

INSIDE, COMPANY & A COFFEE

AVI Health & Community Services 355 6th St 250-338-7400
Lounge, free coffee, needle exchange & condoms, peer support, counselling and referrals. Overdose Prevention, Needle Exchange and Harm Reduction services for safe use of illicit drugs available. **No public washrooms available.**
M–Th 9am–4pm (closed 12–12.30 & cheque day).
F, Sa, Su and Holidays 11 am–3pm

Alano Club 543 6th St 250-338-0041
Drug/alcohol free. Café open to members and the general public. Daily 12 step recovery meetings. Open daily 8am–3pm. Th dinner doors open 5 pm. \$11.50 includes dessert. Menu updated to Facebook each Friday.

Comox Valley Head Injury Society 250-334-9225
102-254 Simms St – For registered program participants: Free coffee and drop in, support groups, referral, practical support and programs for brain injury survivors, their families and caregivers. M 10am–3pm. Tu–Th 9am–4pm

Connect Warming Centre 685 Cliffe Av.
Coffee, wifi, a place to get warm and connect with outreach staff. M–F 1pm–5pm

Comox Valley Transition Society 250-897-0511
625 England Av. Women only. Free Drop-in. Coffee, snacks, support, referrals, information & activities. Tu: 1pm–3pm

St George's Church – Sonshine - Drop in for anyone
506 – 6th St, Fitzgerald ramp entrance. Coffee, conversation and snacks. M, W, F 9am–11:30am

EMERGENCY ASSISTANCE

Salvation Army Cornerstone Community and Family Services #9-468 29th St 250-338-5133. Food (3–4 times/yr), clothing, furniture and other emergency aid. **Salvation Army Programs:** Employment Skills, Life Skills and Chaplaincy.
M–Th 9am–4:30pm, closed 12–1. Appointments are required. ID and proof of residence is required.

St. Vincent de Paul Society 250-334-0070
For everyone. Food and other emergency aid.

Ministry of Social Development 1-866-866-0800
730 Grant Av. Applications for income assistance:
To apply online: <https://myselfserve.gov.bc.ca/>
Office hours: M–F: 9am – 4pm Closed 12–1pm

Comox Valley KidSport 250-338-7714
kidsportcomox@gmail.com – supporting kids aged 18 and under by paying for registration and equipment in a sport.
(Soccer, tennis, hockey, karate etc.)

COMOX VALLEY RESOURCE GUIDE January 2020

Compiled by the Comox Valley Ad Hoc Emergency Resources Organization (AHERO)

AHERO's aim is to identify the need for emergency services, encourage their development, & help coordinate their delivery.

For distribution or
agency update information:
Chris
eureka.ed@shaw.ca

FREE FOOD

Lunches M-F

Sonshine Lunch Club 505 6th St 250-334-4961
St. George's United Church . Free lunch & food to take for everyone. M, Tu, W, Th and F from 11.30am–12.30pm

Lunch - Saturday

Good Samaritan Kitchen 1640 Burgess Rd 250-334-2727
Soup & Sandwich: Sa 11.30am – 1pm

Meal – Sunday

Food not Bombs 505 6th St
Free hot meal every Su 3pm.

St George's Pantry 505 6th St 250-334-4961
Everyone. Once every 4 weeks – free canned food.
Tu & Th 9am–11am

Comox Valley Food Bank 1–1491 McPhee Av 250-338-0615
Bring your own grocery bags. Baked items & produce available daily. M–W 9:30am–12pm. F 9:30am–11am
Th distribution day 9:30am–1pm

Good Samaritan Free Store 1640 Burgess Rd (trailer at rear)
Free clothing Tu, Th, Sa: 10:30am–2pm

St. Vincent de Paul Society 250-334-0070
For everyone: food and other emergency aid.

