

## INSIDE, COMPANY & A COFFEE

### **AIDS Vancouver Island 250-338-7400**

**355 6th Street** – Lounge, free coffee, needle exchange & condoms, peer support, counselling and referrals. Overdose Prevention, Needle Exchange and Harm Reduction services for safe use of illicit drugs available. No **public washrooms available**.

Mon – Thurs: 9 am – 4 pm (Closed for lunch from 12 – 12.30 & cheque day) Fri, Sat, Sun and Holidays 11 am – 3 pm

### **Alano Club 250-338-0041**

**543 6th Street** – for the general public. Drug/alcohol free environment, café open to members and the general public. Daily 12 step recovery meetings. Open 7 days a week 8 am – 3 pm. Thursday evening dinner – doors open at 5 pm - \$11.50 for dinner and dessert. Menu for each week is updated to Facebook each Friday.

### **Comox Valley Head Injury Society 250-334-9225**

**102 - 254 Simms Street** – For registered program participants: Free coffee and drop in, support groups, referral, practical support and programs for brain injury survivors, their families and caregivers. Mon: 10 am – 3 pm, Tues - Thurs: 9 am – 4 pm

### **Comox Valley Transition Society 250-897-0511**

**Courtenay Library**  
Free drop in with coffee, snacks, support, referrals, information and activities. Wed. and Sun. afternoons: 1.30 pm – 3.00 pm

### **St George's Church – Sonshine - Drop in for anyone**

506 – 6th Street, Fitzgerald ramp entrance  
Coffee, conversation and snacks.  
Mon, Wed, Fri 9 am – 11.30 am

## EMERGENCY ASSISTANCE

### **The Salvation Army Cornerstone Community and Family Services**

**250-338-5133 #9-468 29th Street** – food (3-4 times a year), clothing, furniture and other emergency aid.

#### **Salvation Army Programs:**

Professional Development (Employment Skills), Personal Development (Life Skills) and Pastoral Care (Chaplaincy).

Mon – Thurs: 9 am – 4.30 pm (closed 12 – 1 pm)

Appointments are required.

ID and proof of residence is required.

### **St. Vincent de Paul Society 250-334-0070**

For everyone: food and other emergency aid.

### **Ministry of Social Development 1-866-866-0800**

#### **730 Grant Avenue**

Applications for income assistance:

**To apply online:** <https://myselfserve.gov.bc.ca/>

Office hours: Mon–Fri: 9am – 4pm Closed between noon and 1pm

### **Comox Valley KidSport 250-338-7714**

[kidsportcomox@gmail.com](mailto:kidsportcomox@gmail.com) – supporting kids aged 18 and under by paying for registration and equipment in a sport. (Soccer, tennis, hockey, karate etc.)

## FREE FOOD

### **Lunches Mon - Fri**

#### **Sonshine Lunch Club**

**250-334-4961**

**505 6th Street** – St. George's United Church

For everyone: free lunch & food to take.

Mon, Tues, Wed, Thurs and Fri from 11.30 am – 12.30 pm

### **Lunch - Saturday**

#### **Good Samaritan Kitchen**

**250-334-2727**

**1640 Burgess Road** –

Soup & sandwich: Sat: 11.30 am – 1 pm

### **Meal – Sunday**

**Food not Bombs** – free hot meal every Sunday 3 pm

505 6th Street – St Georges United Church.

### **Comox Valley Transition Society**

**250-897-0511**

#### **Lunch for Women only**

**625 England** – Women Only

Provides light lunches Tue: **11.30 am – 1.30 pm** along with providing free hygiene products.

### **St George's Pantry**

**250-334-4961**

**505 6th Street** – St. George's United Church everyone:

Once every 4 weeks – free canned food.

Tue & Thurs: 9 am – 11 am

### **Comox Valley Food Bank**

**250-338-0615**

**#1 – 1491 McPhee Avenue** – (bring your own grocery bags)

Mon – Wed: 9.30 am – 12 pm, Fri: 9.30 am – 11 am

Thurs: distribution day: 9.30 am – 1 pm

Baked items and produce available daily

**Good Samaritan Free Store** – 1640 Burgess Rd (trailer at rear)

free clothing Tue, Thurs, Sat: 10.30 am – 2 pm

### **St. Vincent de Paul Society**

**250-334-0070**

For everyone: food and other emergency aid.

## ADVOCACY & LEGAL HELP

### **Wachiay Advocacy**

**250-338-7793**

**1625 McPhee** – Monday - Thursday 9-4:30 Friday 9-4:00

Legal Advocacy assists with tenancy, income assistance, PWD, CPP, CPPD, and other legal matters.

Family Law Advocacy assists unrepresented clients with family law matters.

Call to book an appointment or stop by and complete an intake form.

