

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	(Emergency After Hours Assistance)
Poverty Reduction	1.866.660.3194

URGENT COMMUNITY
SUPPORT

Vernon Emergency Shelter - 2506 37th Street - 250.241.2217
Shelter, showers, and food services
Upper Room Mission - 3403 27th Ave. - Ph #
Day Shelter: Open Monday - Friday 9 AM - 4 PM Showers Mon - Fri 9 AM - 1 PM
Breakfast 9:30 - 10:30 AM, Dinner 2:30 - 3:30 PM Washrooms Closed Noon - 1:00 PM
Laundry & Clothing avail. Mon/Wed/Fri - 9 AM - Noon
Cammy Lafleur Outreach Program & Ops. - 280A 33rd St. - 250.938.3518
Safe Smoking, Consumption Site & Community Closet - Monday - Friday 1:00 PM - 3 PM
Tue - Drug Checking Service 1:00 PM - 3:00 PM / Thurs Showers (FCFS) - 9 AM - 11:00 AM
Women's Transition House - Archway Society for Domestic Peace - 250.542.1122
Safe Shelter for Women and Children & 24/7 support for domestic and sexual violence.
Medicine Shoppe Pharmacy/ Vernon Drug Checking - 100 - 3605 31 St. - 778.212.8611
Monday - Friday 9:00 AM - 5:30 PM, Sat & Sun 10:00 AM - 4:00 PM
Drug Checking Service 1:00 PM - 3:00 PM - vernondrugchecking@gmail.com
**Samples can be dropped off during all open hours/ In person testing, follow on Facebook*

HARM REDUCTION

Vernon Mental Health and Substance Use (MHSU) and OD Prevention Site - 3306A 32 Avenue
Monday - Friday 9AM - 3PM
Cammy LaFleur Outreach Programs & Ops - Basement 2800 33rd Street (Gateway Site)
Safe smoking & consumption site & community closet
Youth Integrated Services Hub (YISH) - 3304 30th Avenue - youth@cmhavernon.ca
Harm reduction supplies for youth 12 - 24 y/o
Okanagan Indian Band Harm Reduction - Call Nicole S. - 250.309.7364
Harm reduction supplies including delivery
Medicine Shoppe Pharmacy/Vernon Drug Checking - 100 - 3605 31st Street - 778.475.1010
Harm reduction supplies, Naloxone kits, training & resources available
Monday - Friday 9AM - 5:30 PM, Saturday & Sunday 10AM - 4 PM
Hope Outreach - 24/7 support line - 250.258.7879
Harm reduction supplies, Naloxone kits for anyone living rough
Vernon Urgent Primary Care Clinic - #101 3105 28th Avenue - limited harm reduction supplies
Primary medical care from 9:30AM - 8:30PM - Call ahead 250.541.1097
Turning Points Collaborative - 250.549.6144
Harm reduction supplies for shelters & housing guests

24/7 HEALTH
SUPPORTS

Healthlink BC Nurse Hotline - healthlinkbc.ca Confidential access - 811 or TTY 711
Suicide Crisis Helpline Call or Text 988
Hope Outreach - 250.258.7879 Vernon Jubilee Hospital - 2101 32nd St.

NON-EMERGENCY HEALTH SERVICES

Vernon Urgent Primary Care Clinic (UPCC) - #101, 3105 28th Ave. - 250.541.1097
Primary medical care from 9:30 AM - 8:30 PM (7 Days a week)
Vernon Health Unit - 1440 14 Ave. - 250.549.5700
Public Health Services
Options for Sexual Health Clinic - Health Unit 1440 14th Ave. - 250.241.3154
Tuesday & Thursday 6 PM - 11 PM - \$5 yearly clinic fee, female doctors and nurses.
Birth Control, Pregnancy & STD Testing, sexual health education and counseling.