ADVOCACY & LEGAL HELP

Wachiay Advocacy 1625 McPhee Av 250-338-7793
M & Th 9am–4:30pm. Friday 9am–4pm. Legal Advocacy assists with tenancy, income assistance, PWD, CPP, CPPD, and other legal matters. Family Law Advocacy assists unrepresented clients with family law matters. Call to book an appointment or stop by and complete an intake form.

Legal Aid 1625 McPhee Av 250-897-1400
Intake – Tu 9am–11am & 1pm–3pm. Th 1pm–3pm. Bring proof of income, copy of Charge or Order/Agt.

Family Law LINE 1-866-577-2525
M, Tu, Th, F 9:30am – 3pm. W 9:30am–2:30pm. Information regarding Family Law.

Sasamans Society 1625 McPhee Av 250-334-7347
Advocacy for families involved with or potentially involved with MCFD.

MEDICAL AND HEALTHCARE

Care-A-Van Comox Bay Care Society 250-702-7011

Mobile free healthcare services by professionals.
Confidential services. Health care card not needed.

MONDAY

6:05–6:30 pm: Simms Park, near 5th Street Bridge
6:35–7:05 pm: Back Lane Washington Apartments 1033 Ryan Rd
7:10–7:55 Public Library
8:00–8:50 pm: Salvation Army Shelter 632 Pidcock Ave

WEDNESDAY

6:05–6:30pm: Shoppers Drug Mart, 310 8th St
6:35–7:05pm: Back Lane Washington Apartments 1033 Ryan Rd
7:10–7:55pm: The Junction
8:00–8:55pm: Salvation Army Shelter 632 Pidcock Ave

THURSDAY

1-2x/mo. Announced monthly.
9:00am–9:50am: Food Bank, 1491 McPhee Ave
9:55-10:45 The Junction

FRIDAY

11:00–12:35pm: St. George's United Church, 505 6th St.
12:40–1:10pm: Maple Pool Campsite, 1R-4685 Headquarters Rd
1:25-1:55: Public Library

CV Nursing Centre (VIHA) 615 10th St. 250-331-8502

Nurse assessment and help finding the right resource,
information, referral and support.
Drop in: M, W, F 1pm–4pm

Options for Sexual Health 961 England Ave 250-331-8572

Tu 5pm–8pm
Confidential. STI/HIV testing, pregnancy testing, low cost birth
control. Education and counselling.

Public Health (VIHA) 961 England Ave 250-331-8520

STI, HIV, Hep C testing, information and some STI treatment
offered.

Home and Community Care Central Intake

250-331-8570 or 1-866-928-4988

Information on Social Work, Rehab Services, Home Support, Home
Care Nursing, Case Management, Ambulatory clinic.

Comox Valley Hospital (24 hours) 250-331-5900

For everyone with BC or other provincial medical coverage.
Emergency medical and psychiatric care.

Washington Park Medical Clinic 250-334-9241

757 Ryan Road – for everyone with a BC Care Card.
Walk in: M-Th 8am-9pm. F 8am–6pm. Sa 9am–6pm.
Su 9am–5pm

CV Walk In Clinic (info line only) 3199 Cliffe Ave 250-898-0202

(inside Wal-Mart) – for everyone with a BC Care Card. Walk in: 7
days a week M–Th 9am – 8pm. Fri 9am-6pm. Sa–Su 10am–5pm.
Stats 10am–3pm

AVI Health & Community Services 355 6th St 250-338-7400

Harm reduction, overdose prevention site and HIV prevention and
support. M–Th 9am–4 pm Closed 12–1. F, Sa, Su and Stats: 11am–
3pm

Better at Home Comox Valley lori@hornbydenmanhealth.com

Provides non-medical services to seniors to support them in
staying in their own homes. Contact for details, services offered on
a sliding scale.

CRISIS INFORMATION AND SUPPORT

One-Stop Drop In 615 10th Street 250-331-8502

CV Nursing Centre. The 2nd Friday of each month 1pm–4pm.
Connect with food, shelter, advocacy & health care.

