

**Cowichan Valley
Survival Guide
2019**

MEALS

Bethel Baptist Church

463 Ypres Street - Duncan

250.746.7432

Provides breakfast of the 1st Saturday of every month from 9-11am

Cowichan Neighbourhood House

9806 Willow Street – Chemainus

250.246.3203

Lunch served Monday – Thursday 12:30 – 2:30, Friday 11:30-2:30

Cowichan Lake Community Services

121 Point Ideal Road – Lake Cowichan

Free bread usually available Mondays (but not always)

Cowichan Tribes – Outreach Lunch

5574 River Road – Duncan

2nd Thursday of every month 11am-1pm

Cowichan Valley Basket Society

5810 Garden Street – Duncan

250.746.1566

Soup kitchen Monday-Saturday 10am-4pm. Closed the Thursday after PWD/SA cheques each month

Duncan Christian Reform Church

930 Trunk Road - Duncan

250.748.2122

Provides dinner on the last Saturday of every month, doors open at 5pm

Duncan United Church

246 Ingram Street - Duncan

250.746.6043

Provides dinner 3rd Sunday of every month, doors open at 5pm

House of Friendship Breakfast Program – First Nations only

5462 Trans-Canada Hwy – Duncan

250.748.2242

Breakfast served Monday – Friday 6-9am

Hulhetun Health

Food for the Soul

Ladysmith Table Community Dinner

Cowichan Valley – Survival Guide

314 Buller Street – Ladysmith

Provides dinner on the 3rd Friday of every month

LRCA Soup Kitchen @ Bethel Church

1149-4th Avenue (side bottom door) – Ladysmith

Provides a hot meal Tuesday and Thursday 2-4pm

Meals on the Ground

246 Ingram Street United – Duncan

Meals are Mon, Wed, Fri at 5:00pm

Open Door (Youth ages 12-24 only)

371 Festubert Street – Duncan

250.732.2395

Coffee & muffins on Tuesdays and Thursdays between 8am-12pm.

Sunday Sandwiches

51 Trunk Road – Duncan

Serve lunch every Sunday from 1-2pm

Warmland Shelter

2579 Lewis Street – Duncan

250.715.1132

Provides breakfast and dinner to shelter clients, 7 days a week. Serves lunch on the days that the Cowichan Valley Food Basket is closed (day after cheque day and statutory holidays). BBQ every 2nd Sunday of the month at noon hosted by the Knights of Columbus.

Women's Night Shelters

2003 University Way – Duncan

250.466.9492

Provide breakfast and dinner to shelter clients, 7 days a week.

SHELTERS

Ladysmith Cold Weather Shelter (Nov-Mar only)

631- 1st Avenue – Ladysmith

250.246.7941 (6pm-7am) 250.245.3079 (other hours)

7 days a week, 6pm-7am

10-bed shelter, six men's and 4 women's – first come first serve. Hot meal between 7-8pm and 6-6:45am). Laundry and shower available on first come first serve basis until 10pm.

Warmland House Shelter

2579 Lewis Street – Duncan

250.715.1132

Two-point sign-up – first thing in the morning before leaving and then again at 5pm on a first come first serve basis. If you don't make the list, you are guaranteed a bed the next night.
19+, Co-ed

Women's Night Shelter

2003 University Way – Duncan
250.466.9492

15 bed women's shelter. You can call or text to be put on the wait list or show up any time after 5:30pm. If you stay the night you are automatically pencilled in for the following night. Beds are held until 6:30pm and then it becomes first come first serve.

HARM REDUCTION RESOURCES

I.D.A. – Island Pharmacy

138 South Shore Road – Lake Cowichan
250.749.3141

Monday – Friday 9am-6pm, Saturday 9:30am-5pm

Ladysmith Community Health Centre

1111-4th Avenue – Ladysmith
250.739.5777

Monday – Friday 7:30am-3:30pm, Saturday 8-11am

Margaret Moss Health Unit

675 Canada Ave – Duncan
250.709.3050

Monday – Friday 8:30am-4:30pm

Overdose Prevention Site

221 Trunk Road – Duncan
250.597.7779

7 days a week 1-7pm

Ts'ewulhtun Health Centre

5768 Allenby Road – Duncan
250.746.6184

Monday – Friday 8:30am-4:30pm

* Prescriptions for nasal naloxone provided to people with Status Card

NARSF Mobile Outreach

Toll Free 1.844.482.4239 or text 250.510.3637

Free and confidential safer sex and drug use supplies, HIV testing, overdose prevention and harm reduction supplies.

