

Winter Wellness - Healthy Habits for 2025

Caitlin Heinloo

After the hullabaloo of the winter holidays, we all might feel a little drained. With several more months of winter to contend with, it's important to take extra care of ourselves, and fortify our bodies for the grey days to come. There are many ways we can maintain our physical and mental health, and you should always consult your physician to make sure that what you're doing is right for you. Some things are also more accessible than others, so asking for help and support is always a healthy thing to do. These are just some general things which can help fight the winter blues.



One of the most important factors in the maintenance of good health is getting our vitamins. It's always best to get these from the foods we eat, but sometimes our diet needs a little change or boost to help us through the cold weather. The most important vitamin for this is known as the 'sunshine vitamin' and is essential to our body's healing process. Vitamin D is naturally absorbed through our skin from natural sunlight, and without as much daylight available in winter, it's important to add some to our diet. One of the most well-known ways is by eating oily fish. Many people are familiar with cod liver oil, but other options include salmon, tuna, mackerel, sardines, and herring. Eggs are also an excellent source, with two eggs providing up to 80% of the daily recommended daily intake. Wild mushrooms are the best vegetarian option, but they must be grown in the light. Most commercially available mushrooms are grown in the dark, don't absorb vitamin D unless exposed to the sun.

Another important nutrient to boost us in wintertime is vitamin C. Besides being essential to our immune function, it is also key for the absorption of iron. Iron is responsible for blood-oxygenation and our metabolism, making it a huge component in maintaining energy levels. As well as being an antioxidant and immune system booster, it is also helps us to absorb iron from foods other than meat. Vitamin C is most abundant in citrus fruits and leafy greens. Oranges of all kinds are the most popular, especially orange juice. Though eating whole oranges is recommended for the fiber they contain, juiced oranges allow for a greater absorption and release other beneficial nutrients. Lemons and limes are also excellent sources, as are melons and strawberries. There are plenty of other foods, like broccoli and bell peppers, for those who are concerned with blood-sugar spikes from sweet fruits. Kale, spinach and bok choy are great sources, while also being a source of iron for a double dose of nutrients.



As we spend more time inside, we begin to breath dryer and more recycled air. Indoor air quality is affected by many things that may not be within our control, like the maintenance and cleaning of heat vents or fireplaces. Air which is continually recycled allows for a faster buildup of allergens and dust. Regardless of what type of heat you use, the best thing to do is refresh your lungs with the cleaner air outdoors. Refreshing our lungs with quality oxygen is very important to all our body's functions. While inside, running an air purifier can also help to cut down on dust, and a humidifier can help keep air from getting too dry which can cause respiratory issues. A clear winter sky may be rarified, but when it shows it's time to bundle up and get outdoors for a bit. Make sure to dress warmly and protect your exposed extremities, like ears and fingers. Even a ten-minute break or a short walk outside give your lungs a break from dry indoor air and improve your state of mind.

If you're not into traditional winter sports like skiing or skating, it can be hard to find opportunities to exercise in the winter. It's not just about exertion though, it's about getting out and connecting with people. Walking is always an option until there is too much snow or ice on the ground, then it's a great time to try out a new indoor activity. The beginning of a new year is a great time to try an activity you've never tried before. Meeting new people can be challenging, but seeking out groups with shared interests means you all have something in common from the start. Local events are a great way to connect with people, things like karaoke or art shows. Be sure to check out CMHA's calendar of activities being run throughout the month, which include snowshoeing on Tuesdays, swimming on Wednesdays, and yoga on Fridays. The Vernon Regional Library also has a calendar of activities for all ages and interests.

Though we all need a little time to recharge after the hectic holidays, it's important for our brains and bodies that we stay nourished, active, and social. Be sure not to let indoor isolation take over! To keep from going into full hibernation-mode, get out there in the daylight and fresh air. Make sure to get your vitamins, move your body and find connection to keep the winter blues at bay.

CMHA Vernon and District

recognize, honour, and respect the unceded territory of the Syilx Nation and the people of N'kmaplqs (Head of the Lake) whose traditional and ancestral territory CMHA Vernon and District offices are situated. We respect their connection to the tmx'ula?x'w (land) and honour their history and culture through continuing education.

