

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

Bills Place Addiction's Recovery 549-6144

Or visit [www..turningpoints.ngo](http://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 NOVSS, 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

1440 14th Avenue 549-5737

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

2135 Norris Avenue 547-9741

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

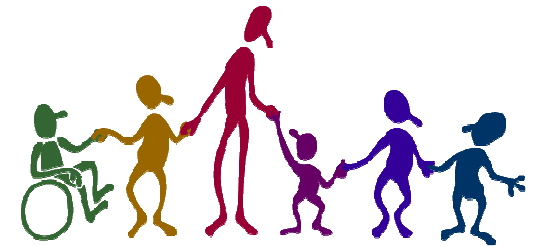
All Fares \$2.50 child 5 and under free

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

Housing Outreach Worker.....250.542.3555 EXT 211

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

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

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 advise 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