

HEALTH SERVICES—NON EMERGENCY



VERNON URGENT PRIMARY CARE CLINIC (UPCC)
Provides primary (medical) care from 9:30-am-8:30pm,
7 days a week - new location. #101, 3105 28 Ave.
250-541-1097.

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

STERLING CENTRE MEDICAL CLINIC
Mon-Fri 12pm-7pm & Sat/Sun/Holidays 9am-1pm
#101-3210 25th Avenue 778-475-8311

OPTIONS FOR SEXUAL HEALTH CLINIC
Call 250-549-5721
Vernon Health Centre 1440 14th 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

VERNON & DISTRICT METIS ASSOCIATION
Mon-Fri 10am-2pm Call 778-475-0823
#005-3402 27th Avenue

VERNON NATIVE HOUSING SOCIETY
Tues-Fri 8:30am-4:30pm 250-542-2834
4305 19th Avenue
vernonnativehousing.ca

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

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 31st Avenue Vernon V1T 2G8
Ph 250-550-7840; Fax 250-260-5866



HOUSING



BC HOUSING
Subsidized Housing Listings 1-800-834-7149
bchousing.org

HOMELESS PREVENTION PROGRAM for people who are
about to lose their housing.
contact: Eric Denison Cell: 250-241-5811 or
Caitlin McKenny Cell: 250-241-7583

HOMELESS OUTREACH PROGRAM for people who are
homeless & need housing & some case-management
Brandy Mellows Cell: 250-503-7317

*Be prepared to wear a mask and have your temperature
taken. If you are experiencing COVID 19 symptoms please
do not come.*

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**

3105 33rd St
Call 250-545-2215 Ext. 230



WORKBC AT TURNINGPOINTS COLLABORATIVE
Please call and leave a message for Malmie or Rachelle
250-542-3555



**Hand Washing Stations are located
outside of the
Public Toilets on
30th Avenue**

FINANCIAL SUPPORTS



**MINISTRY OF SOCIAL DEVELOPMENT & POVERTY
REDUCTION**

Mon-Fri 9am-4pm (closed 12pm-1pm)
2820 28th Street
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 32nd 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

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
accessprobono.ca 1-877-762-6664

RISE WOMEN'S LEGAL CENTRE
Email: info@womenslegalcentre.ca 236-317-9000
Will conduct phone, email, videoconference consultations
but unable to represent clients outside of Vancouver
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 SUB-
STANCE 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 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

**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 32nd Ave. 778-475-5810

ROUND LAKE TREATMENT CENTRE
200 Emery Louis Rd Armstrong 250-546-3077
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 and OVERDOSE PREVENTION SITE (primary care)
Monday to Friday 9:00 am -3:00 pm (closed from 12 – 1). 3306A 32nd Ave.

STREET CLINIC Basement 2800 33rd Street. (Gateway Site) 250-938-3518
Monday to Friday 1:00 pm -3:00 pm
Saturday & Sunday 8:30am-12:30pm

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 TTY 711
Confidential access to a registered nurse

VERNON JUBILEE HOSPITAL 911 for Emergency
2101 32nd Street

ADDITIONAL SUPPORTS



NEXUS BC CONNECT PROGRAM

Directs individuals to 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. 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. 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

RCMP NON-EMERGENCY
3402 30th Street 250-545-7171

VERNON HEALTH UNIT - PUBLIC HEALTH SERVICES
1440 14th Avenue 250-549-5700

BYLAW COMPLIANCE OFFICE 250-550-3505

COMMUNITY SAFETY OFFICE 250-550-7840

VERNON SURVIVAL GUIDE

DECEMBER 9, 2020—COVID-19

SPECIAL EDITION



COVID-19 EMERGENCY COMMUNITY RESPONSE

THE AMALGAMATED SHELTER : Shelter, showers and food services are now hosted at 2506 37st.

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

CAMMY LAFLEUR OUTREACH PROGRAM
Basement 2800 33rd street Mon-Fri 1-3
Sat & Sunday 8:30-12:30.

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 – 2:30 Tailgate Street Church at Salvation Army/ House of Hope
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 - Upper Room Mission/Feed the Streets (Mobile Service)		

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

DOPE ALERTS & DRUG CHECKING

CAMMY LAFLEUR STREET OUTREACH CLINIC

Basement—2800 33rd Street 1-3 pm M-F
Sat & Sun 8:30 –12:30 250-938-3518
Harm reduction, education & support to those who use drugs, are homeless and/or have a mental health illness.