



## Local Community Contact List

Name of CRN/Community: **Cowichan CRN**  
Date Submitted/Updated: **08/01/2020**  
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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	<b>1-888-494-3888</b>	
Poison Control	<b>800-567-8911</b>	
Lifeline (or similar service)	<b>250-746-0814</b>	<b>Cowichan Valley Lifeline</b>
<b>Lifeline (Crofton/Chemainus)</b>	<b>250-246-3883</b>	

### ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse	<b>1-877-734-4101</b>	See regional resources list for each CRN
Police-based Victim Services	<b>250-746-2160</b>	
Community- based Victim Services	<b>250-929-7222</b>	<b>South Cowichan Community Policing The Cowichan Community Police is being re-framed at the is time.</b>
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)	<b>250-748-8544</b>	
Emergency Shelter (s)	<b>250-715-1132</b>	<b>also have Somenos House for Women only 250 -748-8544</b>
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
LBGTQ Contact	604-684-5307 1-800-566-1170	Toll free
<b>Cowichan Women Against Violence</b>	<b>250-748-7000</b>	
<b>Warmland Restorative Justice</b>	<b>(250) 510-8473</b>	

## INFORMATION AND REFERRAL

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach	250 715-6481	Cowichan Seniors Community Foundation and their Social Link Worker
Community Services	250-748-2133	Volunteer Cowichan
Geriatric and Other programs for Seniors	1-877-734-4101	Island Health General intake line to link to services
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral		
Veterans Affairs Canada	1-866-522-2122	
<b>Home and community Care</b>	<b>250-739-5749</b>	
<b>Cowichan Valley Youth Services</b>	<b>250-748-0232</b>	

## HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	250-709-3040	
Mental Health and Addiction Services	250-737-2007	NARSF-Harm Reduction Services 250-743-6759 STS Pain Pharmacy 778-433-7246
Home and Community Health	877-734-4101	
Adult Day programs	250-719-3060	Chemainus Health Care Centre 250-746-9668 Providence Farm 250 737-2037 Waldon house Day Program
Hospital	250-709-3000	
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	
<b>Duncan health Unit</b>	<b>250-709-3050</b>	<b>Chemainus Health Unit-250-767-2040 ladysmith Health Unit 250-739-5777 Lake Cowichan Health Unit 250-749-6878 Ts'ewultun health Centre 250 746-6184</b>

## 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	

SERVICE	CONTACT NUMBER	NOTES
Advocacy and Appeals re Housing	250-597-1938	
Warmland House & Outreach	250-715-1132	
Duncan Manor	250-748-0521	Low Income Housing for Seniors/Disabilitites 250 748-4135 Duncan Kiwanis Village 250 597-2252 M'akola Housing Society

## HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250 748-2133	Cowichan Region Better at Home through Volunteer Cowichan Hiiye'yu Lelum Society House of Friendship Better at Home for all indigenous people 250) 748-2242 Ladysmith through Nanaimo Family Life 250 754-3331 ext. 202
Grocery Shopping	250-748-2133	
Home repairs and Maintenance	250-748-2133	Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling	250-748-8281	also Cowichan Valley Youth Services (up to age 26) 250-748-0232
Friendly Visiting	250-748-2133	

## TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	855-748-1230	no taxi saver or handy card in cowichan
Health Connections – bus service	250-746-9899	
Bus Pass Program	866-8660800	
Taxi (s)		250 746-4444 Duncan Taxi 250-743-5555 Cobble Hill Taxi 250-746-0009 Country Cabs 250-932-7771 Cowichan Taxi 250-324-8294 Go Taxi-Chemainus 250-324-2236 250-324-2231 Go Taxi-ladysmith 250 650-3301 Granny Go Go
Parking Permit (disabled)	250-746-3930	Cowichan independent Living
Translink Trip Planner	604-953-3333	Lower Mainland
Cowichan Seniors Community Foundation for supported transportation to medical	250-715-6481	Canadian Cancer Society 250-668-5585 Wheels for Wellness 250-338-0196

## LEGAL

SERVICE	CONTACT NUMBER	NOTES
BC CEAS (SAIL)	604-437-1940 1-866-437-1940	Legal Advocacy Program and Elder Law Clinic

