
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

John Howard Society

Harm Reduction Residential Drug & Alcohol Program 542-4041
12 Step Sober Living Residential Program. 549-6144
Or Interior Health 549-5737
Or visit www.jhsnok.ca

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

Want to quit smoking? Quitnow.ca 1-877-455-2233
(toll free)

BUS INFORMATION



Adult tickets \$2.00 one zone, \$2.50 multi-zone
Child under 5 yrs no charge
Senior & Student \$1.75 one zone, \$2.25 multi-zone

Please have exact change

Main Bus Stop: 31st Ave & 30th Street
(beside Greyhound)

For more information call 545-7221

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 Seniors Services Information & Referral
Drop in service from 9:00 to noon
appointments from 1:00-4:00 pm. Monday-Thursday
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.

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 549-5721
Birth control, Pregnancy & STD testing, sexual health
education and counseling. \$5 yearly clinic fee. Female
Dr's & Nurse

Lumby Health Unit

2135 Norris Avenue 547-9741

Teen Junction youth 13 to 18 years.

3104 37th Avenue 275-3117
Essential toiletries, a meal, supervised activities, and
referrals. Mon-Fri 3:30 to 7:30 pm

Vernon Health Unit - Public Health Services

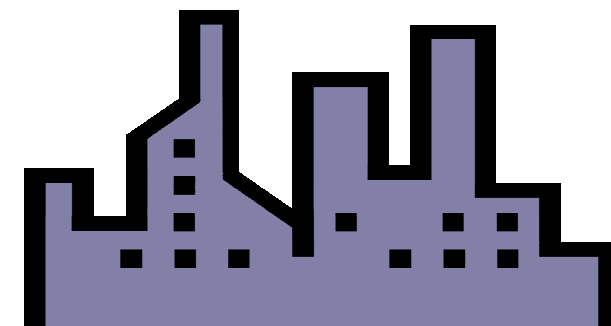
1440 14th Avenue 549-5700

Neighbourlink

558-5527
Local churches helping people in need with food, transporta-
tion, furniture & more Monday-Friday 9am-1pm

Vernon April 2017

VERNON SURVIVAL GUIDE



Updated by the Vernon Community Policing 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
Policing Office or does its exclusion imply lack of
approval.



2900 32Ave., Vernon, BC, V1T 2L5
Phone: 250.550.7840 Fax: 250.260.5866

GROCERIES



Vernon Food Bank 3303 32nd Ave..... 549-4111
Lumby Food Bank 1879 Vernon (a.m. only) .
547-2225
Armstrong Food Bank 3459 P. V. Rd... 546-3465
Feed Enderby & Dist. Food Bank..... 938-3114
Good Food Box (low cost fruit & veggies).....275-8814

WARM MEAL AND COFFEE



Saturday Free Lunch @ All Saint's Anglican Church
3205 27th St - 11:30am - 12:30pm..... 542-3179
Upper Room Mission..... 549-1231
3403 27th Ave - Breakfast 9am, Lunch 12pm, Dinner 4pm Monday to Friday
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.

SHELTER



Gateway Shelter 2800 33rd Street
Extreme Weather Program - (November-March active at -1°C and below)
Women's Services.....260-2786
Men's Services.....260-2792
Women's Transition House..... 542-1122
(For women fleeing abusive relationships)
John Howard Society Men's Shelter
2307 43rd Street. Register at 4pm.....542-4041
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
MHSD
Emergency After Hours
Call after 4:30 pm only1-866-660-3194

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 Avenue542-1264
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

LEGAL INFORMATION



Legal Advocacy Program
Call and make an appointment
Tish Lakes
#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.

MEDICAL ATTENTION



Downtown Primary Care Centre/Health Outreach Nurse/Mental Health Team
3006A 32nd Avenue 541-1097
Provide doctor and nurse practitioner services Monday to Friday 9:30am - 12:30pm, to persons who do not have a family doctor and are not able to attach to Primary Care.
Vernon Jubilee Hospital
2101 32th Street 545-2211

Walk-In Clinics/Outreach

Street Nurse Outreach—NOYFSS
3100 32nd Avenue 545-3572
Nurse outreach & needle exchange for street population
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

CALL FOR HELP



RCMP (Emergency only) 911
3402- 30th Street (non emerg) 545-7171
Vernon Bylaws 550- 3505
RCMP Victims Assistance... 260-7171
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

FIND A NEEDLE ? PUT IT IN A PUNCTURE PROOF CONTAINER (POP BOTTLE, GATORADE BOTTLE, JAR) AND TAKE IT TO NOYFSS, DOWN TOWN PRIMARY HEALTH OR THE COMMUNITY POLICING OFFICE.