The Grapevine is an independent newsletter published monthly by CMHA Vernon and District Branch through collaboration of CMHA volunteers, CMHA participants and CMHA staff. (Available in hardcopy, through the CMHA Vernon website or via email)

The Grapevine encourages those living with mental health to submit articles, letters to the editors, cartoons, jokes, poetry or anything you think will be of interest to peers and professionals alike. No recompense is provided for any submissions and they shall be considered as the author's own work unless otherwise indicated.

The Editors will make every effort to publish any material submitted, subject to for length, taste and appropriateness. Ideas or opinions expressed do not necessarily reflect those of Grapevine or of it's affiliated organizations.



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250-542-3114 ext. 299
peeroutreach.vernon@cmhavernon.ca

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trans.peer@cmhavernon.ca

Advisory Committee

Pathways to Wellness is pleased to be kicking off another year! There are a few ways to get involved in what we are doing!

1. **Join the Advisory Committee!** This Committee meets once per month to discuss ongoing projects, share new ideas, and create new course material. This is a great way to dip your toes into the work we do!
2. **Become a co-facilitator!** One of the great opportunities that comes along with PTW, is the chance to be a lived-experience co-facilitator. Join Dani to teach and facilitate Pathways to Wellness courses. Training is provided.
3. **Look out for Co-Design days!** When we are looking to develop new courses, we will call an open co-design meeting for anyone with lived, living or learned experience to come together to share ideas, information and collaborate.
4. **Register for a course!** Not ready to step into a volunteer role quite yet but still curious about Pathways to Wellness? Consider taking a course and finding out what we are all about.

For more information, or to connect about anything Pathways to Wellness related, reach out to **Dani** @ workshops@cmhavernon.ca

Pathways to Wellness

Pathways to Wellness is CMHA Vernon's education program. The goal is to eliminate stigma by providing education on mental well-being and mental illness.

It is a supportive learning environment where you are welcome. You may have a mental illness or a mental health problem, or you may be on a personal journey of wellness or be supporting someone who is. All that is required is an openness to learning.

To register call **Dani** at **250-542-3114** ext. **242** or email workshops@cmhavernon.ca

When Anxiety and Panic Attack

Mondays January 13th, 20th, 27th, February 3rd, 10th, and 24th

10am - 11:30am

Virtual option available

All About Abuse

Friday January 17th

9:30am - 11:30am

Conquering Loneliness

Fridays February 7th, 14th, 21st, and 28th

10:00am - 11:30am

This 4-week long course gives participants a look into loneliness, what they can do about it and how to cope with feelings of loneliness.

More Than Feeling Blue:

Understanding Depression

Mondays March 3rd, 10th, 17th, and 24th

10:30am - 12:00pm

Understanding Self-Esteem

Tuesdays March 4th, 11th, and 18th

1:30pm - 3:00pm



Foodanomics

Kitchen Education Program

Are you interested in learning basic kitchen skills which include baking, cooking, meal planning, grocery tips and tricks, the opportunity to get your food safe certificate, then Jen has the class for you!

CMHA is happy to announce that there is a new class called Foodanomics that will be starting in January 2025!

To express interest in this program please sign up at the front desk.

New Years Traditions Around the World

Everyone has their own special New Year's traditions that they practice year after year. Maybe you prefer a low-key evening at home watching the ball drop with your loved ones. Or maybe you like to kick it up a notch with karaoke and dancing. And the best thing about customs like these is that it's never too late to start a new one. That's where these New Year's traditions from around the world come in.

Banging Bread on the Walls

In Ireland, it's tradition to bang on the doors and walls of your home with a special Christmas bread to drive out bad luck and invite in good spirits. It's a symbolic way of starting the new year with a fresh, clean slate.

Throwing Old Furniture Out the Window

In Johannesburg, South Africa, there's a New Year's Eve tradition of throwing old furniture out of windows to symbolize letting go of the past and welcoming new blessings. This custom is often accompanied by celebrations in the streets as people bid farewell to the old and embrace the new.

Baking a Coin into a Cake

On January 1st, people from Greece celebrate St. Basil's Day with a special cake known as "Vasilopita," which contains a single coin. The person who finds the coin is believed to be blessed with good luck for the new year.

