

**SD22**  
**Indigenous Education**  
**Community Resource Guide**



**School District No. 22**  
**VERNON**

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**IF YOU ARE IN IMMEDIATE DANGER CALL 911**

<p><b>KUU-US CRISIS RESPONSE SERVICE</b>          Aboriginal Crisis Line provides 24/7 culturally aware crisis support to Indigenous people in BC.</p>	<p>Call: 1-800-588-8717          Child/youth line: 250-723-2040          Adult/elder line: 250-723-4050  <a href="https://www.kuu-uscrisisline.com/">https://www.kuu-uscrisisline.com/</a></p>
<p><b>Aboriginal Crisis Line</b></p>	<p>1-800-588-8717</p>
<p><b>Native Youth Crisis Line</b>          Answered by staff 24/7. Available throughout Canada and U.S</p>	<p>1-877-209-1266  <a href="https://www.youthspace.ca/">https://www.youthspace.ca/</a>  <a href="https://youthinbc.com/">https://youthinbc.com/</a></p>
<p><b>Suicide Prevention Lifeline</b>          We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. U.S. and Canada</p>	<p>1-800-273-8255  <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a></p>
<p><b>Kids Help Phone</b>          provides kids and teens access to a professional counsellor by phone to</p>	<p>1-800-668-6868  <a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a>  <a href="https://kidshelpphone.ca/live-chat-counselling/">https://kidshelpphone.ca/live-chat-counselling/</a></p>

<p>discuss their issue or concern 24 hours a day</p>	
<p><b>Youth in B.C</b>          YouthInBC.com is run by the Crisis Intervention &amp; Suicide Prevention Centre of BC. We are a volunteer driven organization committed to helping people help themselves and others deal with crisis.</p>	<ul style="list-style-type: none"> <li>• Greater Vancouver • <a href="tel:604-872-3311">604-872-3311</a></li> <li>• Howe Sound &amp; Sunshine Coast • <a href="tel:1-866-661-3311">1-866-661-3311</a></li> <li>• TTY • <a href="tel:1-866-872-0113">1-866-872-0113</a></li> <li>• The Seniors' Distress Line • <a href="tel:604-872-1234">604-872-1234</a></li> <li>• Mental Health Support • <a href="tel:310-6789">310-6789</a></li> <li>• 1-800-SUICIDE • <a href="tel:1-800-784-2433">1-800-784-2433</a></li> <li>• Online Service for Adults • <a href="http://www.CrisisCentreChat.ca">www.CrisisCentreChat.ca</a></li> <li>• Online Service for Youth • <a href="http://www.YouthinBC.com">www.YouthinBC.com</a></li> </ul>
<p><b>310 Mental Health Line:</b> No Area Code Needed          Provides a toll-free number connecting callers to a BC crisis line, without a wait or busy signal. Offers emotional support, information on appropriate referral options, and a wide range of support relating to mental health concerns.</p>	<p>310-6789 (No need to dial area code)</p>
<p><b>Interior Crisis Line Network</b></p>	<p>1-888-353-2273  <a href="http://www.interiorcrisisline.com/">http://www.interiorcrisisline.com/</a></p>

<p>Provides a toll-free number connecting callers to a BC crisis line, without a wait or busy signal. Offers emotional support, information on appropriate referral options, and a wide range of support relating to mental health concerns.</p>	
<p><b>Youth Against Violence</b>  Call the Youth Against Violence Line at 1-800-680-4264 and talk one-on-one to a YAV Line support worker 24 hours a day, 7 days a week, or e-mail us at <a href="mailto:info@youthagainstvviolence.com">info@youthagainstvviolence.com</a>.</p> <p>If you're in any way concerned about your safety or the safety of others, we can help. Anything you say is kept completely confidential and you remain totally anonymous - we don't have call display either. And, because the YAV Line is a multilingual service, we can talk to</p>	<p><b>1-800- 680-4264</b></p> <p><b>TTY 604-875-0885</b> or Text <b>604-836-6381</b> (for deaf or hard of hearing people)  <a href="http://www.youthagainstvviolence.com/contact.html">http://www.youthagainstvviolence.com/contact.html</a></p>

<p>you in your language.</p> <p>Concerned parents, teachers, caregivers, service providers and others are also welcome to call for information and assistance.</p> <p><b>If you are in immediate danger, please call 911 or your local police department.</b></p>	
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Indigenous Organizations

