



Local Community Contact List

Name of CRN/Community: **Ladysmith**
Date Submitted/Updated: **07/31/2020**
Submitted By: **Marsh Stevens 250-245-3079 marsh@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) – for reporting abuse	1-877-734-4101	See regional resources list for each CRN
Police-based Victim Services	250-245-6061	
Community- based Victim Services		
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)	Warmland House 250-715-1132 / CWAV 250-748-7000 / LRCA 250-245-3079	LRCA Shelter is Winter Shelter only
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

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	250 730 5710	Home & Community Care
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	250 739 5880	Adult Substance Abuse Team
Veterans Affairs Canada	1-866-522-2122	

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	250 730 5710	
Mental Health and Addiction Services	250 739 5880	
Home and Community Health	250 739 5749	
Adult Day programs	250 739 5710	
Hospital	250 755 7691	
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 – Canada Mortgage & Housing	1-800-668-2642	
Advocacy and Appeals re Housing	N: 250-753-2321 / C: 250-510-4330	Nanaimo Citizen Advocacy / Cowichan Housing Association

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	C: 250.748.2133 / N: 250 754 3331	Jennifer Lazenby – Cowichan / Contact Cathy Holmes – Nanaimo

SERVICE	CONTACT NUMBER	NOTES
Grocery Shopping	250-245-3221 / 250-245-2033	49th Parallel / Save on Foods
Home repairs and Maintenance	250-245-3079	Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling	L:250-245-3079 / C:250-748-8281 / N:250 754 3331	Home repair: Students Helping Seniors – LRCA Summer Only Peer Counselling: Ladysmith Resources Centre Association – Volunteer Counselling Cowichan Family Life NFLA Mia Goodall
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	
Health Connections – bus service	1 888 647 4997	
Bus Pass Program	1 866 866 0800	
Taxi (s)	250-324-2236 / 250 753 1231	
Parking Permit (disabled)	250-245-3079	Ladysmith Resources Centre Association
Translink Trip Planner	604-953-3333	Lower Mainland
Translink Trip Planner	604-953-3333	Translink Trip Planner

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 Schoo	604-331-5400	
Lawyer Referral Services		
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services	250 753 2321	Nanaimo seniors advocacy serv.
BC CEAS (SAIL)	604-437-1940 / 1-866-437-1940	Legal Advocacy Program and Elder Law Clinic

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA	250 753 7513	
NA	1 800 494 2404	
Al-Anon	1888 425 2666	
Nar-Anon	250 704 2801	
Alzheimer Society of BC	250 734 4170	
Caregiver support groups	250 382 4331	
MS Society	250 722 2214	
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 Tilliculm Lelum
Band Office	Stz: 250-245-7155 SNU:250 740 2337	Stz'uminus First Nation Snuneymuxw First Nations
Métis Services	250 740 0223	
First Nations Health Authority	250-748-9760	Cody Caruso

IMMIGRANT SERVICES

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

SERVICE	CONTACT NUMBER	NOTES
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	250-754-0333 Service BC	Service BC
Community Volunteer Income Tax Prep.	250-245-3079 Ladysmith Resources Centre Association	
CPP, OAS, GAIN	1-800-622-6232	Service Canada

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 Foodbank
Grocery Delivery	250-245-3227	49th Parallel Grocery
Meal Delivery	(250)737-2004	Meals on Wheels

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Doug Routley	250-245-9375	MLA
MLA Paul Manly	250-245-9375	MP
Services Canada	1-800-622-6332	