

INSIDE, COMPANY & A COFFEE

AIDS Vancouver Island **250-338-7400**
355 6th Street – for registered clients only
Lounge, free coffee, needle exchange & condoms, peer support, counselling and referrals.
Mon – Thurs: 9am – 12pm
(Closed for lunch from 12 – 12.30 & cheque day)
No public washrooms available.

Alano Club **250-338-0041**
543 6th Street – for the general public. Drug/alcohol free environment, inexpensive hot meals, daily AA meetings, Sunday – Friday 8am – 2pm Grill Open
Saturday soup and sandwich day 9am – 2pm No grill
Saturday staffed by volunteers.

Comox Valley Head Injury Society **250-334-9225**
102 - 254 Simms Street – Adults/family/caregivers affected by head injury. Free coffee, support groups, referral, resources, preventative education and information.
Tues: 1pm – 4.30pm
Wed – Thurs: 9.30am – 4.30pm

Comox Valley Transition Society **250-897-0511**
(Women Only)
Support, counselling, resources, referrals, information and employment program.
Mon – Fri: 9am – 4pm (closed for lunch 12 – 1pm)

EMERGENCY ASSISTANCE

Salvation Army Family Services **250-338-5133**
2966 Kilpatrick Avenue – food, emergency shelter, clothing, furniture and other emergency aid.
Mon – Thurs: 9am – 4.30pm (closed 12 – 1pm)
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 Avenue
Applications for income assistance:
To apply online: www.gov.bc.ca/sd/
Office hours: Mon – Fri: 9am – 4pm
Closed between noon and 1pm

July 2013 RESOURCE GUIDE COMOX VALLEY

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, and help coordinate their delivery.

For distribution or agency update information:
ed.cvhis@gmail.com

FREE FOOD

Sonshine Lunch Club **250-334-4961**
505 6th Street – St. George's United Church
For everyone: free lunch & food to take.
Mon, Tues, Wed, Thurs and Fri from 11.30am – 12.30pm

St George's Pantry **250-334-4961**
505 6th Street – St. George's United Church everyone:
Once every 4 weeks – free canned food.
Tue & Thurs: 9am – 11am

Food Bank **250-338-0615**
#1 – 1491 McPhee Avenue – (bring your own grocery bags)
Mon – Wed: 9.30am – 12pm, Fri: 9.30am – 11am
Thurs: distribution day: 9.30am – 1pm

Good Samaritan Kitchen **250-334-2727**
1640 Burgess Road –
Soup & sandwich: Sat: 11.30am – 1pm

Comox Valley Transition Society **250-897-0511**
202 – 576 England – Women Only
Provides light lunches Tue: 11.30am – 2pm along with providing free hygiene products.

FREE CLOTHING

Good Samaritan Free Store **250-334-2727**
1640 Burgess – Northgate Foursquare Church
For everyone – free clothing or exchange
Tue, Thurs, Sat: 10.30am – 2pm

ADVOCACY & LEGAL HELP

Wachiay Advocacy **250-338-7793 ext. 229**
1625B McPhee – Mon, Tue, Wed, Thurs & Fri: 9am – 4pm
Advocacy deals with tenancy, disability, CPP, appeals, tribunals, debt counselling and welfare, etc.

Legal Aid **250-897-1400**
1625B McPhee Intake – Tue: 9am – 11am & 1pm – 3pm,
Thurs: 1pm – 3pm. Bring proof of income, copy of Charge or Order/Agt.

Family LawLINE **1-866-577-2525**
Weekdays: 9.30am – 12.30pm (Information regarding Family Law)

MEDICAL AND HEALTHCARE

St. Joseph's Hospital (24 hours) 250-339-2242

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: Mon – Thurs: 8am -9pm, Fri: 8am – 6pm,

Sat: 9am – 6pm, Sun: 9am – 5pm

CV Walk In Clinic (information line only) 250-898-0202

3199 Cliffe – (inside Wal-Mart) – for everyone with a BC Care Card. Walk in: 7 days a week:

Mon – Thurs: 9am – 8pm, Fri: 9am 6pm, Sat – Sun: 10am – 5pm, Stat Holidays: 10am – 3pm

Care-A-Van Comox Bay Care Society

Mobile free healthcare services by professionals.