<p><b>The North Okanagan Friendship Center Society (NOFCS)</b> has been in existence for 38 years since its inception in 1977 as the United Native Nations Friendship Society. NOFCS has grown from humble beginnings into a recognized and credible organization in the effective delivery of a range of social services for urban Aboriginal people. We endeavor to assist whoever walks in the door needing help.</p>	<p>1-(250)-542-1247  <a href="https://www.vernonfirstnationsfriendshipcentre.com/contact-us/">https://www.vernonfirstnationsfriendshipcentre.com/contact-us/</a></p>
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<p><b>Vernon Native Housing Society</b>  Vernon Native Housing Society offers 146 units of housing. The society offers many housing types to suit the needs of low-income individuals and families of both aboriginal and non-aboriginal ancestry. These housing types include: single family homes, small and large multifamily complexes, an elders/seniors apartment building; within its complexes there are one, two and three bedroom accessible units for persons with mobility challenges. Vernon Native Housing Society also has three BC Housing portable rent subsidies which allows families flexibility in where they choose to live.</p>	<p>(250) 542-2834  <a href="http://www.vernonnativehousing.ca/">http://www.vernonnativehousing.ca/</a></p>
<p><b>Okanagan Training and Development Council</b>  mandate is to encourage <i>self-sufficiency</i> for aboriginal individuals by addressing</p>	<p>250-769-1977  <a href="https://www.otdc.org/">https://www.otdc.org/</a></p>

<p>local and regional <i>labour market</i> and <i>community needs</i> and priorities through the delivery of <i>employment, training, programs, and services</i>.</p>	
<p><b>Okanagan Métis &amp; Aboriginal Housing Society</b>  non-profit society incorporated in August of 1986. The Society's mandate is to develop and maintain affordable and comfortable rental housing units, integrated within the urban communities of the Okanagan. The major objective is to make affordable rental housing available for all households (native and non-native people) of low and moderate income</p>	<p>250-763-7747  <a href="http://omahs.ca/home.html">http://omahs.ca/home.html</a></p>
<p><b>Round Lake - Alcohol and Drug Treatment Society</b>  Round Lake approaches healing holistically through the medicine wheel and its balance of the physical, mental, spiritual and emotional aspects of our lives to all cultures and nationalities.</p>	<p><a href="tel:2505463077">250-546-3077</a>  <a href="http://roundlaketreatmentcentre.ca/">http://roundlaketreatmentcentre.ca/</a></p>



<p><b>ISET Program - BC Native Women's Association</b></p> <p>The BC Native Women’s Association (BCNWA) is a provincial member association of the Native Women’s Association of Canada (NWAC). Our collective goal is to enhance, promote, and foster the social, economic, cultural, and political well-being of Aboriginal women and girls through activism, policy analysis, and advocacy.</p>	<p>250-554-4556  <a href="https://www.bcib.ca/bc-native-womens-association/">https://www.bcib.ca/bc-native-womens-association/</a></p>
<p><b>Aboriginal Skills Employment &amp; Training Strategy</b></p> <p>ASETS receives funds from Human Resources &amp; Skills Development Canada (HRSDC) to provide training and employment opportunities to Aboriginal people within the Central Interior of British Columbia.</p>	<p>1-844-471-8204  <a href="https://shuswapnation.org/training-employment/">https://shuswapnation.org/training-employment/</a></p>
<p><b>Metis Employment and Skills Training Program - Métis Nation BC</b></p>	<p>250-376-9263  <a href="https://www.mnbc.ca/">https://www.mnbc.ca/</a></p>

<p>MNBC represents thirty-nine (39) Métis Chartered Communities in British Columbia.</p> <p>MNBC’s mandate is to develop and enhance opportunities for Métis communities by implementing culturally relevant social and economic programs and services.</p> <p>Métis Nation BC is recognized by the Métis National Council, Provincial Government of British Columbia, and the Federal Government of Canada, as the Governing Nation for Métis in B.C</p>	
<p><b>Okanagan Indian Band</b>  The Okanagan Indian Band is part of the Okanagan Nation, which comprises seven Indian Bands, including Lower Similkameen Indian Band, Upper Similkameen Indian Band, Osoyoos Indian Band, Penticton Indian Band, Westbank First Nation, Upper Nicola</p>	<p><a href="tel:250-542-4328">250-542-4328</a>  <a href="https://okib.ca/">https://okib.ca/</a></p>

