

## HEALTH SERVICES—NON EMERGENCY



### VERNON URGENT PRIMARY CARE CLINIC

Provides primary (medical) care from 9:30 am – 4:00 pm in new location. #101, 3105 28 Ave.  
Prefer people to call ahead. 250-541-1097.

### SUPERSTORE WALK-IN CLINIC

7 Days/Week 9am-7pm  
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

### OPTIONS FOR SEXUAL HEALTH CLINIC

Call 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

## INDIGENOUS COMMUNITY SUPPORTS



### NORTH OKANAGAN FRIENDSHIP CENTRE SOCIETY

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

### VERNON & DISTRICT METIS ASSOCIATION

Mon-Fri 10am-2pm Call 778-475-0823  
#005-3402 27<sup>th</sup> Avenue

### VERNON NATIVE HOUSING SOCIETY

Tues-Fri 8:30am-4:30pm 250-542-2834  
4305 19<sup>th</sup> Avenue  
[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)



Hand Washing Stations are located outside of the Public Toilets on 30th Avenue and the Bus loop

## HOUSING



### BC HOUSING

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

HOUSING OUTREACH WORKER 250-542-3555 Ext.211

### CMHA HOUSING

Call 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 Tues-Fri 8:30a m-4:30pm 250-542-2834

### KEKULI CENTRE (FRIENDSHIP CENTRE)

Call 250-542-1264

## EMPLOYMENT



### WORKBC AT COMMUNITY FUTURES EMPLOYMENT CENTRE

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

### CENTER FOR COMMUNITY COLLABORATION

CALL 250-542-3555  
⇒ Work BC Employment Program  
Call 250-540-7097  
⇒ Homeless Outreach Program  
⇒ Homeless Prevention Programs

*This special edition guide is updated by the Vernon Community Safety Office to reflect the current situation due to COVID -19 in our community, .*

*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

## FINANCIAL SUPPORTS



### MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION

Mon-Fri 9am-4pm (closed 12pm-1pm)  
28020 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

## LEGAL SUPPORTS



### OKANAGAN ADVOCACY & RESOURCE SOCIETY (OARS)

#### The Legal Advocate

#105-3402 27Ave (People Place) 778-475-0808  
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)

## GROCERIES



### SALVATION ARMY FOOD BANK -CALL AHEAD

3303 32nd Avenue 250-549-4111

### LUMBY FOOD BANK -CALL AHEAD

2087 Shuswap Avenue 250-547-2225

### ARMSTRONG FOOD BANK

3459 Pleasant Valley Road 250-546-3465

### FEED ENDERBY & DISTRICT FOOD BANK—CALL AHEAD

250-938-3114

### NEXUS BC - CALL AHEAD

Free Grocery Delivery for Seniors 250-545-0585

## 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

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

Monday to Friday 9:00 am -3:00 pm (closed from 12 – 1).  
3306A 32nd Ave. 250-503-3737

### TURNING POINTS COLLABORATIVE

[turningpoints.ngo](http://turningpoints.ngo) 250-542-4041  
Bills Place Addiction's Recovery 250-549-6144

### 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 HEALTH & SOCIAL DEVELOPMENT

76 Head of the Lake Road (upstairs) 250-542-5094  
Mental Health & Addictions Programs & Services

### 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

### GAMBLERS ANONYMOUS

Problem Gambling Helpline 1-888-795-6111

**\*Due to the health crisis, most services are a CALL FIRST basis.**

## HARM REDUCTION SUPPLIES



**VERNON DOWNTOWN MENTAL HEALTH AND SUBSTANCE USE** (primary care)  
Monday to Friday 9:00 am -3:00 pm (closed from 12 - 1). 3306A 32nd Ave.

**STREET CLINIC** Held in the parking lot of 2800 33rd Street. (Gateway Site) 250-938-3518  
Monday to Friday 1:00 pm -3:00 pm

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

**VERNON URGENT PRIMARY CARE CLINIC – limited harm reduction supplies.** Provides primary (medical) care from 9:30 am – 4:00 pm in new location. #101, 3105 28 Ave. Prefer people to call ahead. 250-541-1097.

**HOPE OUTREACH** Harm reduction supplies, including Naloxone Kits, Women & Men living rough Monday to Friday, 2 hours per night

## 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

**Most services are CALL FIRST**

## ADDITIONAL SUPPORTS



**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. Due to COVID-19 the Safe House is not doing in-take. However, look forward to returning to normal services ASAP.  
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)**  
Call 250-542-3114  
Assistance, rehabilitation, education & recreation/social Programming

**FAMILY SUPPORT PROGRAM AT CMHA**  
Call 250-260-3233  
Support/education/advocacy to families of individuals with mental illness, addiction or substance misuse issues  
Please Email [jenn.millan@cmhavernon.ca](mailto:jenn.millan@cmhavernon.ca). if you do not get through on the phone.

**INDEPENDENT LIVING VERNON**  
Call 250 545-9292  
Assistance with provincial and federal disability forms and income taxes

**NEIGHBOURLINK** 250-558-5527  
Please Call - Local churches helping people in need with food, transportation & more

**NEXUSBC COMMUNITY RESOURCE CENTRE**  
Information & Referral for Seniors 60+  
Call 250- 545-0585

**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

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

# VERNON SURVIVAL GUIDE



JUNE 04 2020—COVID-19  
SPECIAL EDITION

## COVID-19 EMERGENCY COMMUNITY RESPONSE



**THE GATEWAY SHELTER AND OUR PLACE** have moved to the Curling Club. Shelter, showers and food services are now hosted at 3400 39 Ave.

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

**OUTREACH SUPPORT** –The Street Clinic (in conjunction with IH) Outreach to campers Monday & Friday. 250-938-3518

**WASHROOMS** – downtown washroom locations are now open 24/7 and the Polson Park washroom (by the playground) is open 8am to dusk.

## Emergency Food Resources (For People Not Accessing Turning Points Food Programs)

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun/Holidays
Break-fast	9:30 – 10:30 Upper Room Mission						
Lunch			9:30 – 11:30 Common Threads/Vernon Alliance Church	Bagged Lunches Delivered to People Camping by Street Clinic	11:00 – 12:30 Saturday Street Lunch at Anglican Church	1:00 Tailgate Street Church at Salva- tion Army 3303	
Early Supper	2:30 – 3:15 Upper Room Mission						
	3:30 - 7:30 Teen Junction Youth Centre (ages 13 – 20)						
Dinner					7:00 – 9:00 - East Hill Community Church/ Feed the Streets .Various Locations Close to Where People are		

- Salvation Army/House of Hope - 3303 32 Ave.
- All Saints Anglican Church -3205 27 St.
- Upper Room Mission -3403 27 Ave.
- Common Threads -Vernon Alliance Church - 2601 43 Ave.
- Teen Junction Youth Centre –3104 37 Ave.

### DOPE ALERTS & DRUG CHECKING

**CAMMY LAFLEUR STREET OUTREACH CLINIC**  
Parking lot—2800 33<sup>rd</sup> Street 1-3pm M-F 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)