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Cowichan Lake, Cowichan – Tuesdays 1-8pm
Ladysmith – Friday 2-9:30pm and Saturday 6-9pm

Warmland House Shelter

2579 Lewis Street – Duncan
250.715.1132

7 days all hours except between 1-7pm when the OPS is open

OVERDOSE PREVENTION SITES

Overdose Prevention Site (OPS)

221 Trunk Road – Duncan Entrance on Ypres Street
250.597.7779

Consumption booths, post-use areas, naloxone kits, education & support
1-7pm 7 days a week

NEEDLE DISPOSAL BOXES

Meade Creek Recycling Drop-off Depot
8855 Youbou Road

Heiwa Park
Canada Avenue (beside CO-OP gas station)

Peerless Road Recycling Drop-off Depot
10830 Peerless Road

Margaret Moss Health Unit
675 Canada Avenue

Evans Park Ball Field
6257 Somenos Road

Cowichan Valley Basket Society
5810 Garden Street

Sherman Road Soccer Park
3272 Sherman Road

Cowichan Aquatic Centre
2653 James Street

Canada Avenue Public Restroom
100 Block Canada Avenue (Train Station)

Warmland House
2579 Lewis Street

Mental Health & Substance Use
3088 Gibbins Road

McAdam Park
820 Wharncliffe Road

Centennial Park
325 First Street

Duncan Public Works Yard
1091 Marchmont Road

Ts'ewulhtun Health Centre
5768 Allenby Road

Somenos Creek Dog Park
2355 Beverly Street

Rotary Park
545 Al Wilson Grove

Kin Park
5801 Alderlea Street

SUBSTANCE USE SERVICES & SUPPORT

Cowichan Valley – Survival Guide

Alcoholics Anonymous

Cowichan Station

2375 Koksilah Rd @ The Hub - Thurs

Duncan

201-107 Evans Street Alano Club – every day

3045 Gibbons Rd @ CDH Lecture Room – Tues

246 Ingram St @ United Church – Wed/Fri/Sat

1839 T'zouhalem Rd @ New Life Baptist Church - Thurs

Ladysmith

630-2nd Ave @ Resource Centre – Mon/Wed/Sat

232 High St. @ The First United Church – Tues/Thurs/Fri

1644 MacMillan Rd @ Cedar Heritage Centre – Thurs/Sat

Lake Cowichan

121 Point Ideal Rd. @ Cowichan Lake Community Services – Mon,

55 Coronation Rd @Senior's Centre - Thurs

Chemainus

9814 Willow St @ United Church – Wed/Sun

Crofton

1507 Joan Ave @ Senior's Centre - Tues

Cobble Hill

3141 Cameron-Taggart Rd @ The Shack – Mon/Thurs/Fri

3565 Watson Ave @ Cobble Hill Youth Hall - Wed

Mill Bay

2744 Lashburn Rd @ Malahat Lodge – Tues

Al-Anon

A group for people who are worried about someone with a drinking problem. Al-Anon members come to understand problem drinking as a family illness that affects everyone in the family. By listening to Al-Anon members speak at Al-Anon meetings, you can hear how they came to understand their own role in this family illness. This insight put them in a better position to play a positive role in the family's future.

Duncan

246 Ingram St @ United Church – Mon, Wed, Fri

Ladysmith

630-2nd Ave @ Resource Centre – Tuesday

Cowichan Valley – Survival Guide

Shawnigan Lake

985 Shawnigan-Mill Bay Road @ Sylvan United Church – Tues

Canada Avenue Clinic – Dr. Fofie

715 Canada Avenue – Duncan

250.597.1184

Wednesday 8:30am – 2pm

Island Health - Mental Health and Substance Use

3088 Gibbins Road – Duncan

250.709.3040

Intake provides a timely, single point of entry for all adult Mental Health and Addiction Services in the Cowichan Valley. Intake staff will connect individuals with the most appropriate service.

Referrals can be made by your family doctor.

