

HELP FOR DRUG / ALCOHOL / GAMBLING ADDICTION

Interior Health Substance Use Services
Counseling and/or treatment services to adults and youth. Services are also provided to family members.
Drop In: Monday to Friday, 1:00pm to 3:00pm
Mental Health in-take Monday to Friday 9am-12pm
1440-14th Avenue 549-5737


Turning Points Collaborative
Harm Reduction Residential Drug & Alcohol Program
542-4041
549-6144
Bills Place Addiction's Recovery
Or visit www.turningpoints.ngo

Youth A&D Outreach Worker
(Teens Aged 13-18).....549-5750 or Cell 260-8012
First Nations Friendship Centre
Mental Health & Addictions
2904 29th Avenue 542-1247

AA (Vernon)
Meetings at 7:00am, Noon, 5:00pm and evenings
everyday
For more info and locations call 545-4933

**Okanagan Indian Band Health & Social
Development** 542-5094
Vernon Treatment Centre 542-6151
#3, 2810-48th Avenue
Self Referral - Two week intensive day program.
Gamblers Anonymous 549-1633
Provincial Problem Gambling Helpline
1-888-795-6111

GROCERIES


Salvation Army Food Bank 3303 32nd Ave 549-4111
Lumby Food Bank 1879 Vernon 547-2225
Armstrong Food Bank 3459 P.V. Rd. 546-3465
Feed Enderby & Dist. Food Bank... 938-3114

**FIND A NEEDLE ? PUT IT IN A PUNCTURE PROOF
CONTAINER (POP BOTTLE, GATORADE BOTTLE, JAR)
AND TAKE IT TO NOV'ESS, DOWN TOWN PRIMARY
HEALTH OR COMMUNITY SAFETY OFFICE.**

OTHER SUPPORT SERVICES

Mental Illness Family Support Center
Support, education and advocacy to families of individuals who have a mental illness and/or addiction or substance misuse issues
#300-3402 27th Ave, 260-3233
www.mifsc.ca <http://www.mifsc.ca>

NexusBC Community Resource Centre
Information & Referral for seniors 60+
Drop in service Monday to Thursday from 9:00 to noon or phone to make an appointment.
102-3201-30th Street 545-0585

BC Public Nurse Line
24-hour confidential access to registered nurses
Phone: 1-866-215-4700 TTY 1-866-889-4700
Canadian Mental Health Association (CMHA)
3100 28th Avenue 542-3114
Assistance, rehabilitation, education and recreation/
social programming.

MHSD
Emergency After Hours
Call after 4:30 pm only1-866-660-3194
Interior Health Mental Health Services 549-5737
1440 14th Avenue
Intake Mon-Fri 9:00am - 12pm

Options for Sexual Health Clinic
1440 14th Ave - Tues & Thurs 6:00 - 11:00pm
Birth control, Pregnancy & STD testing, sexual health education and counseling. \$5 yearly clinic fee.
Female Dr's & Nurse
549-5721

Lumby Health Unit 547-9741
2135 Norris Avenue

Vernon Health Unit - Public Health Services
1440 14th Avenue 549-5700

Neighbourlink 558-5527
Local churches helping people in need with food, transportation, & more Tuesday -Friday 9am-1pm



BUS INFORMATION

All Fares \$2.50 child 5 and under free
Main Bus Stop: 31st Ave & 30th Street (by Greyhound)
For more information call 545-7221

Vernon July 2018

VERNON SURVIVAL GUIDE



Updated by the Vernon Community Safety Office.
Please contact us if you find any errors or omissions in this brochure.

Please note that inclusion of an organization does not indicate its endorsement by the Vernon Community Safety Office or does its exclusion imply lack of approval.



3010 31Ave Vernon, BC, V1T 2G8
Phone: 250.550.7840 Fax: 250.260.5866

SLEEPING BAGS, BLANKETS CLOTHING, ETC.