Indian Band and the Okanagan Indian Band.	
<p><b>Okanagan Nation Alliance</b>          ONA strives to provide quality services using a holistic, integrated approach with a Quality Assurance model. The Wellness Committee has developed four strategic priorities, which help to inform some guiding principles.</p> <p>Strategic Priorities</p> <ol style="list-style-type: none"> <li>1. Mental Wellness &amp; Substance Misuse</li> <li>2. Increase Access to Primary Care</li> <li>3. Elders Care</li> <li>4. Children &amp; Youth</li> </ol>	<p>250-707-0095  <a href="https://www.syilx.org/">https://www.syilx.org/</a></p>

Resources - General

<p><b>NexusBC Community Resource Centre</b>          Located in Vernon, we provide employment programs for jobseekers, resources for seniors and for those who wish to volunteer in the community.</p>	<p><a href="https://nexusbc.ca/">250-545-0585</a>  <a href="https://nexusbc.ca/">https://nexusbc.ca/</a></p>
<p><b>Community Response Team</b>          A service for those in emotional distress. Help is</p>	<p>(250) 260-7893</p>

<p>offered from 9:00 a.m. to midnight on weekdays and from 1:00 p.m. to midnight on weekends. Closed on statutory holidays. Offers emotional support, assistance to victims of crime and referrals to community resources.</p>	
<p><b>Mental Health &amp; Addictions Services, Vernon Health Centre</b>          Provide many services including adult community support, adult short-term assessment and treatment, community residential programs, geriatric programs, crisis intervention, day and outpatient programs, addictions counselling, concurrent disorders services, group therapy, peer support, and after-hours mental health support.</p>	<p>(250) 549-5737</p>
<p><b>Mental Illness Family Support Centre/BC Schizophrenia Society</b>          Drop in: Monday to Thursday 9:00 am to 12:30 pm          By Appointment: Monday to Thursday 12:30 pm to 4 pm and Fridays 9:00 am to 12:30 pm          *Other times available by request. Providing support and information for families affected by any mental</p>	<p>(250) 260-3233  <a href="https://cmhavernon.ca/family-support-services/">https://cmhavernon.ca/family-support-services/</a></p>

<p>illness. Individual support, education, support groups, lending library of books and videos, public education (e.g., presentations on all aspects of mental illness). For anyone who has a family member or friend living with mental illness.</p>	
<p><b>North Okanagan Youth and Family Services Society</b> Monday to Friday 8:30 a.m. to 4:30 p.m. NOYFSS provides counselling and support services to individuals and families in our community through a variety of community based and residential programs.</p>	<p>(250) 545-3572 <a href="https://noyfss.org/">https://noyfss.org/</a></p>
<p><b>Canadian Mental Health Association – Vernon &amp; District Branch</b> <i>We all have mental health. CMHA believes that good mental health is essential to overall health and well-being. Whether you are managing a mental illness, supporting someone you care about, or looking to build your own overall health, we can help you build mental health skills and resilience for yourself and your family.</i></p>	<p>(250) 542-3114 <a href="https://cmhavernon.ca/">https://cmhavernon.ca/</a></p>
<p><b>Family Resource Centre</b> The Family Resource Centre offers a range of no-cost or</p>	<p>250-545-3390 <a href="https://vernonfrc.ca/">https://vernonfrc.ca/</a></p>

<p>affordable counselling and support groups for all ages and genders in an environment that's inclusive, confidential and safe.</p>	
<p><b>North Okanagan Hospice Society</b> Offers compassionate care, comfort, support and learning to those who are dying or grieving.</p>	<p>250-503-1800</p>
<p><b>Specialized Victims Assistance</b> (Monday - Friday 8:30am to 4:30pm) Specialized Victim Assistance Program offers support and information to women, children and men who have been victimized as a result of sexual assault, violence in an intimate relationship, child sexual abuse (recent or past), elder abuse, or criminal harassment (stalking).</p>	<p>250-542-3322</p>
<p><b>Sexual Assault Services - Vernon Jubilee Hospital</b> 1267 A confidential hospital and community-based emergency service which provides sensitive and supportive care for anyone, 13 and over, who has been sexually assaulted. All children under 13 will be assessed and referred appropriately</p>	<p>250-542-3322 or 250-558-1200 ext.</p>