### **Legal Aid**

**250-897-1400**

**1625 McPhee Intake** – Tue: 9 am – 11 am & 1 pm – 3 pm, Thurs: 1 pm – 3 pm. Bring proof of income, copy of Charge or Order/Agt.

### **Family Law LINE**

**1-866-577-2525**

Mon, Tue, Thurs, Fri: 9.30 am – 3 pm, Wed: 9.30 am – 2.30 pm  
Information regarding Family Law

### **Sasamans Society**

**250-334-7347**

**1625 McPhee Avenue, Courtenay**

Advocacy for families involved with or potentially involved with MCFD.

# COMOX VALLEY RESOURCE GUIDE

## June 2019

### **Compiled by the Comox Valley Ad Hoc Emergency Resources Organization (AHERO)**

AHERO's aim is to identify the need for emergency services, encourage their development, and help coordinate their delivery.

For distribution or agency update  
information:  
[eureka.ed@shaw.ca](mailto:eureka.ed@shaw.ca)

## MEDICAL AND HEALTHCARE

### **Comox Valley Hospital (24 hours) 250-331-5900**

For everyone with BC or other provincial medical coverage.  
Emergency medical and psychiatric care.

### **Washington Park Medical Clinic 250-334-9241**

**757 Ryan Road** – for everyone with a BC Care Card.

Walk in: Mon – Thurs: 8 am – 9 pm, Fri: 8 am – 6 pm,

Sat: 9 am – 6 pm, Sun: 9 am – 5 pm

### **CV Walk In Clinic (information line only) 250-898-0202**

**3199 Cliffe** – (inside Wal-Mart) – for everyone with a BC Care Card.

Walk in: 7 days a week:

Mon – Thurs: 9 am – 8 pm, Fri: 9 am 6 pm, Sat – Sun: 10 am – 5

pm, Stat Holidays: 10 am – 3 pm

### **Care-A-Van Comox Bay Care Society 250-702-7011**

Mobile free healthcare services by professionals. Confidential services, health care card not needed.

#### **MON:**

6.05 – 6.35 pm: Simms Park, 5th Street across from Lewis Park

6.40 – 7.25 pm: Back Lane Washington Apartments 1033 Ryan Rd

7.30 – 8.00 pm: \* **NEW STOP** Walmart back Alley

8.05–8.50 pm: Salvation Army Emergency Shelter 632 Pidcock Ave

#### **WED:**

6.05–6.35pm: **NEW TIME** Courtenay Library parking lot

6.40 – 7.25 pm: Back Lane Washington Apartments 1033 Ryan Rd

7.30 – 8.00 pm: \* **NEW STOP** 8<sup>th</sup> Street Camp Railway Stn road

access adjacent to Rotary Trail

8.05 – 8.50 pm: Salvation Army Emergency Shelter 632 Pidcock Ave

#### **THURS:**

8.30 am – 11.00 am: \***NEW STOP** Food Bank 1491 McPhee Ave

1-2 x/mo. Announced monthly

#### **FRI:**

11.00 – 1.00 pm: St. George's United Church (505 6<sup>th</sup> St)

1.05 – 1.45pm: Maple Pool Campsite (1R-4685 Headquarters Rd)

### **CV Nursing Centre (VIHA) 250-331-8502**

**615 10<sup>th</sup>** – nurse assessment and help finding the right resource, information, referral and support.

Drop in: Mon, Wed, and Friday 1 pm – 4 pm

### **Options for Sexual Health 250-331-8572**

961 England Ave Confidential Drop in Clinics

Tuesdays 6:00 – 8:00 pm

Thursdays 4:00 – 6:00 pm

STI/HIV testing, pregnancy testing, low cost birth control.

Education and counselling.

### **Public Health (VIHA) 250-331-8520**

**961 England** – STI, HIV, Hep C testing, information and some STI treatment offered.

### **Home and Community Care Central Intake**

Information on Social Work, Rehab Services, Home Support, Home Care Nursing, Case Management, Ambulatory clinic. **250-331-8570** or **1-866-928-4988**

### **AIDS Vancouver Island 250-338-7400**

**355 6<sup>th</sup>** – Harm reduction, overdose prevention site and HIV prevention and support.

Mon – Thurs 9 am – 4 pm Closed 12 – 1 pm for lunch.

Fri, Sat, Sun and Stats: 11 am – 3 pm

**Public Health Nurse:** Mon: 11 – 12 noon for STI testing and immunization.

### **Better at Home Comox Valley lori@hornbydenmanhealth.com**

Provides non-medical services to seniors to support them in staying in their own homes. Call for details, services offered on a sliding scale.

