



Local Community Contact List

Name of CRN/Community: **Oceanside Community Health Network**

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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	1-888-494-3888	Crisis Text 250-800-3806
Poison Control	1-800-567-8911	
Lifeline (or similar service)	250-947-8213	Nanaimo Lifeline www.nanaimolifeline.ca

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse	1-888-437-1940	See regional resources list for each CRN
Police-based Victim Services	250-954-2277	Oceanside RCMP Victim Services
Community- based Victim Services	250-248-3500 Local 1	Haven Society
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
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	
bc211	211	
LGBTQ Contact	604-684-5307 1-800-566-1170	Toll free

INFORMATION AND REFERRAL

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Advocacy Services	250-248-2093 x 239	Society of Organized Services

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	250-951-9550	Oceanside Health Services
Mental Health and Addiction Services	250-954-0785 250-9550 x38060	Forward House Oceanside Health Centre Mental Health and Substance Use
Home and Community Health	1-877-734-4101	
Adult Day programs	250-739-5749	Referral Line
Hospital	250-755-7691	Nanaimo Regional General 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	
Social Prescribing	250-248-2093 x 246	Society of Organized Services

HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	604-433-2218 1-800-257-7756	Vancouver Toll Free
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Advocacy and Appeals re Housing	250-240-5272 or 250-716-8823	
Homelessness Prevention Society	250-248-2093 x 234	Society of Organized Services
PQB Home Share Program	250-248-2093, Ext. 0	Society of Organized Services
Local Veteran Support	778-674-0535	oceansidedayhomes@gmail.com

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250-248-2093 x248	Society of Organized Services
Grocery Shopping	250-248-2093 x 248	Society of Organized Services
Home repairs and Maintenance	250-248-2093 x 248 (light housekeeping)	Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling	250-248-2093	Society of Organized Services
Community Services	250-248-2093 x239	Society of Organized Services

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-248-4557	

Health Connections – bus service	1-855-993-3100	
Bus Pass Program	BC Bus Program Province of BC	This program is for low income seniors and may provide free monthly bus passes
Taxi (s)	250-954-8294	
Parking Permit (disabled)	1-888-718-7794	permits@sparcbc.ca
Translink Trip Planner	604-953-3333	Lower Mainland
Medical Appointment Transportation Service	250.248.2093 Ext.248	Society of Organized Services

LEGAL

SERVICE	CONTACT NUMBER	NOTES
BC CEAS (SAIL)	604-437-1940 1-866-437-1940	Legal Advocacy Program and Elder Law Clinic
Legal Aid	1-866-577-2525	
Family Justice Clinic	1-844-747-3963	
Crown Counsel	1-888-339-1188	
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law Schoo	604-331-5400	
Lawyer Referral Services	604-687-3221	
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Free Legal Services	250.248.2093	Society of Organized Services. Note appointments are limited.

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	1-800-936-6033	
AA		
NA		
Alzheimer Society of BC	1-800-936-6033	
Caregiver support groups	Toll Free: 1-877-520-3267	
MS Society	1-800-268-7582	

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
KUU – US Crisis Line Adults	1-800-588-8717 250-723-4050	
Band Office	250-757-9337	Qualicum First Nation
Métis Services	1-800-940-1150	
First Nations Health Authority	1-866-913-0033	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	250-753-6911	Central Vancouver Island Multi Cultural Society
Settlement Services	250-753-6911	Central Vancouver Island Multi Cultural Society
Translation Services	250-753-6911	Central Vancouver Island Multi Cultural Society

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-752-5014	Ravensong Aquatic Centre
Parks and Recreation - programs	250-752-5014	Oceanside Place Arena Parksville
Library(s)	250-248-3841	Vancouver Island Regional Library Parksville
Library(s)	250-752-6121	Vancouver Island Regional Library Qualicum Beach

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	250-248-3205	Service BC
Community Volunteer Income Tax Prep.	250-248-2093	Society of Organized Services

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250-752-6227	Oceanside Hospice Society
Grief Counselling	250-752-6227	Oceanside Hospice Society

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-248-8793	Salvation Army Food Bank Parksville
Emergency Assistance	250-248-2093	Society of Organized Services: Grocery vouchers may be available to low-income individuals during times of crisis. Intake appt. required.
Meal Delivery	250-248-2093	Meals on Wheels Society of Organized Services
Connections Café	250-248-2336	Thursdays, 11am to 1pm - \$2 for soup and coffee. Membership required.
Oceanside Community Church		Register Good Food Box Program. \$15 per box. Nanaimogoodfoodbox.com

Nanoose Community Services	250-468-0999	Monthly support provided to help local households access food.
Knox United Church	250-248-3927	The Gathering Place: Lunch on Tuesdays September to June Free or Low Cost, Mini Bood Bank, and Food Vouchers
Mt. Arrowsmith Salvation Army Community	250-954-0707	Soup Kitchen: Monday, Tues, Wed and Friday 11am to 1pm - \$4. Donation requested
Day Homes Society	778-674-0535	Provides 10 meals – first comes first served. Sundays at 1pm Arbutus Grove Church 170 Hirst Ave. West

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
MLA Constituency Office 172 Island Hwy East, Parksville, BC V9P 2G4	1-866-675-4812	MLA Stephanie Higginson
Main office - Parksville 1209 East Island, Suite 12 Parksville, British Columbia V9P 1R5	250-947-2140	MP Gord Johns
Services Canada	1-800-622-6332	

Please contact info@bccrns.ca with any questions regarding this form.