



Local Community Contact List (Template)

Name of CRN/Community: Mt. Waddington Reg. Dist. (the true N. Island)

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(Name) (Phone) (Email)

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 RCMP	911 Non-emergency 250-974-5544 250-284-3353 250-949-6335 250-956-4441 250-973-6531	Emergency Only Alert Bay Port Alice Port Hardy Port McNeill Sointula
Crisis Line	1-888-494-3888 250-949-6033	Based out of Courtenay N.I. Crisis & Counselling Centre
Poison Control	1-800-567-8911	Toll Free
Lifeline (or similar service)	250-338-4922	Comox Valley
	1-866-205-6160	Toll Free

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse	1-866-928+4988 VIHA Central Intake #	Based in Courtenay, refers calls to local H&CC staff
Police-based Victim Services	250-949-6335 250-956-4441 250-974-5522	Port Hardy Port McNeill Alert Bay
Community- based Victim Services		
Community Living BC	250-949-7419 250-286-0391 604-664-0101 1-877-660-2522	Pt/ Hardy Campbell R. Vancouver Toll Free

Transition House (s)	250-949-8333	North Island Crisis and Counselling Centre Society
Emergency Shelter (s)	250-949-8125	Salvation Army Lighthouse Resource Centre
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	Provincial
bc211	211	Lower Mainland only
LBGTQ Contact	604-684-5307 1-800-566-1170	Toll free
ADVOCACY GROUPS:		
Port Alice Health Forum	250-284-3922	Pt.Alice Health Forum, contact Val Eyford
Hardy Bay Seniors	250-949-7252	Hardy Bay Sr.Citizens Centre
Sacred Wolf Friendship Centre	250-902-0552	Sacred Wolf Friendship Ctr.
Sointula Seniors and Assisted Living	250-973-6777	Sr.Citizens Assoc. Sointula
SEBLAC Committee, MWHN	250-284-3927	Srs/Elders Better Living Committee
		Contact person, Gail Neely
Victoria Seniors Advocate	1-877-952-3181	Srs.Advocate's Office,Victoria
Wellness First, MWHN	250-902-9015	All Communties

INFORMATION AND REFERRAL

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach		Happy Gang, Port McNeill
Community Services – NorthIsland	250-956-3134	Port McNeill
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	250-949-8611	N.I. Crisis & Counselling Services
Veterans Affairs Canada	1-866-522-2122	
North Island Community Services	250-956-3134	
North Island Crisis & Counselling Centre	250-949-8333	

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach		
Mental Health and Addiction Services	250-902-6059 for referral to 250-902-6051 250-902-6051 250-956-4461 250-974-5522	Intensive Care Mgmt. Team to make an appt. in Port Alice Port Hardy Port McNeill Alert Bay – Namgis Health Centre
Home and Community Health	1-866-928-4988	VIHA Central Intake#
Adult Day programs	250-956-3134	N.I. Community Services
Hospitals Primary Care Units (Dr.'s Clinics)	250-902-6011 250-956-4461 250-974-5585 250-956-3377 250-902-6008 250-974-5522 250-973-2373 250-284-3555 Xtn 3	Port Hardy Port McNeill Alert Bay Port McNeill Port Hardy Alert Bay – Namgis Sointula Port Alice
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	
Needle Exchange Public Health Units	250-949-0432 250-974-5522 250-284-3555 250-902-6071 250-956-4711 250-973-2373	Port Hardy Alert Bay Port Alice Port Hardy Port McNeill Sointula

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	250-902-0552	Sacred Wolf Friendship Centre

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250-949-8323	N.I. Crisis & Counselling Ctr. –
Grocery Shopping	250-949-8323	N.I. Crisis & Counselling Ctr. –
Home repairs and Maintenance	250-949-8323	N.I. Crisis & Counselling Ctr. –
Peer Counselling	250-949-8323	N.I. Crisis & Counselling Ctr. –
Friendly Visiting	250-949-8323	N.I. Crisis & Counselling Ctr. –

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-956-3151	Mt.Waddington Transit & Vol. Transportation Network – Co-ord. Mary Mavis
Health Connections – bus service Wheels For Wellness	250-956-3151 250-338-0196	Vol. Transport Network head office, Courtenay
Bus Pass Program	250-956-3151	Mt. Waddington Transit
Taxi (s)	250-974-5525 250-956-8294	Forty K – Alert Bay Rainbow – Port McNeill
Parking Permit (disabled)		
Translink Trip Planner	604-953-3333	Lower Mainland
Angel Flight of B.C.	250-956-4444	Air transport for cancer patients

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	250-902-0552	Sacred Wolf Friendship Ctr.
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	250-902-0552	Sacred Wolf Friendship Ctr.
Access Pro Bono Legal Services – in person only	1-877-762-6664	

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA	250-287-4313	N.I. Referral Service
NA	250-949-8333	NICCCS
Al-Anon	250-956-2069	Port McNeill
Nar-Anon	250-949-8333	NICCCS
Alzheimer Society of BC	1-800-462-2833	Central & North Island
Caregiver support groups		
MS Society	1-888-299-2025	Campbell River
Arthritis		
Diabetes		
Deaf and Hard of Hearing		

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	250-902-0552	Sacred Wolf , Port Hardy
Band Office	250-949-8343 250-949-6012 250-949-6625 250-974-5556	Gwa'sala'nakwaxda'xw, Port Hardy Kwakiutl, Port Hardy Quatsino, Coal Harbour Namgis, Alert Bay
Métis Services	1.866.913.0033	Referral
First Nations Health Authority	1.866.913.0033	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	1-855-805-0171	Jim Brennan, Exec. Dir.

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-284-3912 250-284-3943 250-949-6686 250-956-3522 250-974-2255 250-974-2649	Community Ctr. Port Alice Arena, Port Alice Arena/Pool, Port Hardy Arena/Pool, Port McNeill Recreation Ctr., Alert Bay Community Ctr., Alert Bay
Parks and Recreation - programs		
Library(s)	250-284-3554 250-949-6661 250-956-3669 250-973-6493 250-281-2263	Port Alice Port Hardy Port McNeill Sointula Woss

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	250-949-6323	Service BC
Community Volunteer Income Tax Prep.		

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250-949-8323	N.I. Crisis & Counselling Ctr. Pt.Hardy
Grief Counselling	250-949-8323	N.I. Crisis & Counselling Ctr. Pt.Hardy
NISCRN	250-949-8333	Collaborative of Community Providers responding to emergency

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-902-0332	Harvest Food Bank, Port Hardy
Grocery Delivery	250-956-3151	VTN
Meal Delivery	250-956-3151	VTN
Loaves & Fishes Food Bank	250-949-8781	Leslie.Dyck@gmail.com

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Provincial	1-866-387-5100	MLA- Claire Trevena
Federal	1-800-667-8404	MP – Rachel Blaney
Services Canada	1-800-622-6232	1-800-OCANADA
Regional	250-956-3161	RDMW Office