Narcotics Anonymous

Duncan:

107 Evans Street Alano Club – Sun/Mon/Wed/Fri/Sat

71 Government Street – Tues/Thurs

2579 Lewis Street – Tues/Thurs

Cobble Hill

3565 Watson Avenue – Thurs

Phoenix Wellness Clinic

#301-5878 York Road – Duncan

Call or Text 604.260.7252

Dr. Harris Monday – Thursday 8-11:30

Dr. Lea Monday & Wednesday 1-3pm, Friday 9am-3pm

Sobering & Assessment Centre

2579 Lewis Street – Duncan (Warmland House)

A 6-bed program that provides individuals who are under the influence of drugs or alcohol and an opportunity to use laundry and shower facilities, receive a healthy snack and a safe place to sleep within a secure environment that is more suitable than previous alternatives, such as the emergency department or police station. Open 7 days a week, 24 hours daily.

PREGNANCY SUPPORT

Cowichan Maternity Clinic

3045 Gibbons Rd (Cowichan District Hospital)
250.737.2066

An initiative of the Cowichan Valley Division of Family Practice. It is an important part of our plan to ensure all women in the area have access to good, regular maternity care and that the region has a primary health care system that meets the needs of all of its residents.

The Cowichan Maternity Clinic is staffed by a team of experienced local family physicians, nurses, and caring office staff that has come together to provide comprehensive maternity care in the Cowichan region.

The clinic will provide:

- Complete care for women throughout their pregnancies, births and up to six-weeks post-partum
- Convenient access to other hospital services like labs and ultrasounds
- Help connecting to other services including public health and breastfeeding support
- Pregnancy and parenting related discussions and education
- Opportunities to meet and connect with other expectant parents

Cowichan Midwifery Collective

#100-394 Duncan Street - Duncan
250.748.8088

Midwives recognize birth as a normal physiologic process with a profound impact on all aspects of a parent’s life. We know you are trusting us with one of the most important events of your life and therefore we provide a client-centred model of care assessing physical, social and emotional needs.

Midwives work collaboratively with other health care providers including your family doctor for issues not related to pregnancy and with other specialists such as obstetrician and pediatricians if you develop any complications.

House of Friendship

5462 Trans-Canada Hwy – Duncan
250.748.2242

Healthiest Babies Possible Program

- To help you have a healthy baby through nutritional counselling, prenatal education, referrals to other services and one-to-one support
- Meet one-to-one with an Outreach Worker, Nurse, or Dietitian in your home or location of your choice
- Food vouchers and vitamins provided
- Group sessions – Thursday 10am-1pm featuring speakers from the community, transportation, childcare, and lunch. Parents and support people are welcome!

Margaret Moss Health Unit

675 Canada Ave – Duncan
250.709.3050

Island Health Youth Clinic: provide confidential services to clients under 25 years of age that include education, counselling, resources and referrals for: low cost birth control, emergency contraception (Plan B), STI testing and treatment, pregnancy testing and counselling. sexual decision-making and relationships, immunizations.

Matraea Midwives

170 Craig Street – Duncan
250.746.1999

Your maternity, Matraea’s support. Through education, services, classes and trusted resources, Matraea offers guidance from pregnancy, to birth and into motherhood.

LGBTQ2S SUPPORT

Cowichan Valley Youth Services

554 Trunk Road
250.748.0232

Provides free counselling and various outreach and support services for youth age 13-19 and their families in the Cowichan Valley.

TRANSPORTATION

HandyDart

1 Kenneth Place – Duncan
250.748.1230

Provides wheelchair friendly transportation throughout the Cowichan Valley. Call first to register for this service.

Freemasons Cancer Car Program

250.668.5585

Passengers must be undergoing cancer treatment in Victoria and be completely ambulatory to take part in the program. It’s preferred that passengers have a family member, neighbour or friend drive them to the van’s pick-up places in the area, which are along the Island Highway at Chemainus, Duncan and Mill Bay. Contact the van dispatcher in advance for a ride to and from treatment. The service is free, donations accepted.

Ladysmith Resource Centre

630-2nd Avenue – Ladysmith

250.245.3079

Provides transportation to medical appointments for residents of Ladysmith.