SERVICE	CONTACT NUMBER	NOTES
Legal Aid	1-866-577-2525	
Family Justice Clinic	<b>250-387-6121</b>	
Crown Counsel	<b>250-746-1229</b>	
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law Schoo	604-331-5400	
Lawyer Referral Services	<b>800-663-1919</b>	
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services		
<b>Warmland Restorative Justice</b>	<b>(250) 510-8473</b>	<b>Public Guardian and Trustee 1-604-660-4444</b>

## SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA		
NA		
Al-Anon	<b>250-748-0724</b>	
Nar-Anon	<b>250-383-3553</b>	
Alzheimer Society of BC	<b>800-462-2833</b>	
Caregiver support groups	<b>250597-0886</b>	
MS Society	<b>250-748-7010</b>	
Arthritis	<b>250-748-2481</b>	
Diabetes	<b>250-737-2004</b>	
Deaf and Hard of Hearing	<b>250-753-0999</b>	<b>Victoria-250-592-8144</b>
<b>Cowichan Brain Injury Society</b>	<b>778-455-2095</b>	<b>Family Pride 250-748-0232 Grandparent Support 1-855-4549777</b>

## FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	<b>250-748-2242</b>	
Band Office	<b>250-746-1002</b>	<b>There are multiple band offices in Cowichan. This is only the number for Cowichan Tribes. Halalt-250 246-4736 Stz'uminus First Nation: 250-924-1317; 250 245-7155 Penelekut: 250 246-2321 Lyackson: 250 246-5019 Lake Cowichan: 250-749-3301</b>

SERVICE	CONTACT NUMBER	NOTES
Métis Services	250-746-6146	
First Nations Health Authority	250-746-6184	this is for Ts'ewultun health Care centre 250-245-8551 Stz'uminus Health Centre 250-246- 2127 H'Ulh-Eton Health Society 250-246-2327 Penelekut Health

### IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	250-748-3112	
Settlement Services	250-748-3112	
Translation Services	25-748-3112	

### MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-746-0401	250-746-0401-Island Savings Centre 250-246-3811-Fuller Lake 250-743-5922- Kerry Park 250-743-1433-Shawnigan Lake Community Ctr. 250-746-7665-Cowichan Aquatic Centre 250-749-6742-Cowichan Lake Recreation 250-245-6424- Frank Jameson Community Ctr., Ladysmith
Parks and Recreation - programs		contact the facilities
Library(s)	250-246-9471	250-246-9471 chemainus 250-746-7661-Cowichan 250-749-3431-Lake Cowichan 250-245-2322 Ladysmith 250-743-5436-South Cowichan

### INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	1800-622-6232	Service BC
Community Volunteer Income Tax Prep.	250-715-1132	
Lake Cowichan Community REsource	250-749-6822	
Salvation Army	250-746-8669	
Cowichan Independent Living	250-746-3930	

## DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250-701-4242	
Grief Counselling	250701-4242	

## FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-746-1566	Cowichan Valley Basket Society-250-746-1566 CMS Food Bank (Mill Bay)250-743-5242 Open Door 250-748-5588 Salvation Army-Duncan 250-746-7032 Chemainus Harvest House 250-346-3455 Lake Cowichan 250-749-4802
Grocery Delivery		250-715-1521 Thrifty Foods 250-748-2412-49th Parrallel Duncan 250-246-3551-49th Parrallel-Chemainus 250-245-3221-49th Parrallel-Ladysmith 250-710-0742-The Grocery Shopper-lake Cowichan 250-748-2133-Safe Seniors, Strong Communities-Volunteer Cowichan
Meal Delivery	250-715-5312	duncan Area only Better Meals 888-838-1888
ReFRESH Cowichan Market place Cowichan Green Community	250-748-8506	
Cowichan Community Kitchens	250-748-2242 ext 134	

## GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Sonia Furstenau	250-387-8347	MLA
Alistair MacGregor	250-746-4896, 1888-609-9998	MP
Services Canada	1-800-622-6332	
Municipality of North Cowichan	250-746-3100	
City of Duncan	250-746-6126	Town of Lake Cowichan-250-749-6681 CVRD-250-746-2500