



John Rudy Health Resource Centre:

Support for everyone to access, understand and use health-related information



We imagine a community where everyone is empowered to make good health decisions for themselves and their families. Our mission is to improve the health and well-being of the community by addressing health literacy needs. We accomplish our goal by operating a health resource centre that is free and easily accessible to everyone.

The John Rudy Health Resource Centre Association is a non-profit organization and a registered charity. Founded in Vernon, BC in 2016, we are the first of our kind in Western Canada. We are unique and innovative in our approach to providing support to individuals, their families, and health care professionals in the community. We listened to the needs of the community and have created a one-stop shop and have become the place to go to get help to understand and use health information.

We are different from other resource centres because we specialize in health-related questions and information. This means your health is our one focus. Our unique qualities include one-to-one delivery of our services. This means that whether you come in to the office or call us, you will get to speak to a real person. And that real person will listen to you, ask you questions,

contact health services and supports on your behalf, assist you to complete forms and make phone calls, and so much more.

We are located in Vernon, but people from anywhere can access us by calling or sending an email. If you live in the North Okanagan or Shuswap please feel free to contact us and we will do our absolute best to help you find and connect with health services or supports, read or understand health information and know which health or disability resources you may be eligible.

Our drop-in office hours have been temporarily cancelled during the COVID-19 pandemic, but we are available by phone, email and Facebook messenger. We will resume drop-in office hours once the authorities declare it is safe for clients and staff.



The John Rudy Health Resource Centre helped me so much. I am now connected with the right health care services and I am no longer stressed.



John B. – Vernon BC

Once a community member has information and resources explained to them, they can then ask health professionals questions and make good choices. Our services help people move from feeling stressed, overwhelmed, and a casualty of the health care system, to feeling empowered, strong, and confident. Then and only then can the person deal and cope with the health issue affecting them.

If you would like to learn more, or would like to donate, please contact the founder and Executive Director, Chantelle Fairbrother at 250-938-8092 or email her at info@johnrudyhealth.ca. You can also find us on the web at www.johnrudyhealth.ca and at www.facebook.com/johnrudyhealth.ca/.

Chantelle Fairbrother, Executive Director
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