Supported Transportation “Door-to-Door”

250.715.6481

Transportation for Cancer Patients

250.668.5585

Wheels for Wellness Society

1894 Bolt Avenue, Comox

250.338.0196

Offers transportation to medical appointments in Victoria (by donation)

FOOD BANKS

CMS Food Bank Society

2740 Lashburn Road – Mill Bay

250.743.5242

Provides food hampers for residents of Cobble Hill, Mill Bay, and Shawnigan Lake every Tuesday between 10:00am and 2:00pm. Bread is also available every Tuesday.

Cowichan Valley Basket Society

5810 Garden Street – Duncan

250.746.1566

Monday – Saturday 10am-4pm, Saturday June – September 10am-2pm

Closed Thursday after PWD/SA each month and statutory holidays

Monthly hamper distribution – Mon/Wed/Fri 10am-1:30pm (bring BC Care Card) – apply at Cowichan Lake Community Services.

Chemainus Harvest House Food Bank

9814 Willow Street (basement) – Chemainus

Fridays 11:30am – 1:00pm

1586 Joan Avenue – Crofton

Monday 9:30-10:30am

Ladysmith Resource Centre

630-2nd Avenue – Ladysmith

250.245.3079

Tuesdays 9-11:45am

Lake Cowichan Food Bank

205 South Shore Road – Lake Cowichan

250.749.4802

Hands out hampers on the 2nd Wednesday within the Lake Cowichan, Honeymoon Bay, and Youbou region between 1-2pm

WASHROOMS

Art Mann Park

5990 Indian Road

Centennial Park

325 First Street

Dawn to dusk

Charles Hoey Memorial Park

130 Canada Avenue - Duncan

October – April Monday – Saturday 8am-5pm, Sunday 8am-4pm

May – September & December Monday – Saturday 8am-9pm, Sunday 8am-4pm

Chemainus Ball Fields

Doc Lewis Park – Chemainus

9am-8pm

Cowichan Aquatic Centre

2653 James Street - Duncan

Monday – Friday 6am – 9:30pm, Saturday 7:30am – 9:30pm, Sunday 11am-6pm

Cowichan Community Centre

2687 James Street – Duncan

7 days a week 6:30am-10pm

Cowichan Lake Sports Arena

311 South Shore Road – Lake Cowichan

Monday – Friday 9:30-5:30, Saturday – Sunday 9:30-4:30

Cowichan Neighbourhood House

9806 Willow Street – Chemainus

250.246.3203

Monday – Wednesday 1-5pm, Thursday & Saturday 7-9pm, Friday 11:30am-5pm and 7-9pm

Cowichan Sportsplex

5847 Chesterfield Avenue – Duncan

7 days a week 8am – 9:30pm

Cowichan Valley Basket Society

Cowichan Valley – Survival Guide

5810 Garden Street – Duncan

250.746.1566

Monday – Saturday 10am-4pm, Saturday June – September 10am-2pm. Closed Thursday after PWD/SA each month and statutory holidays

Crofton Pool

1668 Robert Street - Crofton

Duncan United Church

246 Ingram Street – Duncan

250.746.6043

Monday – Friday 9am-12pm

Evans Park

6257 Somenos Road – Duncan

24 hours daily

Fuller Lake Park

Poplar Road – Chemainus

8am-10pm

Fuller Lake Arena

2876 Fuller Lake Road – Chemainus

250.246.3811

Monday – Friday 9am-4pm

Kinsmen Beach (Chemainus)

Pine Street – Chemainus

8am-11pm daily

LRCA

630-2nd Avenue – Ladysmith

Dawn to Dusk

McAdam Park

820 Wharnccliffe Road - Duncan

8am-10pm

Transfer Beach

Captain Tristan de Konnick Way - Ladysmith

Dawn to Dusk

Warmland House

2579 Lewis Street – Duncan

Waterwheel Park

3828 Croft Street – Chemainus

7am-11pm daily

DAY USE STORAGE

Warmland House

2579 Lewis Street – Duncan

250.715.1132

*Minimal storage available

Women’s Night Shelter

2003 University Way – Duncan

250.466.9492

FOOT CARE

Warmland House

2579 Lewis Street - Duncan

Third Tuesday of every month 9am-1pm

Ts’ewulhtun Health Centre

5768 Allenby Road – Duncan

250.746.6184

EMPLOYMENT

Cowichan Lake Community Services

250.749.6822

Employment services are available at CLCS through Ethos Career Management.

