Wed/Thurs 10am-9pm

2800 30<sup>th</sup> Ave 250-542-7610

[orl.bc.ca/hours-location/vernon](http://orl.bc.ca/hours-location/vernon)