## CRISIS INFORMATION AND SUPPORT

### **One-Stop Drop In 250-331-8502**

**615 10<sup>th</sup>** – CV Nursing Centre. The 2<sup>nd</sup> Friday of each month: 1 pm – 4 pm. Connect with food, shelter, advocacy & health care.

### **Crisis Intervention Nurse 1-888-494-3888**

Access through Crisis line – for everyone

Mon – Fri: 8 am – 6 pm, Sat & Sun: 9.30 am – 6 pm

### **Vancouver Island Crisis Line 1-888-494-3888**

Support for everyone, suicide assessment and access to Crisis Intervention Nurse.

**Crisis Chat 6 pm – 10 pm** daily [www.vicrisis.ca](http://www.vicrisis.ca)

**Crisis Text 6 pm – 10 pm** daily **250-800-3806**

### **CV RCMP Victim Services 250-334-5979**

Support, referral, information for victims of crime and trauma.

### **CV Understanding Men 250-331-8502**

**615 10<sup>th</sup>** – one on one support available for men.

Drop in - Mon and Fri: 1 – 4 pm

### **Help Line for Children (24 hours) 250-310-1234**

For children and youth who feel they are in danger.

### **Lilli House (24 hours) 250-338-1227**

(Women Only) Crisis line for women in abusive situations.

### **RCMP: 250-338-1321 Emergency: 911**

### **Victim LINK (24 hours) 1-800-563-0808**

Help and information for victims of family sexual violence and other crimes.

### **Wachiy Friendship Centre 250-338-7793**

**1625 McPhee** – youth programs, homeless support, advocacy, employment and recreation.

Mon – Thurs: 9 am – 4.30 pm & Fri: 9 am – 4 pm

### **Dawn to Dawn Action on Homelessness Society**

### **Residential Housing Program 250-941-2233**

Support Referrals and information about housing for homeless persons.

### **Youth against Violence Line 1-800-680-4264**

### **1800SUICIDE Provincial Service 1-800-784-2433**

### **(1-800-SUICIDE)**

### **310Mental Health Support 310-6789**

### **AA Answering Service 250-338-8042**

AA Meeting times, 12 step calls etc.

### **Comox Valley Pregnancy Care Centre 250-334-0058**

### **#4-204 Island Hwy North (Braidwood Centre)**

11 am – 4 pm Mon – Fri

Free pregnancy tests and peer options counselling.

Free clothing room for maternity wear and baby clothes

### **Comox Valley Senior Support 250-871-5940**

491-B 4<sup>th</sup> Street, Courtenay

Mon – Thurs: 10 am – 2 pm Peer Counselling, Caregiver Support

### **Hospice Society 250-339-5533**

Counselling for bereavement

## EMERGENCY SHELTER

### **The Salvation Army “Pidcock House” 250-338-2533**

### **24/hr. Adult Emergency Shelter**

632 Pidcock Avenue, Courtenay

### **Lilli House 250-338-1227**

For women and their children needing shelter from abuse.

Provides shelter and support.

## EMERGENCY PET FOSTERING

### **Shamrock Vet Clinic 250-339-2026**

## MENTAL HEALTH and / or SUBSTANCE USE

### **CV Mental Health and Substance Use – Substance Use Team**

**101-1742 Cliffe Avenue, Courtenay BC 250-331-8642**

for adults 19 years +, Counselling, referral and support groups.

Mon – Fri: 8.30 am – 4.30 pm. Closed between 12 – 1 pm

### **CV Mental Health and Substance Use – Main Intake Office**

**250-331-8524. 941 C England Avenue, Courtenay BC**

For adults 19 years +, Counselling, referral and support groups.

Mon – Fri: 8.30 am – 4.30 pm. Open during lunch

### **John Howard Society 250-338-7341**

**1455 Cliffe** – Youth & family substance uses services for youth & their families, including assessment, support, & 1:1 counselling. Youth outreach service provides outreach to

youth who may be at risk of misusing substances, & need to

connect with resources & healthy activities.

Mon – Fri: 8.30 am – 12 noon, 1 pm – 4.30 pm

### **Withdrawal Management Nurse 250-331-8642**

**101-1742 Cliffe Avenue, Courtenay BC**

General information for people requiring assistance with

substance use. Mon – Thurs: 8.30 am – 4.30 pm. Closed

between 12 – 1 pm

### **BC Responsible & Problem Gambling Program**

[www.bcresponsiblegambling.ca](http://www.bcresponsiblegambling.ca) **1-888-795-6111 (24 hrs.)**

**Narcotic's Anonymous 1-844-484-6772**

Meeting times and place, someone to speak with.

### **Boys and Girls Club 250-338-7141**

243 – 4<sup>th</sup> Street, Courtenay Mon – Fri – 9am – noon

Several parenting programs running weekly, call for details.