

LOCAL COMMUNITY CONTACT LIST

NAME OF COMMUNITY: Comox Valley/Courtenay Community
Response Network

DATE SUBMITTED/UPDATED: July 19, 2014

Where there are no local services, please list the closest community with those services available in the NOTES column. Please add additional rows if needed to provide 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	250-338-1227	Crisis services and shelter to abused women
Poison Control	1-800-567-8911	
Lifeline (or similar service)	250-338-4255	
Vancouver Island Crisis Line	1-888-494-3888	

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	250-334-5979	
Community- based Victim Services	250-334-5979	
Community Living BC	250-334-1370 604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)	250-897-0511	Comox Valley Transition Society: business line
Emergency Shelter (s)	250-338-1227	Shelter Lilli House
BCCEAS – SAIL (Seniors Abuse and Information Line) – for information about abuse and for emotional support	604-437-1940 1-866-437-1840	Toll free
Victim Link	1-800-563-0808	
bc211	211	Lower Mainland only
LBGTQ 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	250-331-8502	Comox Valley Nursing Centre
Community Services	“	
Geriatric and Other programs for Seniors	“	
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	1-800-663-1441	
Veterans Affairs Canada	1-866-522-2122	
Mental Health and Addictions services	1-888-494-3888 250-331-8524	
VI Community Connections	250-338-7201	

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	250-331-8570	*see mental health # below
Mental Health and Addiction Services	250-331-8524	
Home and Community Health	250-331-8570	Island Health: home and community care
Adult Day programs	250-331-8570	“
Hospital	250-339-2242	St. Joseph’s Hospital
Health Insurance BC 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 – Canada Mortgage & Housing	1-800-668-2642 1-250-475-7550	(second number is BC Mortgage and Housing : Victoria #)
Advocacy and Appeals re Housing		
BC Homeowner Protection Office	1-800-407-7757	
Rental : landlord/tenant info.	1-800-665-8779	

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250-871-1165	
Grocery Shopping	250-890-1005 250-334-4460	Quality Food: grocery delivery Thrifty's sundial program
Home repairs and Maintenance	250-871-1165	Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling	250-871-5940	
Friendly Visiting	250-971-5940	

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-339-5442	Comox Valley handydart
Health Connections – bus service	250-338-0196	www.wheelsforwellness.com
Bus Pass Program	1-866-866-0800	
Taxi (s)	250-339-7955	Comox Taxi
Parking Permit (disabled)	250-338-1711	
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	250-897-7551 or 1-800-371-0799	
Crown Counsel	250-334-1120	Courtenay 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	1-866-577-2525	
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services	250-334-8101 250-334-8102	Comox Valley Community Justice Association

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA	250-338-8042	
NA	1-877-379-6652	
Al-Anon	250-338-0041	
Nar-Anon		No local number
Alzheimer Society of BC	1-800-936-6033	
Caregiver support groups	250-871-5940	C.V. Senior Peer Counselling
MS Society	250-339-7361	
Arthritis	250-331-8502	
Diabetes	250-339-1568	
Deaf and Hard of Hearing	250-339-5770	
Support Our Seniors	250-334-2321	

FIRST NATIONS/INDIGENOUS SERVICES

Friendship Centre	250-338-7793	
Band Office	250-339-4545	
Métis Services	250-339-4545	
First Nations Health Authority	250-339-4545	

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	“ “ “
Translation Services	250-338-6359	“ “ “
Building social connections	250-898-9567	CV Multicultural & Immigrant support society

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-334-9622	C.V. Aquatic Centre
Parks and Recreation - programs	250-338-5371	Lewis Centre
Library(s)	250-334-3369	
Florence Filberg Centre	250-338-1000	Seniors' programs

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.	250-338-1000	

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250-339-5533	
Grief Counselling	250-339-5533	

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-338-0615	
Grocery Delivery	250-334-4460 250-890-1005	Sendial at Thrifty's Quality Foods
Meal Delivery	250-331-8522 250-339-2625	Meals on Wheels Valley Home Meals

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
	250-703-2422	MLA
	250-338-9381	MP
Services Canada	1-800-622-6332	