<p><b>Vernon Women’s Transition House</b>  The Transition House provides short term shelter and related services to women, youth and children who have experienced or are at risk of violence. As a safe shelter with support, women are enabled to make decisions about their future and gain increased awareness of the nature of abuse</p>	<p>250-542-1122  <a href="http://www.vwts.ca">www.vwts.ca</a></p>
<p><b>Turning Points Collaborative (formerly John Howard Society)</b>  Provides shelter and addiction recovery programs for men and women</p>	<p>(250) 542-3555  <a href="http://turningpoints.ngo/">http://turningpoints.ngo/</a></p>
<p><b>Alcoholics Anonymous Vernon</b>  The AA program, as set forth in the 12 steps to recovery, offers support to those using/misusing alcohol.  <a href="https://www.bcyukonaa.org/_pub/meetings/districts/dist_sql.php">https://www.bcyukonaa.org/_pub/meetings/districts/dist_sql.php</a></p>	<p>(250) 545-4933.  <a href="https://www.bcyukonaa.org/_pub/meetings/districts/dist_sql.php">https://www.bcyukonaa.org/_pub/meetings/districts/dist_sql.php</a></p>

Income Support & Social Services

**HOUSING**

<p><b>BC HOUSING</b>  -Subsidized Housing Listings</p>	<p>1-800-834-7149  <a href="http://www.bchousing.org">www.bchousing.org</a></p>
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<p><b>HOMELESS PREVENTION PROGRAM</b> -for people who are about to lose their housing.</p>	<p>250-241-5811 or 250-241-7583</p>
<p><b>HOMELESS OUTREACH PROGRAM</b> - for people who are homeless &amp; need housing &amp; some case-management.</p>	<p>250-503-7317 Monday: 1-4 at Polson Park Motel, 3201 24 Ave, facing the building, office to the left . Tuesday: 1-3 Cammy LeFleur outreach clinic, 2800 33rd St. Thursday: 9-12 at 2800 33rd street, front entrance (when facing the building, the front entrance to the right)</p>
<p><b>CMHA (NORTH OKANAGAN RENT BANK )</b></p>	<p>Call 250-309-7551 Provides renters interest-free, short term loans for rent and essential utilities</p>
<p><b>CMHA (AFFORDABLE HOUSING)</b></p>	<p>Call 250-542-3114 (ext. 214) for info on how to apply.</p>
<p><b>VERNON NATIVE HOUSING SOCIETY</b> -Housing Society for Aboriginal and Non-aboriginal individuals and families</p>	<p>Tues-Fri 8:30am-4:30pm 250-542-2834</p>
<p><b>KEKULI CENTRE (FRIENDSHIP CENTRE)</b> -Youth housing ages 19—29</p>	<p>Call 250- 542-1264</p>



<b>PIERS</b> -Provide services that prevent homelessness to those at risk of losing housing	Mon-Fri 9-4pm 236-426-3838
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**GROCERIES**

<b>Salvation Army Food Bank</b> (3303 32nd Avenue) -Call ahead	250- 549-4111
<b>Lumby Food Bank</b> (2087 Shuswap Avenue) -Call ahead	250-547-2225
<b>Armstrong Food Bank</b> (3459 Pleasant Valley Rd)	250-546-3465
<b>Feed Enderby &amp; District Food Bank</b> -Call ahead	250-938-3114

**FINANCIAL SUPPORTS**

<b>MINISTRY OF SOCIAL DEVELOPMENT &amp; POVERTY REDUCTION</b> (2820 28th Street)	Mon-Fri 9am-4pm (closed 12pm-1pm) <a href="http://www.myselfserve.gov.bc.ca">www.myselfserve.gov.bc.ca</a> 1-866-866-0800 Emergency after 4:30pm 1-866-660-3194
<b>SERVICE CANADA EMPLOYMENT INSURANCE</b> (3101 32nd Avenue)	Call In 1-800-206-7218 TTY: 1-800-529-3742

