

MENTAL HEALTH / SUBSTANCE USE

Suicide Crisis Line.....9-8-8
Crisis Line: For immediate, free, and confidential emotional support, crisis intervention and/or community resource information 24/7.....1-888-353-2273
Canadian Mental Health Association
3100 – 28 Avenue Vernon.....250-542-3114
Access Mental Health & Substance Use Services
To self-refer.....250-310-MHSU (6478)
Alcoholics Anonymous: Meetings in Armstrong, Falkland and Vernon250-545-4933
Narcotics Anonymous:.....1-866-778-4772
.....www.northokanagananna.org/contact
Problem Gambling Help Line.....1-888-795-6111

Needle Disposal & FREE Narcan Kits
available at all local Pharmacies

WARM BED / SHOWER / LAUNDRY

Upper Room Mission - 3403 27th Ave, Vernon, BC
DayShelter, Meals, Showers, Laundry & Clothing
M-F 9am-4pm, Sat-Sun 2pm-5pm - times subject to change.....250-549-1231
Vernon Live Well Clinic (VLWC) Pregnancy confirmation, STI screening, PAPs at no cost.....778-475-6016
Cammy LaFleur Outreach Program
2800 33rd St Vernon
Harm Reduction, HIV Testing, Pregnancy Testing, Safe Drug Testing, Personal Hygiene Products, Showers & Laundry250-938-3518
Homeless Shelter Vernon - Turning Points-
2506 37th St, Vernon250-241-2217

OTHER SUPPORT SERVICES

Glad Tidings Church clothing, misc assistance
.....250-546-3818
Vernon & District Immigrant & Community Services Society.....250-542-4177

EMERGENCY/HELP LINES

9-1-1 - Emergency Line

Armstrong RCMP Detachment ..3710 Pleasant Valley Rd
Non emergency line250-546-3028
RCMP Victim Services.....250-260-7171
Crime-stoppers Tip Line BC.....1-800-222-8477
Children's Help Line (24 hours).....250-310-1234
BC Poison Control Centre.....1-800-567-8911
Healthlink BC8-1-1

Drop In Services

Location: Armstrong Regional Library
NexusBC Community Resource Outreach Services*
..... Every Thursday 1-4 pm
Service Canada * Third Thursday 1-4 pm
Ministry of Social Development and Poverty Reduction
..... Every Friday 10:30 - 11:30 am
* Not available in July and August
Please call NexusBC Vernon location for support
(250) 545-0585

FREE COMPUTER USE

Armstrong Regional Library.....250-546-8311

EMPLOYMENT INFO

Work BC Employment Services Community Futures - appointments available in Armstrong.....250-545-2215

LEGAL INFORMATION

FREE Legal drop-in Clinic Wed 9-12, 1-3:30 Income Assistance, Disabilities, Residential Tenancy Act, Legal Advocate).....250-542-3555
Pro Bono Law clinic 102-3301-24th Ave Vernon Thurs eves1-877-762-6664
Legal Aid Suite E3105 31 Ave, Vernon.....250-545-3666
Legal Aid Vancouver.....1-866-577-2525
legalaid.bc.ca **familylaw.lss.bc.ca**
aboriginal.legalaid.bc.ca

Revised June 2025



ARMSTRONG SPALLUMCHEEN
COMMUNITY RESOURCE
CENTRE

ARMSTRONG SPALLUMCHEEN SURVIVAL GUIDE

Brought to you by the
**Armstrong Spallumcheen
Community Resource Centre**

Traditional territory of the
Secwepemc and Syilx peoples

2-1-1

211 is a free and confidential service that connects people to helpful and vital resources in their community. Here information is provided and referred to a broad range of community, government, and social services that assist with basic needs like food, shelter, mental health, senior support and more.

Get Involved! Donate!
Send us an email today!



www.ascrc.ca



armstrongspallumcheen.crc@gmail.com

Compiled by the Armstrong Spallumcheen Community Resource Centre Directors. Contact us if you find any errors or know of updates for this brochure.
Please note that the inclusion of an organization does not indicate its endorsement by the Armstrong Spallumcheen Community Resource Centre nor does its exclusion imply lack of approval.

FOOD SECURITY

Armstrong Food Bank - 3459 Pleasant Valley Rd
.....250-546-3465
Gathering Grounds Armstrong food/hampers
.....778-442-0019
North Okanagan Good Food Box Healthy, local, fresh
produce for purchase monthly
.....250-546-2633
.....goodfoodbox.ca

HOUSING

Turning Points Collaborative Society (Outreach/Housing and support).....250-542-3555
BC Housing.....1-866-465-6873
Subsidized housing listed at: www.bchousing.org
Residential Tenancy Branch Tenancy advocate
.....1-800-665-8779

Womens Services

Vernon Women's Transition House - Archway Society
Serving Women & Children who have experienced abuse.
Phone 24 hrs.....250-542-1122
Women's Outreach Worker- ARMSTRONG SPECIFIC
Providing mobile support services to women in Armstrong
.....text/call.....778-212-3259
H.O.P.E (Helping Out People Exploited) 24/7
.....250-258-78797

