

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 14th 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

VERNON NATIVE HOUSING SOCIETY

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

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 250-241-4741

NATIVE COURTWORKER AND COUNSELLING ASSOCIATION OF BC.

Support to indigenous people (Inuit, Metis, First Nations)
Referrals to community supports, counselling, and navi-
gating 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 & DISTRICT METIS ASSOCIATION

Call 778-475-0823

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.



HOUSING

BC HOUSING

Subsidized Housing Listings 1-800-834-7149
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

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

EMERGENCY CRISIS SUPPORT

INTERIOR CRISIS LINE 1-888-353-2273

KUU-US INDIGENOUS CRISIS LINE 1-800-588-8717

SUICIDE CRISIS HELPLINE CALL OR TEXT 988

RCMP EMERGENCY 911

RCMP VICTIMS ASSISTANCE 250-260-7171

MINISTRY OF SOCIAL DEVELOPMENT POVERTY REDUCTION

EMERGENCY AFTER HOURS ASSISTANCE 1-866-660-3194



GROCERIES

Salvation Army Food Bank - Call ahead

3303 32nd Avenue 250- 549-4111

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
To reach a connections clinician for accessing supports.
Call 310 MHSU

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

STREET CLINIC Basement 2800 33rd Street. (Gateway Site) 250-938-3518
Mon to Fri 1:pm - 3pm

YOUTH INTEGRATED SERVICES HUB (YISH)
3304 30th Ave 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 7 days a week, 2 hours per night.
24/7 support & inquiry line 250-258-7879
info@hopeokanagan.com

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

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 250-258-7879

ADDITIONAL SUPPORTS



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.
Full-time social worker & intensive case management

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
info@cdacentre.ca

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

VERNON SURVIVAL GUIDE



WINTER 2023-24 SPECIAL EDITION



Emergency Food Resources

(For People Not Accessing Turning Points Food Programs)

UPPER ROOM MISSION: Mon-Fri
3403 27 Ave. Breakfast 9:30am-10:30pm
Early Supper 2:30pm-3:30pm
Sat -Sun Dinner 4-5pm


COMMON THREADS: Mon 2-4pm & Thurs 9-11am
2601 43rd Avenue

TEEN JUNCTION YOUTH CENTRE (ages 13 - 20)
3104 37 Ave. Mon-Fri Early Supper 3pm-8pm

CAMMY LAFLEUR OUTREACH PROGRAM FRIDAY
Bagged Lunches Delivered to People Camping

SATURDAY STREET LUNCH Saturday 11 am - 12:30pm
Anglican Church 3205 27 St.

TAILGATE STREET CHURCH Sun/Holidays 1pm-2:30 pm
Salvation Army House of Hope 3303 32Ave

 **LIFEGUARD APP**
lifeguarddh.com

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

EMERGENCY COMMUNITY RESPONSE

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

UPPER ROOM MISSION -3403 27 Ave.
***Cold Weather Shelter – until March 31, 2024**
*Registration: 9 am – 4:pm (First come, first served)
*Hours of Operation: 10:00 pm – 7:00 am
*Drug and alcohol free facility

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

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 and injection site.

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

*Samples can be dropped off during all open hours
*For in person testing hours follow us on Facebook & Instagram @Vernon Drug Checking

