

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

SUPERSTORE WALK-IN CLINIC

7 Days/Week (Hours Subject to Change) Please call:
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

Vernon Health Centre 1440 14th Ave. 250-241-3154
Birth control, pregnancy & STD testing, sexual health
education & counseling; \$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

VERNON & DISTRICT METIS ASSOCIATION

Mon and Fri 10am-2pm Call 778-475-0823
#005-3402 27th Avenue

VERNON NATIVE HOUSING SOCIETY

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

OKANAGAN INDIAN BAND COMMUNITY SERVICES & DEVELOPMENT

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

Please contact us if you find any errors or omissions.

Email edits to rzubick@vernon.ca

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;



HOUSING



BC HOUSING

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

HOMELESS PREVENTION PROGRAM for people who are
about to lose their housing.
250-241-5811 or **250-241-7583**

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

Monday: 1-4 at Polson Park Motel, 3201 24 Ave, facing the
building, office to the left.

Monday: 1-3 Cammy LeFleur outreach clinic, 2800 33rd St.

Thursday: 9-12 at 2800 33rd street, front entrance (when fac-
ing the building, the front entrance to the right)

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 and 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 236-426-3838

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

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

EMPLOYMENT



WORKBC NORTH OKANAGAN EMPLOYMENT CEN- TRE

3105 33rd Street. Contact 250-545-2215 Ext. 230

WORKBC AT TURNINGPOINTS COLLABORATIVE

2800 33rd Street, Vernon, BC. Please call and leave a mes-
sage for Malmie or Charlotte 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 employ-
ment 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

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.ng

- 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

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

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 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

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 – 20:30 pm #101, 3105 28 Ave. Prefer people to call ahead. 250-541-1097

ADDITIONAL SUPPORTS



COMMON THREADS -VERNON ALLIANCE CHURCH

free meal, food and clothing 250 545 7105
Mon. 2-4pm & Thurs. 9-11am 2601 43 St

HOPE OUTREACH supplies for Women & Men living rough 7 days a week, 2 hours per night .Harm reduction supplies , including Naloxone Kits. 24/7 support & inquiry line 250-258-7879

info@hopeokanagan.com

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. 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)

3100 28th Avenue 250-542-3114.
Housing, Youth/Adult/Senior Programs, Recreation/ Social Programming, Nutrition, Crisis Support, Peer Support, Employment, Volunteer and Family Support.

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
info@cdacentre.ca

VERNON HEALTH UNIT - PUBLIC HEALTH SERVICES

1440 14th Avenue 250-549-5700

VERNON SURVIVAL GUIDE

FEBRUARY 2023



LIFEGUARD APP

lifeguardddh.com

App for your device that contacts emergency responders in the event of an overdose

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

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun/Holidays
Breakfast	9:30 – 10:30 Upper Room Mission (URM)						
Lunch					Bagged Lunches Delivered by Street Clinic to People Camping	11:00 – 12:30 Saturday Street Lunch at Anglican Church	1:00 –2:30 Tailgate Street Church at Salvation Army 3303 32Ave
Early Supper	2:30 – 3:30 Upper Room Mission (URM)					4:00 pm	4:00 pm
	3:00-8:00 Teen Junction Youth Centre (ages 13 – 20)						

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

EMERGENCY COMMUNITY RESPONSE

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

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

CAMMY LAFLEUR OUTREACH PROGRAM & OPS Basement 2800 33rd street Mon-Fri 1-3
Safe smoking site in courtyard

UPPER ROOM MISSION -3403 27 Ave.
Day Shelter, Meals, Showers, Laundry & Clothing
Mon-Fri 9am-4pm Sat-Sun 2pm-5pm

CRISIS TEAM

1pm - 9pm daily 7 days a week
250 241 7713 (calls & texts welcome)

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

HOPE OUTREACH 250-258-7897

RCMP NON-EMERGENCY 250-545-7171
3402 30th Street
BYLAW COMPLIANCE OFFICE 250-550-3505
COMMUNITY SAFETY OFFICE 250-550-7840

DOPE ALERTS & DRUG CHECKING

CAMMY LAFLEUR STREET OUTREACH CLINIC
Basement—2800 33rd Street ; 250-938-3518
Drop off M-F 1-3pm (starting 12/20/21); Testing Tuesday 1-3
VERNON DOWNTOWN MENTAL HEALTH & SUBSTANCE USE
3306A 32nd Ave. Tuesday 11pm—1pm
LIST OF RESOURCES: drugchecking.ca