



## Local Community Contact List

Name of CRN/Community: **Comox Valley Community Response Network**

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### EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire and Ambulance	911	Numbers to call if no 911 service
Crisis Line	1-888-494-3888	
Poison Control	1-800-567-8911	
Lifeline (or similar service)	1-250-338-4255	Lifeline Comox Valley

### ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) - for reporting abuse	250-331-8570	See regional resources list for each CRN
Police-based Victim Services	1-250-334-5979	If victim services are needed as a result of sexual assault, police-based victim services will refer to community based victim services at Comox Valley Family Services Association
Community- based Victim Services	250-338-7575	Comox Valley Family Services Association CVFSA will refer back to police-based victim services is NOT required for sexual assault.
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)	250-897-0511	Comox Valley Transition Society Crisis Number: 250-338-1227
Emergency Shelter (s)	250-338-2533	Pidcock House (Salvation Army) Connect Warming Centre 250-218-3975
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	Lower Mainland only
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 Outreach	250-871-5940	Senior Support North Vancouver Island - if unable to provide support, can direct to agency that can
Community Services		
Geriatric and Other programs for Seniors	250-331-8570	
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	250-338-7144	Comox Valley Recovery Centre
Veterans Affairs Canada	1-866-522-2122	

## HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	250-331-8570	
Mental Health and Addiction Services	250-331-8524	
Community Health Services	250-331-8570	
Adult Day programs	250-871-8570	By referral
Hospital	250-331-5900	Comox Valley 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	
Geriatric Support Services	250-331-8570	

## HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	604-433-1711 1-866-465-6873	Vancouver Toll Free
Home Adaptations - Canada Mortgage & Housing	1-800-668-2642	
Advocacy and Appeals re Housing	250-871-5940	Senior Support North Vancouver Island
Wachiay Friendship Centre	250-338-7793	

## HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250-871-1165	
Grocery Shopping	250-871-5940	Senior Support North Vancouver Island or Better at home at 250-871-1165 or Sendial at 1-866-948-0196 (press 2) (only available at Thrifty Foods)
Home repairs and Maintenance	none at this time - working on it!	Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling		

Friendly Visiting	250-871-5940	Senior Support North Vancouver Island

## TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-339-5442	
Health Connections - bus service		
Bus Pass Program	1-866-866-0800	
Taxi (s)		Comox Valley Taxi 250-339-7955
Parking Permit (disabled)	1-250- 758-5547	Nanaimo Disability Resource Centre
Translink Trip Planner	604-953-3333	Lower Mainland

## 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		
Crown Counsel		
NIDUS - Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services		
Access Pro Bono Legal Services - in person only	1-877-762-6664	
Community Advocacy Services	Wachiay Friendship Centre	250-338-7793

## SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA	250 338-8042	
NA	1-877-909-3636	
Al-Anon	250-338-0041	
Nar-Anon	1-877-254-3348	
Alzheimer Society of BC	1-250-734-4170	Nanaimo (no local office)
Caregiver support groups	250-871-5940	Senior Support North Vancouver Island
MS Society	1-800-268-7582	
Arthritis		
Diabetes	1-250-331-5964	Wellness Centre at Comox Valley Hospital
Deaf and Hard of Hearing	1-250-753-0999	Nanaimo. No local office

## FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	250-338-7793	Wachiay Friendship Centre
Band Office	250-339-4545	K'omoks First Nation
Métis Services	250-871-7353	MIKI'SIW Métis Association
First Nations Health Authority	250-339-4545	K'omoks District Health

## IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	250-338-6359	Immigrant Welcome Centre
Settlement Services	250-338-6359	Immigrant Welcome Centre
Translation Services	250-338-6359	Immigrant Welcome Centre

## MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities		
Parks and Recreation - programs		
Library(s)	250-334-3369	Courtenay Library Comox Library - 250-339-2971 Cumberland Library - 250-336-8121

## INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	1 866-866-0800	Service BC
Community Volunteer Income Tax Prep.	250-871-5940	Senior Support North Vancouver Island (year round)

## DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250-339-5533	Comox Valley Hospice
Grief Counselling	250-339-5533	Comox Valley Hospice Society
Grief & Loss Peer Support Group	250-871-5940	Senior Support North Vancouver Island

**FOOD PROGRAMS**

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-338-0615	
Grocery Delivery		Thrifty Foods 250-338-1383 Quality Foods 250-890-1005

**GOVERNMENT REPRESENTATIVES**

SERVICE	CONTACT NUMBER	NOTES
Ronna-Rae Lennard	250-703-2410	MLA
Gord Johns	1-844-620-9924	MP
Services Canada	1-800-622-6332	

Please contact [info@bccrns.ca](mailto:info@bccrns.ca) with any questions regarding this form.