**LEGAL SUPPORTS**

<p><b>OKANAGAN ADVOCACY &amp; RESOURCE SOCIETY (OARS) (#105-3402 27Ave-People Place) -The Legal Advocate Call to make an appointment.</b></p>	<p>778-475-0808</p>
<p><b>Legal Aid BC -Vernon Community Partner</b> -Get free legal information; -Call legal aid; find your nearest legal aid location; -Get legal help online; connect with people who can help.</p>	<p>778-212-3259</p>
<p><b>ACCESS PRO BONO</b> -free legal advice</p>	<p><a href="http://www.accessprobono.ca">www.accessprobono.ca</a> 1-877-762-6664</p>
<p><b>RISE WOMEN'S LEGAL CENTRE</b> -Will conduct phone, email, videoconference consultations but unable to represent clients outside of Vancouver.</p>	<p>Email: info@womenslegalcentre.ca 236-317-9000 <a href="http://www.womenslegalcentre.ca">www.womenslegalcentre.ca</a></p>

**Clothing Supports**

<p><b>Mamas For Mamas (Kelowna)</b> Mamas for Mamas is a national charitable organization that supports mothers and caregivers in crisis by providing ongoing support to individuals and</p>	<p>(236)-420-0075 <a href="https://www.mamasformamas.org">https://www.mamasformamas.org</a> /</p>
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<p>families facing various poverty-related struggles. Our mission is to change the landscape of poverty through innovative approaches to financial barriers faced by struggling families. While our name is Mamas for Mamas, we welcome caregivers of any gender identity or expression, including men, trans*, non-binary, and two-spirit clients. We envision a future where no Mama or child is left behind.</p>	
<p><b>The Salvation Army – House of Hope</b>  The House of Hope has been helping the community of Vernon for many years. House of Hope is a member of Food Banks British Columbia (FBBC) and an affiliated member of the Canadian Association of Food Banks. We are the only authorized Food Bank in Vernon.  We Provide:  food assistance  clothing assistance  personal support  counselling support</p>	<p>250-549-4111  <a href="https://vernonhouseofhope.com/about">https://vernonhouseofhope.com/about</a></p>
<p>Hope Outreach  We provide nighttime outreach 7 days a week for</p>	<p>250-258-7879  <a href="https://www.hopeokanagan.com/">https://www.hopeokanagan.com/</a></p>

<p>the identified women of Kelowna &amp; Vernon who are experiencing different types of homelessness, living in addiction, exploited or at risk of being exploited by others, and working in sex work. Our first priority is supporting their immediate and basic needs while being on the street. From there our services are developed to complement and fulfil gaps within the service provider community to support an individual's journey no matter where they are within that continuum of care.</p>	
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Recreation & Community Groups

<p><b>Able Sail Program</b>          COSA continues to offer sailing programs for persons with disabilities. We have been delivering sailing programs for disabled individuals since 1993! With accessible sailboats in our fleet and other supportive equipment, we can accommodate a large range of disabled sailors. We utilize the Australian made, 303 Wide Access</p>	<p>(250) 764-2203  <a href="https://cosa.bc.ca/index.php">https://cosa.bc.ca/index.php</a></p>
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<p>Dinghy. The safety aspects are plentiful, from the stability of not being able to capsize - to a wide deck to keep occupants dry. To top it off, the Access Dinghy is a very fun boat to sail!</p> <p>The Able Sail program runs from the end of May until mid-September. We only use fully certified Sail Canada coaches, and have some of the newest, most exciting technology on the market.</p> <p>Lessons take place in our protected bay, ensuring safe and fun sailing for every outing.</p>	
<p><b>Arion Therapeutic Farm</b> is a peaceful sanctuary nestled in the picturesque Trinity Valley in Enderby, B.C. It is a special place where people of all ages and abilities interact with rescued farm animals and horses. You leave feeling better than when you arrived. That’s the “therapeutic” part! Open to everyone!</p>	<p>(778) 477-1006  <a href="https://www.ariontherapeutic.farm/">https://www.ariontherapeutic.farm/</a>  Ariontherapeuticfarm@gmail.com</p>
<p><b>The British Columbia Blind Sports and Recreation Association</b>  The BC Blind Sports and Recreation Association is a</p>	<p>604 325-8638  <a href="https://bcblindsports.bc.ca/">https://bcblindsports.bc.ca/</a></p>