TREATMENT AND SUPPORTS

Interior Health Mental Health & Substance Use Services - 250.549.5737
Monday - Friday 9AM - 4PM Clinician Support 310.MHSU
Mental health intake - phone for service Mental Health and substance use counselling & treatment for adults and youth. Home supported Alcohol Detox Program
Vernon Downtown Menatal Health and Substance Use - 3306A 32nd Avenue - 250.503.3737
Overdose Prevention Site - Monday - Friday 9AM - 3PM
Turning Points Collaborative - 250.549.6144 - turningpoints.ngo
Residential Treatment, Family Treatment Day Programs
Youth Alcohol & Drug Outreach Worker - 250.549.5750 or Cell: 250.260.8012 - Teens 13 - 18 y/o
North Okanagan Friendship Centre Society - firstnationsfriendshipcentre.com - 250.542.1247
Okanagan Indian Band - Mental Health & Wellness Intake - 250.241.4741 - okib.ca
Wellness Hub - Addictions Counselling, treatment applications, mental wellness counselling
Vernon Methadone Clinic - #103 - 3310 32nd Avenue - 778.475.5810
Round Lake Treatment Centre - 200 Emery Louis Road, Armstrong - 250.546.3077
roundlaketreatmentcentre.ca
Vernon Treatment Centre - 250.542.6151- Self-Referral - Two week intensive day program
Alcoholics Anonymous - Vernon - 250.545.4933
Heart Recovery - First Baptist Church - 1406 13th Avenue - 250.542.0128 (Chuck or Carol)
Wednesdays 10AM - 11AM - Faith-based approach to addictions and recovery

INDIGENOUS COMMUNITY SUPPORTS

North Okanagan Friendship Centre Society - 250.542.1247 - vernonfirstnationsfriendshipcentre.com
Okanagan Indian Band - Mental Health and Wellness Intake - 250.241.4741 - okib.ca
Wellness Hub - Addictions Counselling, treatment applications, mental wellness counselling
Native Courtworker and Counselling Assoc. - 778.375.3292 or 1.866.221.5731
Support for Indigenous people (First Nations, Métis, Inuit), including referrals to community supports and counselling, assistance navigating the criminal justice system, and help with legal aid applications or alternatives for those who do not qualify.
Vernon Native Housing Society - 4305 19th Avenue
250.542.2834 - Tue - Fri 8:30 AM - 4:30 PM - vernonnativehousing.ca
Vernon & District Metis Association - 2908 30th Avenue - 778.475.0823
Tue - 9 AM - 2 PM, Thurs 11 AM - 4PM

LEGAL SUPPORTS

Okanagan Advocacy & Resource Society (OARS)
The Legal Advocate - #105 - 3402 27th Ave.
(People Place) - **778-475-0808** - Call for Appointment
Legal Aid BC - Vernon Community Partner - 778.212.3259
Free legal information, find the nearest legal aid location
Access Free Legal Advice-
Client Line: **604.878.7400** or **1.877.762.6664**
accessprobono.ca/our-programs/summary-advice-program
Online triage form: accessprobono.ca/get-legal-help
Lawyer Referral Service - 604.687.3221 - lrsbc.org
Everyone Legal Clinic - everyonelegal.ca - 778.200.4478
Online booking: everyonelegal.ca/get-legal-help
Rise Women's Legal Centre - 236.317.9000 -
info@womenslegalcentre.ca
Will conduct phone, email, videoconference consultations -
cannot represent clients outside Vancouver