Dropping Ice Cream on the Floor

A fallen ice cream cone usually isn't a good thing. But in Switzerland, dropping ice cream on the floor at midnight on New Year's Eve is believed to bring abundance.

Grapes for Good Luck

You may see people in Spain eat 12 grapes at midnight, a tradition that started back in the late 19th century. The custom was originally thought up by vine growers to sell more grapes at the end of the year, but it stuck! Spaniards eat one grape with each bell strike, which is believed to result in good fortune.

'First Footing'

For New Year's in Scotland, they observe something called "First Footing." Scots believe that the first person who crosses the threshold of a home after midnight should preferably be a dark-haired man, which can bring about a lucky new year.

Tossing White Flowers in the Ocean

Brazilians have a custom of throwing white flowers into the sea each new year. Doesn't that sound so romantic? Residents will toss flowers and candles into the Atlantic Ocean as offerings to Yemoja, a god of water who can pass along good things in the upcoming year.

Soba Noodles

In Japan, they welcome the new year by eating bowls of soba noodles, or noodles made from buckwheat flour. They're nicknamed "year-crossing noodles," and while the origins of this tradition aren't exactly known, generally, people believe that the long noodles represent a long life.

Lucky Pig

Pigs? And New Year's? There's actually a connection between the two, at least in Germany. Germans call this custom "Glücksschwein," which translates to "lucky pig." Pigs appear as marzipan treats, and noshing on them can foster good fortune in the new year.

Red for Good Luck

Red is a color that denotes good fortune and happiness, and in China, it's a hue that's often attached to New Year's. You'll spot decorations, fans, gift packets, and lanterns in shades of red.

Smashing Pomegranates

No matter what time of year it is, pomegranates are very important in Greece. In Greek mythology, the fruit represents abundance and life, things that are tied to New Year's there. Just after midnight, Greeks will crush pomegranates against their doors—the number of seeds that fall to the ground symbolize how much good luck you can expect in the new year.

Cleaning Streets, Cars, and More

At the start of the new year, Puerto Rico just might be the cleanest country around, since their tradition is to clean their homes and cities top to bottom, from indoor spaces to cars to streets. It's a way to start out with fresh energy in the new year.

Cutting Apples

While we might be used to cutting up apples for a pie, in the Czech Republic, cut-up apples hold unique significance when it comes to New Year's. On New Year's Eve, residents will cut apples in half and the shape inside denotes what one can expect in the coming year. For instance, while a star is good, a cross can foretell a future illness.

Lucky Lentils

Italy is almost always known for dishes like spaghetti and linguini, but during New Year's celebrations, it's all about the lentils. Italians see lentils as mini, edible "coins," and if you include them in your New Year's Eve dinner, they'll bring some luck into your life.

Sprinkling Salt

In Turkey, sprinkling salt is encouraged. Turks will sprinkle salt on their doorsteps at midnight, something that can generate success in the new year.

Three Potatoes

On New Year's Eve, Columbians place one peeled, one unpeeled, and one half-peeled potato under their beds. When the clock strikes midnight, they pull out the first potato their hand touches, and the potatoes symbolize different things: a peeled potato means financial ruin. An unpeeled potato promises a good year all around. And a half-peeled potato is a mix of good and bad for the year.

Jumping Off Chairs

Perhaps back in the day, you and your friends jumped off chairs at parties for fun, but in Denmark, it's a real New Year's tradition. There, people try to jump off their chairs in unison at midnight, a symbol of jumping forward into a new year.

Income Assistance, PPMB and PWD Dates 2025 schedule

January 15, 2025 (for February 2025)

July 23, 2025 (for August 2025)

February 19, 2025 (for March 2025)

August 27, 2025 (for September 2025)

March 19, 2025 (for April 2025)

September 24, 2025 (for October 2025)

April 16, 2025 (for May 2025)

October 22, 2025 (for November 2025)

May 21, 2025 (for June 2025)

November 19, 2025 (for December 2025)

June 25, 2025 (for July 2025)

December 17, 2025 (for January 2026)



Living Life to the Full

Want to know how to feel happier, more confident and worry less right now? Would you like to learn new ways of dealing with what life throws at you? Living Life to the Full is a fun and interactive course that will help you understand your feelings, thoughts and behaviours, and what to do about them!