<p>not for profit association of individuals who are blind, visually impaired, deaf-blind, or are blind and have additional disabilities; and their families and other supporters. Our services are provided throughout the province of British Columbia and are available to individuals of all ages. We work closely with other organizations in the field of blindness, other vision professionals, and the generic physical activity system in order to improve access and opportunities for participation in physical activity.</p>	
<p><b>Elevation Outdoors</b>  Our mission is to enhance the lives of underprivileged youth via participation in specially designed outdoor sports programs; and to help youth develop lasting passion for these sports while drawing parallels to life through the experience and learning life skills along the way.  All programs are to be offered to eligible youth free of charge as Elevation Outdoors believes that no young person should be</p>	<p>250-870-9094  <a href="https://elevationoutdoors.ca/">https://elevationoutdoors.ca/</a></p>

<p>denied the potential to discover an outdoor sport or pursuit that can help keep him or her motivated, healthy, and happy in life! Elevation facilitates programs through the spring, summer and winter month</p>	
<p><b>Boys and Girls Club Okanagan</b>  We provide systemic opportunity to all children and youth. We help them become their best selves. We cheer them on as they take it from there, with confidence and conviction. All they need is opportunity because Opportunity Changes Everything.</p>	<p>250.762.3914</p>
<p><b>Canadian Mental Health Association, Vernon and District</b>  The program allows a safe space for those with mental health challenges to feel a sense of belonging. People battling a mental illness often feel that they have lost control of their lives. Mental illness may have distanced them from friends and family, resulting in low self-esteem and little self-confidence.</p>	<p>Hannah Rail, Recreational Coordinator 250.542.3114 ext. 202  <a href="https://cmhavernon.ca/social-and-recreational-programs/">https://cmhavernon.ca/social-and-recreational-programs/</a></p>

<p>Activities include weekly community trips as well as an annual camping trip in the summer months. Our Recreation Program offers meaningful activities to resident and community participants alike. This program can help participants regain their emotional footing and help them make connections again; builds the bridge from isolation to physical activity, good nutrition, affordable entertainment, and most importantly, a community of peers.</p>	
<p><b>Family Resource Centre Support Groups</b>  At the Family Resource Centre, they offer an extensive range of groups for adults, children, and families. Their groups have an educational format that provides a safe and welcoming space for those participants who are new to group-style learning.</p>	<p>(250) 545-3390  <a href="https://vernonfrc.ca/support-groups/family-support-groups">https://vernonfrc.ca/support-groups/family-support-groups</a></p>



<p><b>Adolescent Psychiatry Unit (APU)</b>          The Interior Health Adolescent Psychiatry Unit is a specialized inpatient program for youth ages 12-17 who are struggling with significant psychiatric symptoms, such as psychosis, mood disorders, or anxiety disorders that require an extended stay for assessment and treatment planning</p>	<p>250-862-4346  <a href="https://www.interiorhealth.ca/services/adolescent-psychiatry-unit">https://www.interiorhealth.ca/services/adolescent-psychiatry-unit</a></p>
<p><b>Interactive Counselling</b>          Interactive Counselling offers counseling in Vernon providing our clients with a variety of counselling options including in person sessions, online sessions, and phone sessions. Our Counsellors offer flexible hours, including evenings and weekends, to ensure that you have no excuse to not take care of your mental health.</p>	<p>(778) 506-2276  <a href="https://www.interactivecounselling.ca/">https://www.interactivecounselling.ca/</a></p>
<p><b>Freedom Counselling Vernon</b>          At Freedom Counselling we are excited about the steps you are taking for yourself towards a better future.</p>	<p>250-550-5482  <a href="https://freedomcounselling.com/">https://freedomcounselling.com/</a></p>

<p>Take a second to learn more about us, our mission, and how we can help you on your journey!</p>	
<p><b>Balanced Life Counselling Vernon</b>  Our passion lies in assisting clients in exploring the past, creating peace in the present and feeling hope for the future.  Our aim is to ensure that your therapy experience is a positive one that offers the potential to have you living life more fully.</p>	<p><b>KAREN CLELAND</b>  250-309-7082  <b>ANN CASE</b>  250-540-3584    <a href="http://www.balancedlifecounselling.org/">http://www.balancedlifecounselling.org/</a></p>
<p><b>Family Resource Center</b>  We help families and people of all ages overcome struggles, grow stronger, and become empowered to lead healthy, positive lives. Our affordable counselling and support group services are conveniently offered at People Place located in downtown Vernon.</p>	<p><b>(250) 545-3390</b>  <a href="https://vernonfrc.ca/">https://vernonfrc.ca/</a></p>
<p><b>Family Matters Counselling</b></p>	<p>250-938-6022  <a href="https://www.familymatterscounselling.com/">https://www.familymatterscounselling.com/</a></p>
<p><b>Core Connections Counselling</b></p>	<p>587-802-4145  <a href="https://www.coreconnectionscountselling.com/">https://www.coreconnectionscountselling.com/</a></p>
<p><b>Mosaic Counselling</b></p>	<p>(778) 212-9887</p>

