



Local Community Contact List

Name of CRN/Community: **Ladysmith**
Date Submitted/Updated: **22 July 2026**
Submitted By: **Mona Mostafa** mona@lrca.ca

Where there are no local services, list the closest community that has services available under "NOTES". Add rows or use the back of the page if needed to create a complete list for your community.

EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire and Ambulance	911	Numbers to call if no 911 service
Crisis Line	1 800 494 3888	
Poison Control	1 800 567 8911	
Lifeline (or similar service)	250 739 5770	

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – Accessing service	1-877-734-4101	See regional resources list for each CRN
Police-based Victim Services	250-245-6061	
Community- based Victim Services – Restorative Justice	236-594-9073	Community Circles Restorative Justice Society
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)	Warmland House 250-715-1132 / Haven Society 250-756-2452	
Emergency Shelter (s)	250-924-4666	Rialto LRCA Open 24/7
BCCEAS – SAIL (Seniors Abuse and Information Line) – for information about abuse and for emotional support	604-437-1940 1-866-437-1940	Toll free
Victim Link	1-800-563-0808	BC Gov
bc211	211	bc211 HelpStartsHere (free phone, text, online service to help you find community, government, and social services in your area)
2SLGBTQIA+ QMUNITY Contact	604-684-5307 ext.102 1-800-566-1170	QMUNITY: BC's Queer, Trans, and Two-Spirit Resources Centre

--	--	--

INFORMATION AND REFERRAL

(Local services – often grouped in one multi-service agency – listed below)

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach	250-245-3079	LRCA Seniors Office
Community Services	250-715-6481 / 250 754 3331	Cowichan Seniors Community Foundation / Nanaimo Family Life / Seniors Connect
Geriatric and Other programs for Seniors	250 739 5749 / 1 877 734 4101	Home & Community Care – Ladysmith Health Centre
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	250 739 5880 / 250-709-3040	Nanaimo Mental Health and Addiction / Duncan Mental Health and Addiction
Veterans Affairs Canada	1-866-522-2122	

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health and Addiction Services	250 739 5880 / 250-709-3040	Nanaimo Mental Health and Addiction Services/ Duncan Mental Health and Addiction Services
Home and Community Health	250 739 5749	Home & Community Care – Ladysmith Health Centre
Adult Day programs	250 739 5710	
Hospitals	N 250 755 7691: L 250 739 5777 C: 250 737 2030	Nanaimo Regional General Hospital Ladysmith Health Centre Cowichan District Hospital
MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
BC Nurse/Pharmacist Line	811	
Assisted Living Registry	1-866-714-3378	
Online Medical Support - Medeo	1-888-297-2973	

HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	604-433-1711 1-866-465-6873	Vancouver Toll Free
Home Adaptations – BC Housing HAFI	1-800-257-7756	
Advocacy and Appeals re Housing	N: 250-753-2321 / N: 250-824-0995 C: 250-597-1938	Nanaimo Citizen Advocacy / TAPS Nanaimo/ Cowichan Housing Association

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
---------	----------------	-------

Better at Home	C: 250.748.2133 / N: 250 754 3331 (ext. 203)	Cowichan (Volunteer Cowichan) Roni Budgell – Nanaimo Family Life
----------------	---	---

Grocery Shopping	250-245-3221 / 250-245-2033	Country Grocer / Save on Foods
Home repairs and Maintenance (LRCA Seniors Office)	250-245-3079	Referrals to independent service providers-vetting process up to caller
Peer Counselling	L:250-245-3079 / C:250-748-8281 / N:250 754 3331	- Ladysmith Resources Centre Association – Volunteer Counselling Cowichan Family Life - Nanaimo Family Life
Friendly Visiting	C:250-748-2133 / N:250 754 3331	- Volunteer Cowichan - Better at Home NFLA Better at Home

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250 390 3000	
Island Health patient transport	1-844-940-6617	Travel assistance for non-emergency medical care
Bus Pass Program	1 866 866 0800	
Taxi (s)	250-210-1027 / 250-324-2236 / 250 753 1231	Ladysmith / Chemainus / Nanaimo
Parking Permit (disabled)	250-245-3079	Ladysmith Resources Centre Association
Translink Trip Planner	604-953-3333	Translink Trip Planner

LEGAL

SERVICE	CONTACT NUMBER	NOTES
Legal Aid	1-866-577-2525	
Crown Counsel	N: 250-741-3711 1-888-777-5011 C:250-746-1229 1-888-777-5022	Nanaimo Duncan
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services	250 753 2321	Nanaimo seniors advocacy serv.

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
---------	----------------	-------

Dementia Help Line	1-800-936-6033	Alzheimer's Society of BC
AA	250 753 7513	Nanaimo AA
NA	1 800 494 2404	Island Crisis Care Society
Al-Anon	1888 425 2666	
Nar-Anon	250 704 2801	
Alzheimer Society of BC	250 734 4170	
Caregiver support groups	250 597 0886	Cowichan Family Caregiver Support Society
MS Society	1-844-859-6789	MS Canada
Arthritis	1800 321 1433	
Diabetes	250 758 4223	
Deaf and Hard of Hearing	250 753 0999	

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	250-748-2242 / 250 753 6578	Hiiye'yu Lelum Society (Duncan) / Tilliculm Lelum (Nanaimo)
Band Office	Stz: 250-245-7155 SNU:250 740 2337	-Stz'uminus First Nation -Snuneymuxw First Nations
Métis Services	250 585 7441	Mid Island Metis Nation (Nanaimo)
First Nations Health Authority	250-748-9760	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	C:250-748-3112 / IWC:250 753 6911	Cowichan Intercultural Society/ Immigrant Welcome Center Nanaimo
Settlement Services	C:250-748-3122 / IWC:250 753 6911	Cowichan Intercultural Society/ Immigrant Welcome Center
Translation Services	C:250-748-3122 / IWC:250 753 6911	Cowichan Intercultural Society / Immigrant Welcome Center

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-245-6424	Town of Ladysmith

Parks and Recreation - programs	250-245-6424	Town of Ladysmith
Library(s)	250-245-2322	Vancouver Island Library – Ladysmith branch

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	1-800-663-7867 Service BC	Service BC
Community Volunteer Income Tax Prep.	250-245-3079	Ladysmith Resources Centre Association

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250-701-4242	Cowichan Hospice Society
Grief Counselling	C:250-701-4242 LRCA: :250-245-3079	Cowichan Hospice Society Ladysmith Resources Centre Association – Volunteer Counselling

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-245-3079	Ladysmith Resources Centre Association's Food Pantry
Grocery Delivery	250-245-3221 250-245-2033	Country Grocer' Save on Foods
Meal Delivery	250-245-5225	Meals on Wheels (Ladysmith Healthcare Auxiliary)

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Stephanie Higginson	250-245-9375	MLA
Tamara Kronis	250-434-7110	MP tamara.kronis@parl.gc.ca
Services Canada	1-800-622-6332	