**LIVING LIFE
TO THE FULL**
helping you to help yourself

Evidence Based

The course uses Cognitive Behavioural Therapy (CBT), an evidence-based therapy approach that has been evaluated and has been found to work well.

Group Course

The approach is fun and interactive, and you learn with others who are going through similar experiences in a welcoming and non-judgmental environment.

Structured Learning

Sessions are moderated by a certified facilitator and include a booklet, handouts and exercises to guide your learning.

Living Life to the Full will be held every **Wednesday for 8 weeks starting January 8th, 10:00 am - 11:30 am**. To sign up contact **Dani** at **250-542-3114 ext. 242** or email workshops@cmhavernon.ca

To learn more about Living Life to the Full visit www.livinglifetothefull.ca

LLTTF Enjoy Your Baby

LLTTF: Enjoy Your Baby will be piloted at CMHA Vernon in 2025. This 5 week course targets new parents or caregivers and aims to give them tools to cope with mood changes, stress and anxiety as they care for their infants, from newborn to 14 months old. It is based on CBT principles, similar to the LLTTF content.

Session 1: February 6th to March 6th, 10:00am - 12:00pm

Session 2: April 1st - April 29th

If you, or someone you support may be interested in taking this program, contact **Dani** at **250-542-3114 ext. 242** or email dani.hamilton@cmhavernon.ca

Enjoy Your Baby

FOR PARENTS OF A NEW BABY



Shelter Hub

Every Wednesday 11am - 2pm (January 8th, 15th, 22nd, 29th)

Study Room at the Vernon Regional Library

This free Turning Points service is a part of shelter diversion to take steps to prevent folks for experiencing homelessness. It is a drop-in service that is free to those facing eviction, those who could benefit from community supports or just need a hand up. This service is not to stop anyone from accessing the shelter but to ensure the best steps are taken for each person, recognizing everyone's situation is unique.

This service is available through to April, with more potentially scheduled after.

Contact **Turning Points** by calling 250-542-3555, emailing info@turningpoints.ngo or visiting www.turningpoints.ngo

Christmas Dinner and Dance



One of the events we look forward to at CMHA is the annual Christmas Dinner and Dance. It was an absolute blast this year and everyone had a great time! What a way to celebrate the end of the year!

Thank you to all that came: participants, volunteers, staff, and The Shades band.



Kitchen Hours of Operation

Lunch is \$2.50 ~ Coffee and Tea is 50 cents.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-11:30am Coffee	9:00am-2:00pm Fresh lunch served at 12pm	9:00am-2:00pm Fresh lunch served at 12pm	9:00am-2:00pm Fresh lunch served at 12pm	9:00am-2:00pm Fresh lunch served at 12pm

Fresh lunches available Tuesday through Friday.

This Month's Recipe 29th of each month is Gnocchi Day

The tradition of eating gnocchi on the 29th of each month began as a day attributed to the Italian Catholic Saint Pantaleon, who is believed to have granted many miracles. Later, when salaried workers began to be paid on the first of each month, gnocchi became a popular dish for using up leftover eggs and flour before payday. Because of this families and friends gather on the 29th to eat gnocchi together for good luck.

20-Minute Sausage-Broccoli Gnocchi Alfredo

Ingredients:

1 (16 ounce) package frozen chopped broccoli	1 (15 ounce) jar Alfredo sauce
1 pound minced sausage	¼ cup water
1 (16 ounce) packaged potato gnocchi	¼ cup grated Parmesan cheese
4 tablespoons butter	¼ teaspoon ground black pepper, or more to taste
2 cloves garlic, minced	
1 teaspoon Italian seasoning	



Directions:

1. Place broccoli into a microwave-safe dish and microwave for 7 minutes.
2. While the broccoli is cooking, bring a large pot of lightly salted water to a boil over high heat.
3. At the same time, heat a large, deep skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned, crumbly, and almost crunchy, about 10 minutes, scraping the bottom of the pan to incorporate any browned pieces using a metal spatula.
4. Add gnocchi to the boiling water and cook until they float to the top, 2 to 4 minutes.
5. While the gnocchi cooks, add butter, garlic, and Italian seasoning to the sausage in the skillet. Reduce the heat to medium; cook and stir for 1 minute. Stir in Alfredo sauce. Pour the 1/4 cup of water into the sauce jar, shake, and pour into the skillet. Add Parmesan cheese. Stir in cooked broccoli and season with pepper.
6. Drain the cooked gnocchi out of the pot and add to the skillet. Stir to combine.