<p>At Mosaic Counselling each client's unique needs are paramount and the process of therapy is individualized. One reason I offer a complimentary introductory session is to ensure I have the tools you need on your journey and to develop a clear understanding of what you are wanting to gain from your work in counselling. The frequency and length of counselling varies and will be discussed in our introductory meeting.</p>	<p><a href="https://mosaiccounselling.net/index.html">https://mosaiccounselling.net/index.html</a></p>
<p><b>Okanagan Lighthouse Counselling</b> provides a nonjudgmental safe environment, while guiding individuals to learn new strategies and skills to build resilience and overcome adversities.</p>	<p>250-558-9248  <a href="http://www.okanaganlighthousecounselling.com/">http://www.okanaganlighthousecounselling.com/</a></p>
<p><b>BODEN Clinical Tele-Counselling</b>  <i>I am a Registered Clinical Counsellor (RCC) with the British Columbia Association of Clinical Counsellors. I hold a Masters of Counselling Psychology from Yorkville University and a Bachelor of Science (Kinesiology) and Professional Teaching</i></p>	<p>EMAIL:  <a href="mailto:christine@bccounsellor.com">christine@bccounsellor.com</a>  PHONE:  1-250-863-9434  <a href="https://bccounsellor.com/">https://bccounsellor.com/</a></p>

<i>Certificate from Simon Fraser University.</i>	
<b>Live Happy Counselling</b> Live Happy Counselling is a place for individuals to access counselling in an atmosphere of tranquility and respect. I presently work with adults and youth (ages 8+), providing individual and group therapy.	250-938-5580  <a href="https://www.livehappycounselling.com/">https://www.livehappycounselling.com/</a>

**Substance use & Addiction Services**

<b>INTERIOR HEALTH MENTAL HEALTH &amp; SUBSTANCE USE SERVICES</b> -Mental Health Intake - phone for service Mental Health & Substance Use Counselling & Treatment services for Adults. -Substance Use Counseling & Treatment Services for Youth.	Phone Mon-Fri from 9:00 to 4:00 250-549-5737
<b>VERNON DOWNTOWN MENTAL HEALTH &amp; SUBSTANCE USE - OVERDOSE PREVENTION SITE</b> (3306A 32nd Ave)	Monday to Friday 9:00 am -3:00 pm (closed from 12 – 1). 250-503--3737

<p><b>TURNING POINTS COLLABORATIVE</b>          -Family Treatment Day Programs          -Residential Treatment</p>	<p><a href="http://www.turningpoints.ngo">www.turningpoints.ngo</a>          250-549-6144</p>
<p><b>YOUTH ALCOHOL &amp; DRUG OUTREACH WORKER</b>          -Teens 13-18</p>	<p>250-549-5750 or Cell 250-260-8012</p>
<p><b>NORTH OKANAGAN FRIENDSHIP CENTRE SOCIETY</b>          -Mental health and addictions counsellor          -Relapse Prevention          -Wellbriety Group          -Cultural Workshops/Ceremony</p>	<p>Call 250-542-1247  <a href="http://www.vernonfirstnationsfriendshipcentre.com">www.vernonfirstnationsfriendshipcentre.com</a></p>
<p><b>OKANAGAN INDIAN BAND HEALTH &amp; SOCIAL DEVELOPMENT</b> (76 Head of the Lake Road-upstairs)</p>	<p>250-542-5094</p>
<p><b>VERNON METHADONE CLINIC</b>          (#103-3310 32nd Ave.)</p>	<p>778-475-5810</p>
<p><b>ROUND LAKE TREATMENT CENTRE</b>          (200 Emery Louis Rd Armstrong)</p>	<p>250-546-3077  <a href="http://www.roundlaketreatmentcentre.ca">www.roundlaketreatmentcentre.ca</a></p>
<p><b>VERNON TREATMENT CENTRE</b>          Self Referral - Two week intensive day program.</p>	<p>Call 250- 542-6151</p>