Salvation Army Thrift Stores
3303 32nd Ave • 5400 24th St
If free clothes needed, call..... 549-4111

Upper Room Mission
3403 27th Avenue.....549-1231

Vernon Alliance Church
2601 43rd Avenue.....545-7105
Mon. 3:00pm - 5:00pm & Thurs. 9:30am - 11:30am

HOUSING/EMPLOYMENT

BC Housing
Subsidized Housing Listings at:
www.bchousing.org
1-800-834-7149

Housing Outreach Worker.....250.542.3555 EXT 211

Vernon Native Housing Society
Housing Society for Aboriginal and Non-aboriginal individuals and families.
542-2834

CMHA Housing
3100 28th Avenue -Subsidized Housing for families and those with physical & mental disabilities.
542-3114

Kekuli Centre (Native Friendship Centre)
2905 28th Avenue
542-1264

LEGAL INFORMATION

Legal Advocacy Program: Tish Lakes
Call and make an appointment
#102-3301 24th Avenue.....542-3555 ext -209
Free Pro Bono Legal Assistance (income check req'd)
Free Legal Advice (by appointment only)
Phone: 1-877-762-6664 or Email: help@accessprobono.ca
Please note—legal advice is not provided over the phone or through email.

SHELTER

Gateway Shelter 2800 33rd Street
Temporary Winter Program - (November-March)
Women's Services.....260-2786
Men's Services.....260-2792

John Howard Society Shelter for Adults
(Scheduled to close 2018)
2307 43rd Street. Register at 4pm.....542-4041

Temporary Winter Program - (November-March)
Our Place (Shelter) for Adults Opening 2018
2307 43rd Street. Register at 4pm.....542-4041

Temporary Winter Program - (November-March)
Women's Transition House.....542-1122
(For women fleeing abusive relationships)

Vernon Youth Safe House (age 13-18)
#206 2905 28th Ave.....260-7077
Closed 4:30pm - 7:00pm Monday to Friday & 12:00pm - 8:00pm Saturday & Sunday

WARM MEAL AND COFFEE

Saturday Free Lunch All Saint's Anglican
3205 27th St - 11:30am - 12:30pm.....542-3179

Upper Room Mission.....549-1231
3403 27th Ave - Monday to Friday : 9am-5pm

Vernon Alliance Church 2601 43rd Ave.....545-7105
Common Threads at The Arbour - 4301 27th Street
Mon 3:00pm - 5:00pm & Thurs 9:30am - 11:30am
Free clothing, haircuts (Thursday), bread & buns.

NORTH OKANAGAN CENTER FOR COMMUNITY COLLABORATION

102 3301 24 AVE.
250.542.3555

- ⇒ Bringing together:
- ⇒ Work BC Employment Program
- ⇒ Homeless Outreach Program
- ⇒ Homeless Prevention Programs
- ⇒ Brain Trust Canada
- ⇒ Legal Advocacy Program

MEDICAL ATTENTION

Downtown Primary Care Centre/Health
Outreach Nurse/Mental Health Team
3306A 32nd Avenue
541-1097

Provide primary health services by doctors and nurse practitioners, Monday to Thursday 9:30-3:30 and Friday 9:00-12:00 to persons who are unattached to a primary care provider

Vernon Jubilee Hospital
2101 32th Street
545-2211

Walk-In Clinics/Outreach

Cammy LaFleur Outreach Program -NOYFSS
3100 32nd Avenue
545-3572

An outreach based program that provides harm reduction, education, & support to those who use drugs, are homeless and / or have a mental health illness.

Superstore Walk-In Clinic 9am-9pm 7days/week
5001 Anderson Way.....545-8338

Sterling Centre Medical Clinic 1pm-8pm weekdays
Sat/Sun/Holidays 9am-1pm
101-3210 25th Ave778-475-8311

Vernon Methadone Clinic
#103-3310 32 Ave778-475-5810

HOPE Outreach

Harm reduction supplies for Women & Men living rough 6 nights per week, 2 hours per night.

CALL FOR HELP

RCMP (Emergency only) 911
3402-30th Street (non emerg) 545-7171
Vernon Bylaws 550-3505
RCMP Victims Assistance... 260-7171
Community Safety Office 550-7840
Crisis Line

24 hours a day, 7 days a week 1-888-353-2273

CrimeStoppers Tip Line 1-800-222-8477
Ministry of Housing and Social Development

Emergency After Hours Assistance.....1-866-660-3194