CMHA and Local ACTIVITIES

Tube Town
\$10
Thursday
January 23rd, at 3:00pm
Dinner Included

YOU MUST SIGN UP!
 To Sign Up Please Contact Hannah
 (250) 542-3114 ext 202
 Call/text 250-241-6659



Creative Writing

Tuesdays
7th, 14th, 21st, 28th
at 1:00pm

Writing is the painting
 of the soul.



Adult Story Time

Tuesday January 7, 2:00pm - 3:00pm
Vernon Regional Library

Free

Adults and seniors come on down, sit back, relax, and let someone else do the reading: humor, mystery, or science fiction... A discussion of the story may follow.



In-person registration required.

Snowshoeing

\$2
Mondays
13th, 20th, 27th at 12:15pm

Dress up warm and come on outside for some fresh air, great exercise and good company.
 Snowshoes provided

YOU MUST SIGN UP!
 To Sign Up Please Contact Hannah
 (250) 542-3114 ext 202
 Call/text 250-241-6659



Knitting Circle

Saturdays January 4th, 11th, 18th and 25th
10:00am - 12pm
Vernon Regional Library
 Free

Knitters of all ages and experience levels and anyone interested in knitting are invited to join the Vernon Knitters. Bring along yarn, needles and a project you are working on.



In-person registration required.

Dinner and a Movie

\$2.50
Thursday
January 9th, 5pm

A good movie makes you feel like you've taken a wonderful journey.



Mood Disorder Group

Drop-in on Fridays 1:30 - 3:00

Located in the Peer Support Office

The Mood Disorder Association BC peer-led support group is a safe place to share your story, your struggles and accomplishments, and to listen to others as they share similar concerns. You can get a sense of belonging, informal education about your mental health challenges, and the support of others who have 'been there'. The support group is facilitated by trained volunteers with lived experience of mental health concerns. Please note: support groups are not intended to provide counselling or therapy and are not affiliated with CMHA



MOOD DISORDERS ASSOCIATION
 OF BRITISH COLUMBIA

A BRANCH OF **Lookout**
Housing + Health Society

Family Feud

Friday
January 17th, 1pm

Bring your Family Feud hat on and put your trivia knowledge to the test!



CREATIVE CORNER

Journal Entry, Nov 28th 2024

by David Russell

So I'm babbling along pestering Michelle.

I say, "When the revolution comes women are going to rule the world."

Michelle says, "You know what," I interrupt, saying, "I know, women here already do."

"Anyway, red heads will rise to the top... It's not hair colour, it's character."

Old man argues with his long suffering lady.

He says, "I don't think, I know!"

She says, "I don't think you know either, dear."

Holiday Card Coasters Craft

Up-cycle your holiday cards by transforming them into spectacular coasters you can use for any occasion with this simple, step-by-step guide.

How to Create Holiday Card Coasters

Create your own holiday card photo coasters in minutes with these supplies:

Cork coasters	Acrylic sealer spray
Holiday cards	Hot glue
Mod Podge	Old newspaper, cloth or protective paper
Foam brush	



1. **Cut the Cards-** Cut your holiday cards into the right sizes and shapes for your coasters. If you're using holiday photo cards, trim the picture as necessary; if you're going for a card's design elements, you can cut them out together or separately and rearrange them on the tile.
2. **Attach the Cards to the Cork-** Apply a thin layer of Mod Podge to the back of the card. Line it up on the cork coaster and press it firmly in place. If some Mod Podge comes out from behind the card, gently wipe it away, moving outward so you don't smear it on the card itself.

Pro tip: Pay special attention to the corners and edges. If you're not careful, they can curl or lift as the Mod Podge dries.

Wait for the Mod Podge to dry completely before you move on to the next step.

3. **Cover the Cards in Mod Podge-** Cover the cards and tiles in Mod Podge with the foam brush. Mod Podge leaves a textured finish, so make sure your brush strokes are even and consistent. Brush from one side to the other, and don't worry that the Mod Podge is white; it'll be clear when it dries.