<b>ALCOHOLICS ANONYMOUS - VERNON</b>	250-545-4933 (24hr direct line) <a href="https://vernonaa.org/find-a-meeting">https://vernonaa.org/find-a-meeting</a>
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**HARM REDUCTION SUPPLIES**

<b>VERNON DOWNTOWN MENTAL HEALTH &amp; SUBSTANCE USE (MHSU)/ OVERDOSE PREVENTION SITE (3306A 32nd Ave)</b>	Monday to Friday 9:00 am -3:00 pm (closed from 12 – 1). (250) 503-3737
<b>STREET CLINIC (Basement 2800 33rd Street)</b>	Monday to Friday 1:00 pm –4:00 pm (Gateway Site) 250-938-3518
<b>TURNING POINTS COLLABORATIVE (3301 24 Ave #102) -Provides harm reduction supplies to shelters/housing guests.</b>	(250) 542-3555
<b>VERNON URGENT PRIMARY CARE CLINIC (#101, 3105 28 Ave) -Limited harm reduction supplies. Provides primary (medical) care.</b>	9:30 am – 20:30 pm 250-541-1097
<b>HOPE OUTREACH -supplies for Women &amp; Men living rough 7 days a week, 2 hours per night.</b>	250-258-7879 <a href="mailto:info@hopeokanagan.com">info@hopeokanagan.com</a>

-Harm reduction supplies , including Naloxone Kits	
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Senior and Elder Services

<p><b>Elder Abuse Help Line</b> A confidential toll-free number to report the mistreatment of older adults.</p>	1-844-870-4754
<p><b>Office of the Seniors Advocate</b> Report concerns about elder care, and provide direct support and timely follow-up through to resolution</p>	1-877-952-3181
<p><b>FITNESS FOR OLDER ADULTS</b> Older Adults benefit greatly from getting out of the house socializing with friends and being active. The information in this section gives you some ideas and suggestions that you can do every day to help you stay healthy and independent.</p>	250.545.1361
<p><b>Halina Activity Centre</b> The Halina Centre offers programs and themed events for Vernon, BC</p>	(250) 542-2877 <a href="https://www.halinacentre.com/">https://www.halinacentre.com/</a>

<p>residents aged 50 and over, as well as their guests. We invite you to drop in to check out our wide range of social, educational and recreational programs. We're a registered charity (formerly known as the Vernon Senior Citizens Recreational Society), with a convenient location behind in the Vernon Recreational Complex</p>	
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Music/Theatre/Associations

<p><b>The Vernon and District Performing Arts Centre Society</b>  Our Society offers many different opportunities to get involved with the theatre and the Vernon community. We offer over 50+ community engagement activities per year, which includes events like dance Master Classes, kids' workshops, pre-show entertainment, and more. We also offer opportunities for</p>	<p>250-542-9355  <a href="https://vdpac.ca/">https://vdpac.ca/</a></p>
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<p>volunteers, summer students, mentorships, etc.</p>	
<p><b>The Vernon Community Music School</b>  dedicated to nurturing musical learning, enjoyment and excellence. Various philosophies of instruction give students of all ages an appreciation, enjoyment and knowledge of music. We offer a wide variety of private and group instruction by well-qualified teachers, thus providing the members of the community an excellent opportunity for obtaining a good musical education in the discipline of their choice.</p>	<p>(250) 545-4977  <a href="https://www.vernoncommunitymusicchool.com/">https://www.vernoncommunitymusicchool.com/</a></p>
<p><b>Vernon Jazz Club</b>  The Vernon Jazz Club is operated by the Vernon Jazz Society who are dedicated to creating a space where listening to fine live performances is celebrated.  We host approximately 20 musical events each year, occurring every other Saturday from September through to June</p>	<p><a href="https://www.vernonjazz.com/">https://www.vernonjazz.com/</a></p>
<p><b>Vernon Community Arts Center</b></p>	<p>(250) 542-6243  <a href="https://vernonarts.ca/">https://vernonarts.ca/</a></p>

<p>The Vernon Community Arts Centre focuses on arts education for people of all ages and abilities and showcases the work of local artists.</p>	
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