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## 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

1440-14<sup>th</sup> 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 29<sup>th</sup> 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, 2810-48<sup>th</sup> 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 32<sup>nd</sup> 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.**

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## 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 27<sup>th</sup> Ave, 260-3233

[www.mifsc.ca](http://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.

102-3201-30<sup>th</sup> Street 545-0585

### BC Public Nurse Line

24-hour confidential access to registered nurses.

Phone: 811 TTY 1-866-889-4700

### Canadian Mental Health Association (CMHA)

3100 28<sup>th</sup> Avenue 542-3114

Assistance, rehabilitation, education and recreation/ social programming.

### MHSD

#### Emergency After Hours

Call after 4:30 pm only .....1-866-660-3194

### Interior Health Mental Health Services

1440 14<sup>th</sup> Avenue 549-5737

Intake Mon-Fri 9:00am - 12pm

### Options for Sexual Health Clinic

1440 14<sup>th</sup> 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 14<sup>th</sup> Avenue 549-5700

### Neighbourlink

558-5527

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



## BUS INFORMATION

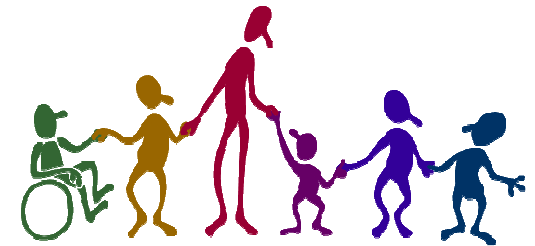
All Fares \$2.50 child 5 and under free

Main Bus Stop: 31<sup>st</sup> Ave & 30<sup>th</sup> Street (by Greyhound)

For more information call 545-7221

Vernon November 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 32<sup>nd</sup> Ave • 5400 24<sup>th</sup> St  
If free clothes needed, call.....549-4111

Upper Room Mission  
3403 27<sup>th</sup> Avenue.....549-1231

Vernon Alliance Church  
2601 43<sup>rd</sup> 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](http://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 28<sup>th</sup> Avenue - Subsidized Housing for families and those with physical & mental disabilities.

Kekuli Centre (Native Friendship Centre)  
2905 28<sup>th</sup> Avenue 542-1264

## LEGAL INFORMATION

Legal Advocacy Program: Tish Lakes  
Call and make an appointment  
#102-3301 24<sup>th</sup> 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](mailto:help@accessprobono.ca)  
Please note—legal advice is not provided over the phone or through email.

## SHELTER



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

Turning Points Shelter for Adults  
2307 43<sup>rd</sup> Street. Register at 4pm.....542-4041  
Temporary Winter Program - (November-March)

Our Place (Shelter) for Adults **Opening 2019**  
2307 43<sup>rd</sup> 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 28<sup>th</sup> 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 27<sup>th</sup> St - 11:30am -  
12:30pm.....542-3179



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

Vernon Alliance Church 2601 43<sup>rd</sup> Ave.....545-7105  
Common Threads at The Arbour - 4301 27<sup>th</sup> 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 32<sup>nd</sup> 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 32<sup>th</sup> Street 545-2211

## Walk-In Clinics/Outreach

Cammy LaFleur Outreach Program -NOYFSS  
3100 32<sup>nd</sup> 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 25<sup>th</sup> Ave .....778-475-8311

Vernon Methadone Clinic  
#103-3310 32 Ave .....778-475-5810

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- 30<sup>th</sup> 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