FOOD RESOURCES

For those not using Turning Points Food Programs

Upper Room Mission - 3403 27th Ave.
Monday to Friday - Breakfast 9:30 AM - 10:30 AM
Early Supper 2:30 PM - 3:30 PM
Common Threads - 2601 43rd Ave. (meal, food, & clothing)
Monday 2 - 4 PM & Thursday 9 - 11 AM
Teen Junction Youth Centre (Ages 13 - 20 y/o) - 3104 37 Ave.
Monday to Friday - Early Supper 3 PM - 8 PM
Cammy LaFleur Outreach Program
Friday - Bagged Lunches Delivered to People Camping
Saturday Street Lunch - Anglican Church - 3205 27th St.
Saturday - 11 AM to 12:30 PM
Street Church - Salvation Army House of Hope - 3303 32Ave.
Sunday & Holidays - 1 PM - 2:30 PM
Packman Opens Hearts - 26th Ave. & 36th St.
Sunday - 6 PM - 8 PM Timmy's Parking Lot (North end by Walmart) - Wednesday @ Linear Park
Salvation Arm Food Bank - 3303 32 Ave. - Groceries
250.549.4111 (call ahead)

FINANCIAL SUPPORTS

Ministry of Social Dev. & Poverty Reduction - 2820 28th St.
Mon - Fri - 9 AM - 4 PM (Closed 12 PM - 1 PM) - myselfserve.gov.bc.ca/
1.866.866.0800 Emergency after 4:30 PM - **1.866.660.3194**

HOUSING

BC Housing - 1.800.834.7149 - bchousing.org
Subsidized Housing Listings
Homeless Prevention Program - 2800 33rd St. (By appointment only)
250.241.5811 or **250.241.7583** - For people who are about to lose their housing.
Shelter Hub Vernon - 250.241.5811
Helps people who have lost or are at risk of losing housing by navigating systems, connecting with natural supports, and providing case management.
CMHA (Affordable Housing) - 250.542.3114 Ext. 214
CMHA (N. Okanagan Rent Bank) - 250.309.7551
Provides renters interest-free, short-term loans for rent and essential services
Vernon Native Housing Society - 250.542.2834 - Tue - Fri 8:30 AM - 4:30 PM
Housing Society for Aboriginal and Non-Aboriginal individuals and families
Kekuli Centre (Friendship Centre) - 250.542.1264 - Youth Housing Ages 19 - 29 yrs.
Piers - 236.426.3838 - Mon - Fri 9 AM - 4 PM
Homeless Outreach Program - 250.503.7317
For people who are homeless & need housing and some case management

ADDITIONAL SUPPORTS

Archway Society for Domestic Peace - 250.558.0171
Homelessness Prevention Program - For women who have experienced violence
Nexus BC Community Resource Centre - Connect Program - 250.545.0585 - Helps people access local resources and supports them with applications and intakes to connect with the services they need Community Navigator & Information & Referral for Seniors 60+
Vernon Youth Safe House - (Age 13-18) - Youth In Crisis - 250.250.7077
Services for youth and families: Food and Hygiene supplies, Mentoring, Job Coaching, Accommodation location, Parent-Teen conflict support/resolutions, Service Referral, Laundry.
Canadian Mental Health Association (CMHA) - 3100 28th Avenue - 250.542.3114 - Housing, programs for adults and seniors, recreation and social activities, nutrition, crisis and peer support, employment, volunteering, and family support. Youth Integrated Services Hub (YISH) supports youth 12 to 24 years old.
Independent Living Vernon - 250.545.9292
Assistance with provincial and federal disability forms and income taxes
Community Dental Access Centre - 3107C - 31st Avenue - 778.475.7779 - Open Tuesday - Friday 8AM - 4PM - communitydentalaccess.ca info@cdacentre.ca

EMPLOYMENT

WORKBC North Okanagan Employment Centre 3105 33rd Street
250.545.2215 Ext. 230
WORKBC at Turning Points Collaborative 2800 33rd Street
Please call and leave a message
250.540.7097 or **250.540.5051**
NEXUS BC - #102 - 3201 30th Street
250.545.0585 - Free employment programs for anyone requiring skills or certificate training
PIERS - 3006 34th Street
Monday - Friday 9AM - 4PM
236.426.3838 - Skills and readiness training, job search, and employment support

NO TEMPORARY SHELTER PARKS

