



## Local Community Contact List

Name of CRN/Community: **WESTSHORE**  
Date Submitted/Updated: **07/09/2020**  
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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		- please change name to 'Vancouver Island Crisis Line' - # is the same - please add : * <b>Vancouver Island Crisis Text:- 250 800 3806 (3pm - 9pm) * Vancouver Island Mental Health Support:- 310 6789 (no area code required)</b>
Poison Control		
Lifeline (or similar service)		
<b>COVID 19 UPDATES</b>		<b>Web Search: - "CRD COVID 19" - "BC CENTRE FOR DISEASE CONTROL"</b>

### ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse		See regional resources list for each CRN
Police-based Victim Services		
Community- based Victim Services		
Community Living BC	604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s)		
Emergency Shelter (s)		
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>LOVE CRN LBGTQ Facebook Group</b>		<b>Administrator Horst Backe - Public Group</b>

SERVICE	CONTACT NUMBER	NOTES
SENIORS 101 Vancouver Island		Online Resources & Updates Web Search: "Seniors 101 Vancouver Island"

## INFORMATION AND REFERRAL

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach		
Community Services		
Geriatric and Other programs for Seniors		
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral		
Veterans Affairs Canada	1-866-522-2122	

## HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach		
Mental Health and Addiction Services		
Home and Community Health		
Adult Day programs		
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	

## 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		

## HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home		
Grocery Shopping		
Home repairs and Maintenance	<b>remove Capital City Volunteers at 250 388 7844</b>	Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling		
Friendly Visiting		

## TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card		
Health Connections – bus service		
Bus Pass Program		
Taxi (s)		
Parking Permit (disabled)		
Translink Trip Planner	604-953-3333	Lower Mainland
<b>Driving Miss Daisy</b>	<b>250 588 4638</b>	<b>please update phone # to above</b>

## 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		

## SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	

SERVICE	CONTACT NUMBER	NOTES
AA		
NA		
Al-Anon		
Nar-Anon		
Alzheimer Society of BC		
Caregiver support groups		
MS Society		
Arthritis		
Diabetes		
Deaf and Hard of Hearing		

### FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre		
Band Office		
Métis Services		
First Nations Health Authority		

### IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services		
Settlement Services		
Translation Services		

### MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	Juan de Fuca Seniors Activity Centre 250 474 8618	some outdoor programming as of July 2020 / indoor programming still closed due to Covid19
Parks and Recreation - programs		
Library(s)		

SERVICE	CONTACT NUMBER	NOTES

### INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance		Service BC
Community Volunteer Income Tax Prep.		

### DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	Hospice Victoria 250 370 8715	Please update phone #
Grief Counselling	Victoria Hospice Community Support Centre 250 519 3040	please add

### FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank		
Grocery Delivery	SPUD.ca 250 383 7969	please add
Meal Delivery		

### GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
		MLA
		MP
Services Canada	1-800-622-6332	