Cowichan Valley Youth Services – Youth Employment Mentorship Program

250.748.0232

The Youth Employment Mentorship Program is aimed to help youth (15-30) gain skills and confidence to enter the working world. Through workshops and job coaching we meet you where you are and help you get to where you want to go. The 1st 5 weeks of the 12-week commitment, participants receive paid life/job skills training. The last 7 weeks of the 12-week commitment, participants will continue receiving support in their newly acquired position or continued job search. Employers who hire a YEMP graduate are eligible to claim a wage reimbursement of a minimum of 50% of min. wage(12.65/hour).

Cowichan Women Against Violence – Horizons Pre-Employment Program

250.748.7000 ext. 113

Horizons provides pre-employment services for women who face barriers to employment related to past experiences of abuse or trauma. The Horizons Pre-Employment Program is part of the Employment Program of British Columbia and is funded by the Government of Canada and the Province of British Columbia.

Cowichan Tribes – Quw’utsun Employment and Training

5744 Allenby Road

250.715.1022

QET provides Cowichan Tribes members, 15 years and older, with education and training that enhances their employability. Must have a valid SIN, ID, and be seeking full-time employment OR upgrading minimum grade 9 level. QET provides help with upgrading/certificate courses (including tuition, books, supplies), EI Top up, work gear, gas card/buss pass, post-secondary courses, driver’s license, employment assisted services.

ETHOS Career Management

301-80 Station Street – Duncan

250.748.9880

Employment and career programs and corporate HR and small business training.

FREE LAUNDRY

House of Friendship (First Nations Only)

5462 Trans-Canada Hwy – Duncan

250.748.2242

Ladysmith Cold Weather Shelter (Nov-Mar only)

631- 1st Avenue – Ladysmith

Open Door (Youth ages 12-24 only)

371 Festubert Street – Duncan

250.732.2395

Warmland Shelter

2579 Lewis Street – Duncan

250.715.1132

Women’s Night Shelters

2003 University Way – Duncan

250.466.9492

HAIR CUTS

Vancouver Island Hair Dressing Program

5265 Boal Road – Duncan

250.746.3520

* Call to make an appointment

FREE PHONE

Cowichan Lake Community Services

121 Point Ideal Road – Lake Cowichan

Cowichan Neighbourhood House

9806 Willow Street – Chemainus

Duncan United Church

246 Ingram Street – Duncan

LRCA

630-2nd Avenue – Ladysmith

Warmland Shelter

2579 Lewis Street – Duncan

FREE INTERNET

LRCA

630-2nd Avenue – Ladysmith

Vancouver Island Regional Library

Library cards are free and allow you to go online at the library. Computers and free Wi-Fi is available at all branches

Cowichan Library - 2687 James Street

Chemainus Library – 2592 Legion Street

Lake Cowichan Library – 68 Renfrew Road

Ladysmith Library - #3-740 First Avenue

Mill Bay / Shawnigan Lake Library - #310-2720 Mill Bay Road

Warmland Shelter

2579 Lewis Street – Duncan

250.715.1132

SHOWERS

Cowichan Neighbourhood House

9806 Willow Street – Chemainus
250.246.3203
Wednesday 11am

House of Friendship (First Nations only)

5462 Trans-Canada Hwy – Duncan
250.748.2242
Monday – Friday 6-9am

LRCA

630-2nd Avenue – Ladysmith

Open Door (Youth ages 12-24 only)

371 Festubert Street – Duncan
250.732.2395
Tuesdays and Thursdays between 8am-12pm.

Sobering and Assessment Centre (Clients using facility only)

2579 Lewis Street

Warmland Shelter

2579 Lewis Street – Duncan
250.715.1132

Women's Night Shelters

2003 University Way – Duncan
250.466.9492

Cowichan Lake Community Services

121 Point Ideal Road – Lake Cowichan

HEALTH & DENTAL

Beverly Medical Clinic

2763 Beverly Street – Duncan
250.597.3390
Monday – Friday 9am-6pm, Saturday/Sunday 10am-1pm

Chemainus Health Care Centre

9909 Esplanade Street

Cowichan Valley – Survival Guide

250.737.2040

7:30am – 10:30pm 7 days a week

Chemainus Medical Clinic

9892 Esplanade Street – Chemainus

250.246.3261

Monday – Friday 8:30am-4:30pm

Cowichan District Hospital

3045 Gibbins Road – Duncan

250.737.2030

24 hours a day, 7 days a week

Heather Taylor, Nurse Practitioner

Monday: 2 days a month in Ditidaht

Tuesday: 8am-12pm Open Door Youth Clinic @ 371 Festubert
2-6pm 341 Festubert office