Confidential services, health care card not needed.

MON:

6 – 6.50pm: Washington Apartments (1033 Ryan Road)

7 – 7.45pm: Salvation Army Shelter (632 Pidcock Ave)

8 – 9pm: Maple Pool Campsite (1R- 4685 Headquarters Rd)

WED:

6 – 6.50pm: Washington Apartments

7 – 7.45pm: Salvation Army Shelter

8 – 9pm: Maple Pool Campsite

FRI:

12 – 1.15pm: St. George's United Church (505 6th St)

1.25 – 1.50pm: Washington Apartments

2 – 2.45pm: Maple Pool Campsite

CV Nursing Centre (VIHA) 250-331-8502

615 10th – for everyone

Drop in: Mon, Tue, Thurs & Fri: 9am – 3pm

Wed: 11am – 4pm. Closed for lunch 12 -1pm

Eureka Clubhouse 250-334-4035

280 4th – admission is by referral

Support for adults with mental illness and addictions

Public Health (VIHA) 250-331-8520

961 England – STD, HIV, Hep C testing, information and some STD treatment offered.

AIDS Vancouver Island 250-338-7400

355 6th – persons affected or at risk of HIV/Hep C

Needle exchange: available through the alley during regular business hours, also available Fri: 10am – 3pm

Nurse available: Tue: 9am – 11.30am

Public Health Nurse: Wed: 10 – 12noon for STD testing and immunization.

CRISIS INFORMATION AND SUPPORT

One-Stop Drop In 250-331-8502

615 10th – 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

Mon – Fri: 8am – 6pm, Sat & Sun: 9.30am – 5pm

Vancouver Island Crisis Line 1-888-494-3888

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

CV Nursing Centre (VIHA) 250-331-8502

615 10th – nurse assessment and help finding the right resource, information, referral and support.

CV RCMP Victim Services 250-334-5979

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

CV Understanding Men 250-331-8502

615 10th – one on one support available for men.

Thurs: 10am – 3pm and Fri: 9am – 5pm

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.

Wachiy Friendship Centre 250-338-7793

1625B McPhee – youth programs, homeless support, advocacy, employment and recreation.

Mon – Thurs: 9am – 4.30pm & Fri: 9am – 4pm

Youth against Violence Line 1-800-680-4264

Provincial Suicide Distress Line 1-800-784-2433
(1-800-SUICIDE)

Mental Health Support and Information Line 310-6789

Comox Valley Pregnancy Care Centre 250-334-0058

785 6th Street - 11am – 4pm Mon – Fri

Free pregnancy tests and peer options counselling.

Free clothing room for maternity wear and baby clothes

Online Community Food Atlas

<http://www.communityfoodatlas.ca/modules.php?name=GIS&pa=intro§ionid=11>

EMERGENCY SHELTER

24/hr. Adult Emergency Shelter

“Pidcock House”

632 Pidcock Avenue, Courtenay **250-338-2533**

Lilli House 250-338-1227

For women and their children needing shelter from abuse.

Provides shelter and support.

EMERGENCY PET FOSTERING

Shamrock Vet Clinic 250-339-2026

MENTAL HEALTH and / or ADDICTIONS

CV Mental Health and Addictions 250-331-8524

941C England – for adults 19 years +

Counselling, referral and support groups

Mon – Fri: 8.30am – 12noon, 1pm – 4.30pm

John Howard Society 250-338-7341

1455 Cliffe – for youth and their families. Assessment, support, treatment and one to one counselling.

Mon – Fri: 8.30am – 12 noon, 1pm – 4.30pm

Substance Abuse Intervention Nurse

St. Joseph's Hospital

Alcohol and drug counselling and referrals for everyone.

Mon – Fri: 9am – 4pm, Sat – Sun: 9am – 3pm

Phone: 250-339-1573

Pager: 250-703-9102