

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.

1440-14th Avenue.....549-5737

Drop In: Monday to Friday, 1:00pm to 3:30pm

John Howard Society

9-bed Drug & Alcohol Program.....542-4041

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

Live in Balance Alcohol & Drug Services

First Nations Friendship Centre

2904 29th Avenue.....542-5311

AA (Vernon)

Meetings at 7:00am, Noon, 5:00pm and evenings everyday

For more info and locations call545-4933

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

USED NEEDLE DROP BOXES: GATEWAY SHELTER, NOYFSS, AND THE MISSION

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

Please have exact change

Main Bus Stop: 35th Street and Coldstream Ave across from Downtown Safeway.

For more information call.....545-7221

CALL FOR HELP



RCMP (Emergency only).....911

3402- 30th Street (non emerg).....545-7171

RCMP Victims Assistance.....260-7171

Crisis Line

24 hours a day, 7 days a week.....545-2339

Crimestoppers Tip Line.....1-800-222-8477

Ministry of Housing and Social Development

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

NEEDLE PICK UP

Find a needle and don't know what to do? Call:

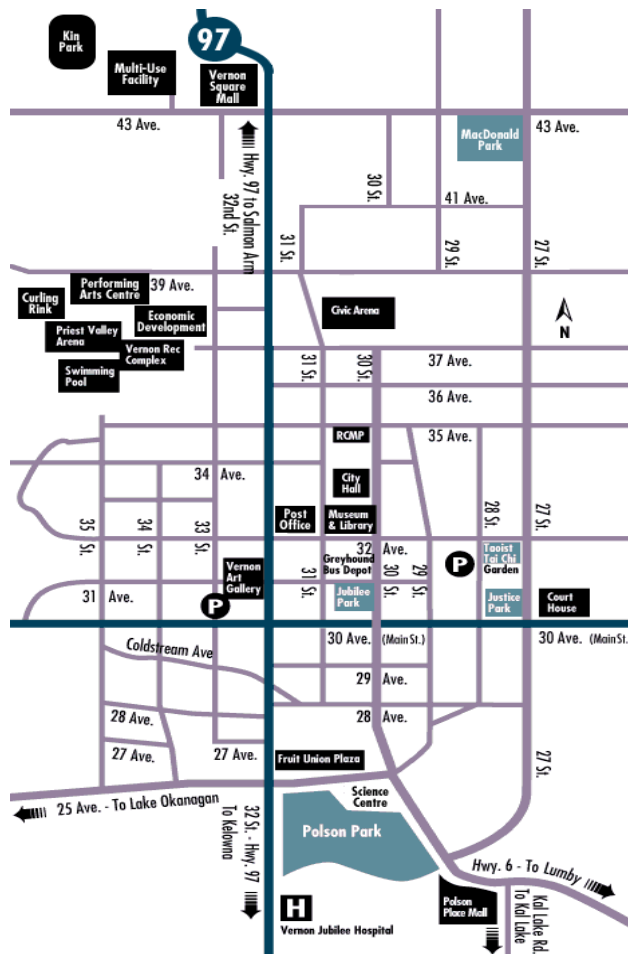
The Vernon Community Policing Office.....550-7840

City of Vernon Operations.....549-6757

NOYFSS.....545-3572

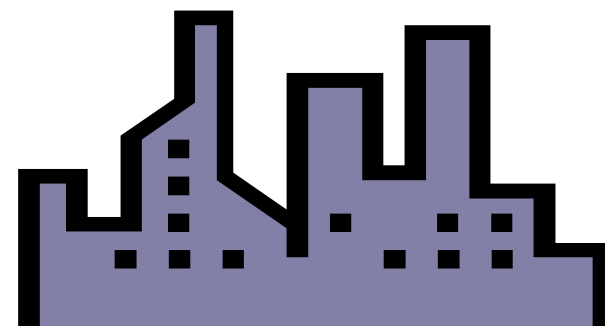
Vernon Fire-Rescue.....542-5361

By-law Officer.....550-3645



Vernon September 2011

VERNON SURVIVAL GUIDE



Compiled by the John Howard Society for the North Okanagan. 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 John Howard Society nor does its exclusion imply lack of approval.

