

Visit Us At:



When Do We Provide Services?

Office Hours

Monday:
Appointment Only

Tuesday:
9:00 am - 4:00 pm

Wednesday:
9:00 am - 4:00 pm

Thursday:
Drop-In Group. Including Free Lunch.
11:30 am - 1:00 pm
Pick Up Certificate Only
2:00 - 3:30 pm

CLOSED:
Friday, Saturday, Sunday
and Statutory Holidays.

We Work With Public Health Nurses
In *Armstrong, Cherryville, Falkland
and Lumby.*

Please Call Or Text Us To Receive
Services In These Areas.

Design By: Mark Prosser ©2018

North Okanagan
Friendship Centre's

Pregnancy Outreach Program (P.O.P)



FREE and Confidential
Support During Pregnancy
and Continued Until Your
Baby Is 6 Months Old.

Phone: 250.542.1247

Text: 250.306.9954

www.vernonpop.ca

North Okanagan
Friendship Centre
2902-29 Ave
Vernon, BC

Phone: 250.542.1247

Text: 250.306.9954

Email: pregnata@nofcs.ca



 : Vernon Pregnancy
Outreach Program

www.vernonpop.ca