Wednesday: 8:30am-6pm 341 Festubert Office (Closed 1-2pm)

Thursday: 8:30am-6pm 341 Festubert Office (Closed 1-2pm)

Friday: 8:30am-12pm 341 Festubert Office
2-6pm Warmland Shelter

Lakeside Medical Clinic

138 South Shore Road – Lake Cowichan

250.932.9011

*Call to ask about walk in hours

Phoenix Wellness Clinic

3rd Floor 5878 York Road – Duncan

Call or Text 604.260.7252

Dr. Harris Monday – Thursday 8-11:30

Dr. Lea Monday & Wednesday 1-3pm, Friday 9am-3pm

Primacy Cowichan Way Clinic

291 Cowichan Way – Duncan (inside Superstore)

250.856.0560

Monday – Thursday 9am-9pm, Friday & Saturday 9am-4pm

South Cowichan Medical Clinic

Unit A-845 Deloume Road – Mill Bay

250.929.0197

Monday – Friday 9am-5pm (Closed for lunch 12-1pm), Saturday & Holidays 10am-1pm

Ts'ewulhtun Health Centre (Health & Dental)

5768 Allenby Road – Duncan

Cowichan Valley – Survival Guide

250.746.6184

Monday – Friday 8:30am-4:30pm (Closed for lunch 12-1pm)

Valleyview Centre

27-1400 Cowichan Bay Road – Cobble Hill

250.743.9395

Monday – Friday 9am-6pm, Saturday 9am-3pm, Sunday 10am-3pm

PET CARE

Cowichan Valley Cat Rescue

250.743.6500 (leave a message)

cowcatrescue@shaw.ca

Low-income spay & neuter program runs as long as there is funding. This program is open to those who live within the boundaries of the Cowichan Valley Regional District, including the Municipality of North Cowichan, Malahat, Ladysmith, Lake Cowichan, Youbou, and Honeymoon Bay.

SPCA Cowichan & District Branch

7550 Bell McKinnon Road – Duncan

250.746.4646

THRIFT STORES

Chemainus Thrift Shop Health Care Auxiliary

9867 Maple Street – Chemainus

250.246.2476

Good Neighbours

5825 York Road - Duncan

Hospital Auxiliaries

79 Station Street - Duncan

Ladysmith Healthcare Thrift Store

910-1st Avenue – Ladysmith

250.245.5225

Missions

5777 Trans-Canada Hwy - Duncan

New to You Community Thrift Store

1606 Joan Ave – Crofton

250.324.4499

Salvation Army

280 Trans Canada Hwy - Duncan

Sassy Lion

164 Kenneth Street - Duncan

Steve's Place

865 Shawnigan Lake Mill Bay Road – Mill Bay

250.929.6655

Thrifty Town

531 Canada Avenue – Duncan

The Salvation Army Thrift Store

855 Shawnigan Lake – Mill Bay Road

250.743.2123

CLOTHING & HOUSEHOLD ITEMS

Cowichan Valley Basket Society

5810 Garden Street – Duncan

250.746.1566

Duncan United Church Thrift Store

246 Ingram Street - Duncan

250.746.6043

Friday 9am-1:30pm

Providence Farm – Farm Fashions

1843 Tzouhalem Road – Duncan

250.746.4204

Monday – Friday 9:30am – 12:30pm

Warmland Shelter

2579 Lewis Street – Duncan

250.715.1132

Women's Night Shelters

2003 University Way - Duncan

250.466.9492

SENIORS SERVICES

Cowichan Independent Living
#103-121 First Street, Duncan
250.746.3930

They provide medical equipment loans, parking place cards, and services (peer support, advocacy, employment help) for those who are living with a disability. Call for an appointment.

