

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

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
navigating 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 NATIVE HOUSING SOCIETY

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

VERNON & DISTRICT METIS ASSOCIATION 2908 30Ave

778-475-0823
Tues. 9:00 am - 2:00pm
Thurs. 11:00 am - 4:00 pm
Fri. 10:00am - 3:00pm

GROCERIES

Salvation Army Food Bank - Call ahead
3303 32nd Avenue 250- 549-4111

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

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 & 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 236-426-383

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

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
SUICIDE CRISIS HELPLINE CALL OR TEXT 988

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

Summary Advice Client Line

Website: accessprobono.ca/our-programs/summary-advice-program

Phone: 604-878-7400

Toll Free: 877-762-6664

Online Triage Form: accessprobono.ca/get-legal-help

Lawyer Referral Service

Website: lrsbc.org

Phone: 604-687-3221

Everyone Legal Clinic

Website: everyonelegal.ca

Phone: 778-200-4478

Online Booking Link: everyonelegal.ca/get-legal-help

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

WORKBC AT TURNINGPOINTS COLLABORATIVE

2800 33rd Street, Vernon, BC. Please call and leave a
message 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
employment 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 SUBSTANCE USE - OVERDOSE PREVENTION SITE

Monday to Friday 9:00 am -3:00 pm .
3306A 32nd Ave. 250-503--3737

TURNING POINTS COLLABORATIVE turningpoints.ngo

- 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 MENTAL HEALTH & WELLNESS INTAKE

Wellness Hub
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wellness counselling
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okib.ca 250-241-4741

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

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.

CAMMY LAFLEUR OUTREACH PROGRAM & OPS

Basement 2800 33rd Street. (Gateway Site)

Mon to Fri 1:pm -3pm

Safe smoking and consumption site & community closet 250-938-3518

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 24/7 support & inquiry line

250-258-7879

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

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;



ADDITIONAL SUPPORTS



ARCHWAY SOCIETY FOR DOMESTIC PEACE

Homelessness Prevention Program – for women who have experienced violence – 250-558-0171

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.

Showers Monday to Friday 9am - 1pm

Laundry Monday to Friday 9am - 12pm

Public Washrooms Monday to Friday 9am - 4pm

Public Washrooms Saturday/Sunday 2pm- 4pm

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 SURVIVAL GUIDE



Winter/Spring 2025

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 Dinner 3:30-4:30pm

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 11 am – 12:30pm SATURDAY

Anglican Church 3205 27 St.

STREET CHURCH 1pm-2:30 pm SUN/HOLIDAYS

Salvation Army House of Hope 3303 32 Ave

PACKMAN OPENS HEARTS 4PM WEDNESDAY

Timmy's Parking Lot (north End by Walmart)

Corner of 26th Ave & 36th St. 6pm – 8 pm SUNDAY

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

EMERGENCY COMMUNITY RESPONSE

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

UPPER ROOM MISSION -3403 27 Ave.

Mon to Fri: Day Shelter open 9 am - 4 pm

Breakfast 930 - 1030 am, Dinner 230 - 330 pm

Washrooms closed Noon - 1 pm

Showers M - F 9 am - 1 pm

Laundry & Clothing available M/W/F 9 am-Noon

Sat: Day Shelter 2 pm - 5 pm Dinner 330 - 430 pm

Winter Mat Program Nov. 1 –Mar 31 7pm-7am

20 beds available - pre-registration required

CAMMY LAFLEUR OUTREACH PROGRAM & OPS

Basement 2800 33rd Street. (Gateway Site)

Mon to Fri 1:pm –3pm

Safe smoking ,consumption site & community closet 250-938-3518

WOMEN'S TRANSITION HOUSE Archway Society

for Domestic Peace 250-542-1122

Women's Transition House

Safe Shelter for Women & Children and 24-7 support for domestic and sexual violence

SHELTER HUB VERNON

Shelter Hub shelter diversion targets anyone that has lost or on the edge of losing their housing and need support navigating systems, connecting with natural supports and help with case management.

Gateway Services Bldg. 2800 33rd St

Call 250-309-1121 or 250 306 4244

Tues & Wed 11am-3pm Shelter Hub at the

Vernon Okanagan Regional Library 2800 30th Ave

Thurs 10am-2pm

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](https://www.instagram.com/Vernon_Drug_Checking)

LIFEGUARD APP lifeguarddh.com

App for your device that contacts emergency

responders in the event of an overdose