Wait for the coating to dry completely before you apply a second and third coat. Again, keep your brush strokes even and consistent on every coat. It can take several hours for three coats of Mod Podge to dry completely, but you can't skip this step. Fortunately, you can take that time to create a Year in Review photo book for your family or create other special photo books to give as gifts.

4. **Spray the Tiles With Sealant-** When your three coats of Mod Podge have dried completely, take your coasters outside or to a well-ventilated space, like a garage with the door open. Put them on a drop cloth or old newspaper. Spray each tile evenly with acrylic sealer, moving side to side. Follow the instructions on the can to find out how far you should hold the nozzle from the tiles.

Pro tip: Always use acrylic sealer. While it might be tempting to leave the Mod Podge as-is without coating it in sealer, you have to know that it'll become sticky when a warm mug sits on top of it - and if something spills, the Mod Podge can get wet and smear.

**Feeling Creative? We Always Welcome New Poems
and Stories For Our Grapevine!**

**Creative But Not A Writer? We Take Submissions For
Art Work Or Cartoons For The Grapevine!**

**Do You Enjoy Creative Writing?
Creative Writing Benefits The Brain!**

Try this creative writing prompt by Janice.

It was New Years day when I started my long trek to...

ADULT COLOURING PAGE

colouring relaxes the mind



Sudoku

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box. The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission. Every puzzle has just one correct solution.

EASY

6			5					
				4	9	1		
	8	9						5
8		1	2	5				9
	4		6		3		5	
5				9	1	8		2
7						9	1	
		8	4	1				
					5			6

MEDIUM

			4	8		2		9
				7			5	1
	8	3		2				
		4						
7	6							2
	5		7		9			
		7			5	9		4
						5		
4			8			6	7	

New Year Word Search

<p>N V B T E O T F R N W O D T N U O C F F</p> <p>O X D G T O P W G H T A W B F M X V R I</p> <p>W E Z O H R L E W J F F S F D R O P T I</p> <p>X L A N E A C N W P T D P Z S M N N Y T</p> <p>Y S M Y X M A L N T G M A V Q X Z S S T</p> <p>T H E X K V Y O J E T A R B E L E C P E</p> <p>R P R S S I K F Y Y Z W K E E D R E D F</p> <p>P A P Q T N Y L R V J B L C V A E T D N</p> <p>B R E E P F I I Q X G P E G P O S S F O</p> <p>G T K Y P M F H D F Q A R A O C O B Y C</p> <p>S Y D H A P P Y N T N W S E E K L J B O</p> <p>I T N F B R C S D N E I R F A C U O Y U</p> <p>R O A I N Z T N D Z S R E E H C T V C H</p> <p>P Q D R P J K J N E L A B T D F I M B K</p> <p>B Q K E T P Q A Z F H Z B A L L O T R Z</p> <p>N E Q W Z F C N M E J X V K T P N B Y J</p> <p>A C G O A L S U Z K W H L E M C D D Q P</p> <p>Y L H R E R W A G M I D N I G H T N G O</p> <p>E D Y K L L Q R S G N I R E H T A G E G</p> <p>Q A T S N Q X Y I R C W O H B L M T G H</p>	<p>BALL</p> <p>CELEBRATE</p> <p>CHEERS</p> <p>CLOCK</p> <p>CONFETTI</p> <p>COUNTDOWN</p> <p>DROP</p> <p>END</p> <p>FAMILY</p> <p>FIREWORKS</p> <p>FRIENDS</p> <p>GATHERING</p> <p>GOALS</p> <p>HAPPY</p> <p>JANUARY</p> <p>KISS</p> <p>MIDNIGHT</p> <p>NEW</p> <p>PARTY</p> <p>RESOLUTION</p> <p>SPARKLERS</p> <p>START</p> <p>TOAST</p> <p>YEAR</p>
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MEDICAL SUPPORTS

CareConnect I.D.A Pharmacy

Walk-in services

provided by Dr. Morgan Campbell
 CareConnect I.D.A Pharmacy
 120-5301 25th Ave
 9 am to 1 pm, Monday to Thursday