Cowichan Seniors Community Foundation
135 Third Street, Duncan

Included in their services are transportation for seniors to appointments (refer to the section on transportation) and brain fitness classes. They publish a Seniors Resource Guide which is updated every year.

Grandparents Support
1.877.345.9777

Meet with other grandparents who are raising their children's children for support, information, and resources. To find out about the Cowichan Valley groups, call Sandi at 250.468.9658

Ladysmith Resource Centre Association
630-2nd Avenue – Ladysmith
250.245.3079

They offer a wide variety of support services to those living in the Ladysmith area. This includes peer counselling, grocery delivery, friendly visitors, income tax assistance, medical transportation, and much more.

Mental Health & Substance Use
3088 Gibbins Road, Duncan
250.709.3040

The Seniors Outreach Team (Geriatric Specialty Services Mental Health and Substance Use) at the Duncan Mental Health office works with seniors who have concerns about their mental, emotional, and physical well-being. A referral is needed from your doctor.

Volunteer Cowichan, Better at Home Program
#1-Kenneth Place, Duncan
250.748.2133

Helps seniors with simple non-medical tasks not covered by Island Health. This may include light housekeeping, yard work, friendly visitors, shopping, snow removal, minor home repairs, and transportation to appointments. The cost is dependent on income. Volunteer Cowichan also provides registration forms and tickets for HandyDart transportation services.

YOUTH SERVICES

BeConnected Support Services

202-321 Festubert Street – Duncan
250.748.3858

People are referred to our services by Community Living British Columbia (CLBC) and the Ministry of Children and Family Development (MCFD).

Canadian Mental Health Association

371 Festubert Street – Duncan
250.732.2395

Drop-in centre for youth between ages 12-24. Coffee, Muffins, Shower, Laundry, Nurse, Outreach Team. Come say hello and grab a snack. Tuesday and Thursday 8am – 12pm. Call or text 250.732.2395 if you have any questions.

Cowichan Lake Community Service

121 Point Ideal Road – Lake Cowichan
250.749.6822

Providing counselling and programs to people in Cowichan Lake

Cowichan Neighbourhood House

9806 Willow Street – Chemainus
250.246.3203

The Cowichan Neighbourhood House is a volunteer run community centre, providing free educational and recreational activities for families, youth, and individuals, as well as daily food and resources to those in need, including the homeless. All services and activities are provided free of charge, including workshops

Cowichan Tribes Youth Centre

5526 River Road - Duncan
250.746.0607

The Cowichan Tribes Youth Centre provides Youth with a safe and positive environment to hang out, have fun and learn. Youth are able to participate in community even planning, join Youth groups, study and interact with other youth.

Hours: Tues/Wed/Thurs 3-9pm
Fri 3-8pm (Cook Night)
Sat 3-11pm (Gym Night 8-11pm)

Rides for youth to and from the youth centre are available on
Wednesdays 4:00 - 8:00 pm
Saturdays 7:00 - 11:00 pm

Cowichan Valley Youth Services

554 Trunk Road
250.748.0232

Provides free counselling and various outreach and support services for youth age 13-19 and their families in the Cowichan Valley.

Discovery Youth & Family Substance User Services

371 Festubert Street
250.737.2029

Offers free community-based counselling services and access to residential care and treatment for youth ages 13-19.

House of Friendship

5462 Trans-Canada Hwy – Duncan
250.748.2242

Promoting wellness and unity addressing needs and aspirations of Aboriginal people by providing holistic programs and services.

Ladysmith Resource Centre Association – Youth Program

630-2nd Avenue – Ladysmith
250.245.3079

This program operates on an outreach basis for youth between ages 13-18 who may be experiencing problems at home, in school, or are experiencing conflict in their lives.

Margaret Moss Health Unit

675 Canada Ave – Duncan
250.709.3050

Island Health Youth Clinic: provide confidential services to clients under 25 years of age that include education, counselling, resources and referrals for: low cost birth control, emergency contraception (Plan B), STI testing and treatment, pregnancy testing and counselling. sexual decision-making and relationships, immunizations.

NARSF Programs Ltd.

1A-170 Wallace Street – Nanaimo
Youth Withdrawal & Stabilization Program

Transitions is designed to help youth and their families with problematic drug and alcohol use achieve their goal of abstinence or reduction of harmful consequences of substance abuse. The program is voluntary, and offers non-medical support to youth between the ages of 12 -19 years in a private, safe, chemical-free and supportive care home setting.