Crisis Intervention Nurse 1-888-494-3888

Access through Crisis line – for everyone.
M–F 8am–6pm. Sat & Sun 9:30am–6pm

Vancouver Island Crisis Line 1-888-494-3888

Support for everyone, suicide assessment and access to Crisis
Intervention Nurse.

Crisis Chat 6pm–10pm daily www.vicrisis.ca

Crisis Text 6 pm–10 pm daily 250-800-3806

CV RCMP Victim Services 250-334-5979

Support, referral, information for victims of crime and trauma.

CV Understanding Men 615 10th St 250-331-8502

One to one support available for men. Drop in M & F 1–4pm

Help Line for Children (24 hours) 250-310-1234

For children and youth who feel they are in danger.

Lilli House (24 hours) 250-338-1227

Women Only. Crisis line for women in abusive situations.

RCMP 250-338-1321

Emergency 911

Victim LINK (24 hours) 1-800-563-0808

Help and information for victims of family sexual violence and
other crimes.

Wachiyay Friendship Centre 250-338-7793

1625 McPhee – youth programs, homeless support, advocacy,
employment and recreation.
M–Th 9am–4:30pm. F 9am–4pm

Dawn to Dawn Action on Homelessness Society

Residential Housing Program 250-941-2233

Support Referrals and information about housing for homeless
persons.

Youth against Violence Line 1-800-680-4264

1800SUICIDE Provincial Service 1-800-784-2433

(1-800-SUICIDE)

310Mental Health Support 310-6789

AA Answering Service 250-338-8042

AA Meeting times, 12 step calls etc.

Comox Valley Pregnancy Care Centre 250-334-0058

#4-204 Island Hwy North (Braidwood Centre)

11am–4pm M–F
Free pregnancy tests and peer options counselling.
Free clothing room for maternity wear and baby clothes

Comox Valley Senior Support 250-871-5940

491-B 4th Street, Courtenay
M–Th 10am–2pm. Peer Counselling, Caregiver Support

Hospice Society 250-339-5533

Counselling for bereavement

EMERGENCY SHELTER

The Salvation Army "Pidcock House" 250-338-2533

24/h Adult Emergency Shelter 632 Pidcock Ave Courtenay

Lilli House 250-338-1227

For women & their children needing shelter from abuse.
Provides shelter & support.

EMERGENCY PET FOSTERING

Shamrock Vet Clinic 250-339-2026

MENTAL HEALTH and / or SUBSTANCE USE

CV Mental Health and Substance Use – Substance Use Team

101-1742 Cliffe Ave, Courtenay 250-331-8642

for adults 19+, Counselling, referral and support groups.
M–F 8:30am–4:30pm. Closed 12–1pm.

CV Mental Health and Substance Use – Main Intake Office

250-331-8524. 941 C England Avenue, Courtenay BC
For adults 19+, Counselling, referral and support groups.
M–F 8:30am–4:30pm. Open during lunch

John Howard Society 1455 Cliffe Ave 250-338-7341

Substance uses services for youth & their families, including
assessment, support, & 1:1 counselling. Youth outreach
service provides outreach to youth who may be at risk of
misusing substances & who need to connect with resources &
healthy activities. M–F 8:30am–4:30pm. Closed 12-1

Withdrawal Management Nurse 250-331-8642

101-1742 Cliffe Ave, Courtenay General information for
people requiring assistance with substance use.
M–Th 8:30–4:30pm. Closed 12–1pm

BC Responsible & Problem Gambling Program

www.bcreponsiblegambling.ca **1-888-795-6111 (24 hrs.)**

Narcotic's Anonymous 1-844-484-6772

Meeting times and place, someone to speak with.

Boys and Girls Club 250-338-7141

243 4th Street, Courtenay M–F 9am–12pm
Several parenting programs running weekly, call for details.