Vernon Urgent and Primary Care Clinic

Urgent care and limited harm reduction supplies

101-3105 28th Ave
 (250) 541-1097

Provides primary medical care
 9:30am to 8:30pm, 7 days a week, 365 days a year

Options For Sexual Health Clinic

1440 14th Ave
 (250) 241-3154

6:00pm to 9:00pm, Tuesdays and Thursdays

Vernon Downtown Mental Health and Substance Use

Overdose Prevention Site

3306A 32nd Ave
 (250) 503-3737

9:00am to 3:00pm, Monday to Friday
 Closed from 12:00pm to 1:00pm

NUTRITION PROGRAMS

Saturday Lunch Program

All Saints Anglican Church
 2601 43rd Street
 (250) 542-3179

Saturdays from 11:00am to 2:00pm
 Free for those in need

The Upper Room Mission

A warm place and meals for those in need.

3403 27th Ave

Monday to Friday, 9am to 4pm,
 Saturday and Sunday, 2pm to 6pm

Breakfast 9:30-10:30 am / Dinner 2:30– 3:30 pm

Common Threads (The Arbour)

FREE hot meal, clothing for all ages, bread, and haircuts when volunteers available.

Vernon Alliance Church
 2601 43rd Ave
 (250) 545-7105

Mondays 2pm - 4pm and Thursdays 9am - 11am

EMERGENCY SERVICES

Ambulance/Police/Fire	911
Suicide Crisis Helpline	988
Non-Emergency Police	250-545-7171
Community Response Team	250-260-7893
Interior Crisis Line	1-888-353-2273
Mental Health Support Line	310-6789
Vernon Hospital	250-545-2211
Poison Control	1-800-567-8911
Food Bank	250-549-4111

SHELTER

Archway Transition House	250-542-1122
Our Place	250-542-4041
Turning Points	250-542-3555





COMMUNITY SERVICES

CMHA Vernon	250-542-3114
Peer Support Services	250-542-6155
Mental Illness Family Support	250-260-3233
Mental Health & Substance Use	250-549-5737
Family Resource Center	250-545-3390
Social Assistance	1-866-866-0800
Upper Room Mission	250-549-1231
Friendship Centre	250-542-5311
Okanagan Indian Band Community Services & Development	250-542-5094
Nexus BC Connect Program	250-545-0585
Independent Living Vernon	250-545-9292
John Rudy Health Resource Centre	250-938-8092
Legal Aid	250-545-3666
Neighborhood Link	250-558-5527



January 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CMHA IS LOCATED at 3100 28th Ave Vernon, BC (250) 542-3114 www.cmhavernon.ca</p> 	<p>ALL PROGRAMS REQUIRE MANDATORY</p>	<p>TO SIGN UP PLEASE CALL HANNAH: 250-542-3114 ext. 202 or Call or text (250) 241-6659</p>	<p>1 CMHA CLOSED </p>	<p>2 1pm Club Social</p>	<p>3 10am Chair Yoga</p>	<p>4</p> 
<p>5</p>	<p>6</p>	<p>7 10:30am Walk at Kal Tire Place 1pm Creative Writing</p>	<p>8 10:30am Soak and Swim (leave CMHA 10:10am)</p>	<p>9 1pm Club Social 5pm Dinner and a Movie \$2.50</p>	<p>10</p>	<p>11</p>
<p>12</p>	<p>13 12:15 pm Snowshoeing \$2</p>	<p>14 9am Free Pancake Breakfast 10:30am Walk at Kal Tire Place 1pm Creative Writing</p>	<p>15 10:30am Soak and Swim (leave CMHA 10:10am)</p>	<p>16 1pm Shenanigans Market</p>	<p>17 1pm Family Feud</p>	<p>18</p>
<p>19</p>	<p>20 12:15 pm Snowshoeing \$2</p>	<p>21 10:30am Walk at Kal Tire Place 1pm Creative Writing</p>	<p>22 10:30am Soak and Swim (leave CMHA 10:10am)</p>	<p>23 3pm Tube Town \$10 Dinner included</p>	<p>24 10am Chair Yoga</p>	<p>25</p>
<p>26 </p>	<p>27 12:15 pm Snowshoeing \$2</p>	<p>28 10:30am Walk at Kal Tire Place 1pm Creative Writing</p>	<p>29 10:30am Soak and Swim (leave CMHA 10:10am)</p>	<p>30 1pm Club Social</p>	<p>31 1pm Bingo</p>	