John Howard

JOHN HOWARD SOCIETY
of the North Okanagan/Kootenay Region of BC



Mailing Address:
2307—43rd Street, Vernon, BC V1T 6K7
Admin Office 250-542-3555

GROCERIES



Vernon Food Bank 3303 32nd Avenue..... 549-4111
Lumby Food Bank 1879 Vernon (a.m. only) .547-2225
Armstrong Food Bank 3459 P.V. Road.....546-3465
Enderby Food Bank.....549-4111
Good Food Box (low cost fruit & veggies).....306-7800
Neighbourlink.....558-5527

WARM MEAL AND COFFEE



Saturday Free Lunch @ All Saint's Anglican Church
3205 27th Street - 11:00am—12:30pm...542-3179
Upper Room Mission..... 549-1231
3403 27th Avenue
Monday to Friday 9:00am-5:00pm
Vernon Alliance Church
2601 43rd Avenue.....545-7105
Mondays 3:00pm—6:00pm &
Thursdays 10:00am-12:00pm
free clothing, shoes & haircuts

WARM BED



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

SHOWER AND LAUNDRY



The Gateway Shelter
2800 33rd Street.....(men's services) 260-2792
(women's services) 260-2786
John Howard Society Men's Shelter
2307 43rd Street.....542-4041
Free showers/laundry (non residents) 8:30am—3:30pm

SLEEPING BAGS, BLANKETS CLOTHING, ETC.



Salvation Army Thrift Stores
3303 32nd Avenue & 4402 27th Street
If free clothes needed, call.....549-4111
Upper Room Mission
3403 27th Avenue.....549-1231
Canadian Mental Health Georgettes
3100 28th Avenue.....542-3114
Vernon Alliance Church
2601 43rd Avenue.....545-7105
Mondays—3:00pm—6:00pm and Thursdays
10:00am-12:00pm

HOUSING



BC Housing.....1-800-834-7149
Subsidized Housing Listings at: www.bchousing.org
Housing Outreach Worker.....307-6678
Vernon Native Housing Society.....542-2834
Housing Society for Aboriginal and Non-aboriginal individuals and families.
CMHA Housing.....545-0094
3100 28th Avenue -Subsidized Housing for families and those with physical & mental disabilities.
Kekuli Centre (Native Friendship Centre)
2905 28th Avenue542-1264

LEGAL INFORMATION



Free Legal Drop-in Clinic (by appointment only)
Volunteer lawyers provide 30 minutes of confidential legal advice. Thursday evenings from 7:00pm—9:00pm.
Held at People Place
Legal Advocacy Program (Monday to Friday 8:30am-4:30pm)
#303, 3402 27th Avenue.....542-3322 Ext 214

MEDICAL ATTENTION



Vernon Jubilee Hospital
2101 32nd Street.....545-2211
North Okanagan Health Unit
1440 14th Avenue.....549-5700

Walk-In Clinics/Outreach

Downtown Primary Care Centre
2902 29th Avenue.....541-1097
Free doctor and nurse practitioner services; no medical insurance required; referrals to additional programs
Monday to Friday 9:00am—4:00pm

Street Nurse Outreach

3100 32nd Avenue.....545-3572
Nurse outreach including needle exchange for street population

Gartree Medical Clinic

#510 4400 32nd Street.....545-9112

Vernon Family Doctors Medical Clinic

#116-3101 Highway 6 (Fruit Union Plaza).....545-8332

Superstore Walk-In Clinic

5001 Anderson Way.....545-8338

Other Support Services

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 with employment, housing, rehabilitation/education programs, peer support & recreation.

Interior Health Mental Health Services

1440 14th Avenue.....549-5737
Intake Monday-Friday 9:00am-10:00am

Options for Sexual Health Clinic

Vernon

1440 14th Avenue.....549-5721
Tuesday & Thursday 6:00pm—11:00pm. Birth control, Pregnancy & STD testing, sexual health education and counseling. \$5 yearly clinic fee.

Lumby

2135 Norris Avenue.....547-9741

Brain Trust Canada

#201B-4412 27th Street.....307-6064