Youth Services

Foundry Virtual BC: For youth 12-24 & their caregivers to
to access virtual mental health servicesfoundrybc.ca
Vernon Youth Safe House (ages 13-18)
.....250-260-7077
.....safehouse@fnfc.ca
Child and Youth Mental Health 250-549-5404
Kelty Mental Health Resource: For youth and care givers
to access information keltymentalhealth.ca

Children Services

Baby Talk/ Weight drop in
Tuesday's 1:00 - 2:30 pm250-546-4727
Child Care Resource & Referral - Armstrong site
Assist in applying for ACCB, childcare lists, resources,
toy lending library 250-542-3121 ext 2
Family story time/Stay & Play @ Armstrong library
Tuesday's 10:30 am - 12:00 pm 250-546-8311
Mother Goose @ First Baptist Church capc@bgco.ca
Strong Start @ Highland Park.....earlylearning@sd83.bc.ca
BGCO Recharge + Reconnect @ First Baptist Church
.....capc@bgco.ca

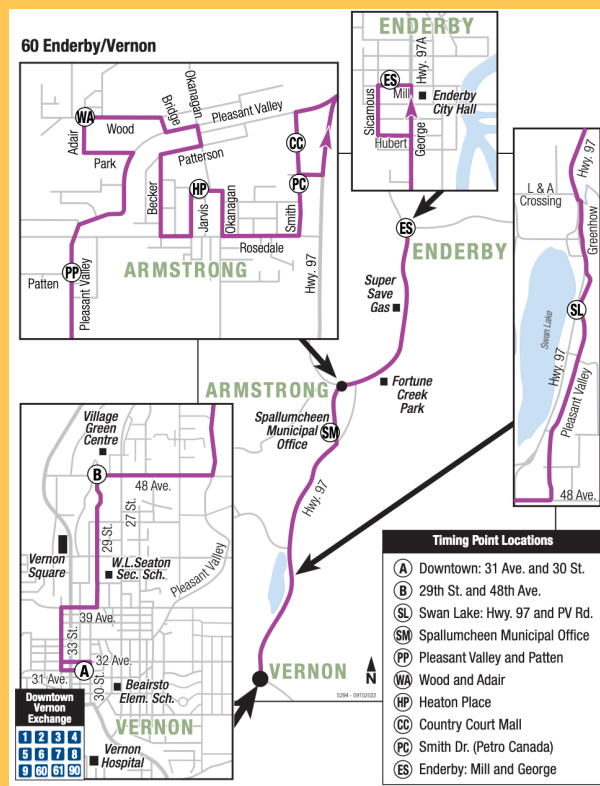
TRANSPORTATION

Volunteer Driver Program

Providing transportation for medical & dental
appointments (at least 2 days notice)
.....250-546-0999

Bus Information

BC Transit - **Route 60** Enderby/Armstrong/Vernon.
Passes, fees, schedules are all available at Armstrong
City Hall.....250-546-3023



Printed by:



MEDICAL ATTENTION

8-1-1 Nursing line

Residents can call 8-1-1 from anywhere in the province to
speak with a registered nurse, dietitian or pharmacist or to
find a health resource close to where they live.

Local Hospitals:

Shuswap Lake General Hospital.....250-833-3600
601 10th St. NE Salmon Arm
Vernon Jubilee Hospital 2101 32nd St.....250-545-2211

Walk-in-Clinics/ Same Day Clinics:

Downtown Urgent Primary Care Centre250-541-1097
3306A 32nd Ave Vernon - Urgent, same day services only.
Call first thing in the morning to get an appointment.
Mt Ida Medical Walk-In 200 TCH SW Salmon Arm
.....250-833-1990
Walk-In at Walmart Salmon Arm. 2991 10 Ave SW Salmon
Arm.....778-489-0942
CareConnect IDA Pharmacy Walk-In 120-5301-25th Ave,
Vernon 236-426-1721

--Online Doctor in BC--

Avee health: www.avee.health (Same day appointments)
Maple: www.getmaple.ca
Rocket Doctor: www.rocketdoctor.ca

Dental:

Community Dental North Okanagan Access
Reduced rate based off income.....778-475-7779

Health Units / Other:

Armstrong Public Health Immunizations, Harm reduction
Supplies, Pregnancy testing/condoms, Prenatal info,
Growth monitoring for children.....250-546-4727
Pleasant Valley Health Centre LAB
M/T/Th/Fri 7:40 am - 3:00 pm
Wed 7:40 am - 2:00 pm
*CLOSED DAILY 9:00 - 9:30 am AND 11:30 am - 12:30 pm
.....250-546-4700
Home and Community Care Central Intake - Call to get
connected with home support
..... 1-800-707-8550 (opt 2, opt 7)
Vernon Options For Sexual Health 1440 14th Ave, Interior
Health. Tuesday & Thursday 6pm- 11pm
.....250-241-3154
Guardian Pharmacy #5 - 3300 Smith Dr, Armstrong. Safe
injection supplies.....(250) 546-3195
IDA Fortune Creek Pharmacy - #2 - 2860 Smith Dr,
Armstrong(250) 546-1411