



## Local Community Contact List

Name of CRN/Community: **Oceanside Community Health Network**  
Date Submitted/Updated: **Array**  
Submitted By: **Jane Vinet 250-739-1755 info.ohwn@gmail.com**

*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		
Poison Control		
Lifeline (or similar service)		

### 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

### 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	250-927-6303	<b>Support Groups &amp; Recovery Initiative Peer support and guided discussion come together to support specific needs of diverse groups. Forward House offers various mental health support groups on a regular basis, along with our Recovery Initiative for adults wanting support in their personal recovery journey.</b>
Home and Community Health	250-954-0785	<b>Caregiver Support Groups Navigating mental health issues with someone close to you can be challenging. Our Families Forward support groups provide caregivers with a unique opportunity to share their experiences, be refreshed and encouraged, and access the tools and resources they need to advocate for their loved ones. We support family members, friends, co-workers, and acquaintances of individuals with mental health or addiction challenges.</b>
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		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

## 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	
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		
Parks and Recreation - programs		
Library(s)		

### 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		
Grief Counselling		

### FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank		
Grocery Delivery		
Meal Delivery		
	(250) 954-0785	<p><b>Forward House - Drop by Forward House Monday through Saturday and you'll find a group of people gathered around our kitchen table enjoying an affordable home-style meal. With a priority on healthy eating and nutrition, our team serves six lunches and three dinners (\$2.50 lunches/\$3.00 dinners) every week to our clients. Whether it's soup and sandwich or a hearty beef lasagna, we know that time spent sharing a meal around the kitchen table feeds both body and soul. Our cooking and baking classes and education sessions in grocery shopping, nutrition and meal preparation equip our clients with everything they need to make healthy eating a part of their daily routine.</b></p>

### GOVERNMENT REPRESENTATIVES

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

Please contact [info@bccrns.ca](mailto:info@bccrns.ca) with any questions regarding this form.

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