COUNSELLING & SUPPORT

Canadian Mental Health Society

371 Festubert Street – Duncan
250.746.5521

Cowichan Lake Community Services

121 Point Ideal Road – Lake Cowichan
250.749.6822

Cowichan Women Against Violence

246 Evans Street – Duncan
250.748.7000

Cowichan Valley Youth Services

554 Trunk Road – Duncan
250.748.0232

Discovery Youth & Family Substance User Services – Island Health

250.519.5313 - South Island
250.739.5790 - Central/North Island

House of Friendship

5462 Trans-Canada Hwy – Duncan
250.748.2242

Kwun'atsustul Counselling Services

200 Cowichan Way – Duncan
778..422.3122

Ladysmith Resource Centre Association

630-2nd Avenue – Ladysmith
250.245.3079

LEGAL SUPPORT

Aboriginal Community Legal Worker-Legal Services

200 Cowichan Way – Duncan
250.748.1160

Cowichan Valley Regional RCMP Victim Services

250.746.2161

Monday – Friday 8:30am-4:30pm. Free and confidential services to victims and witnesses of crime and traumatic events. Their goal is to empower victims and their families throughout their participation in the criminal justice system. (North Cowichan, Duncan, Lake Cowichan, and Shawnigan Lake RCMP detachment areas)

Family Justice Centre

5785 Duncan Street - Duncan

250.741.5447

Provides free legal service on family related matters. Make an appointment by calling.

Legal Aid

238 Government Street – Duncan

250.753.4396

Tues/Wed/Thurs 9-11:30am & 1-3:30pm

Lake Cowichan First Nation

313b Deer Road – Lake Cowichan

Call Nanaimo legal aid office for outreach hours (250.753.4396)

Pivot Legal Society

121 Heatley Avenue – Vancouver

604.255.9700

Works in partnership with communities affected by poverty and social exclusion to identify priorities and develop solutions to complex human rights issues. Our work is focused in four policy areas: police accountability, health and drug policy, homelessness, and sex worker’s rights.

MEDICAL EQUIPMENT LOANS

Cowichan Independent Living

103-121 First Street – Duncan

250.746.3930

The Canadian Red Cross

#2-5855 York Road, Duncan

250.748.2111

Monday to Thursday 10am-2pm

121 Point Ideal, Lake Cowichan

250.749.6822

1111 Forth Street
250.245.9791
Call for an appointment

INCOME TAX HELP

Cowichan Independent Living

103-121 First Street – Duncan
250.746.3930
Monday – Friday 9am-4pm

Cowichan Neighbourhood House

9806 Willow Street – Chemainus
250.246.3203

Duncan United Church

246 Ingram Street – Duncan
250.746.5577
Monday – Friday 9am-12pm

LRCA

630-2nd Avenue – Ladysmith

Salvation Army Family Services

280 Trans-Canada Highway – Duncan
250.746.8669

Warmland Shelter

2579 Lewis Street – Duncan
250.715.1132

ID REPLACEMENT

Service Canada

211 Jubilee Street – Duncan
Monday – Friday 8:30am – 4pm (closed from 11:30am-12:30pm and holidays)

SOCIAL ASSISTANCE & DISABILITY ASSISTANCE

Ministry of Social Development and Poverty Reduction

205 Boundary Street – Duncan
Monday – Friday 9am-4pm

BYLAW

City of Duncan – Bylaw Enforcement

250.746.6126

A person may take up overnight accommodation and erect or occupy a temporary shelter in a park, between the hours of 7pm and 9am. For more details call the City of Duncan or checkout the policy online.

Cowichan Valley Regional District

250.746.2620

Municipality of North Cowichan – Bylaw Enforcement

250.746.2620

A person may take up overnight accommodation and erect or occupy a temporary shelter in the park, between the hours of 7pm-9am. For more details call the Municipality of North Cowichan or checkout the policy online.

FILE A COMPLAINT

BC Ombudsperson

2nd Floor 947 Fort Street

250.387.5855 or toll free: 1.800.567.3247

Mon-Fri 8:30-4:30pm Investigate complaint

If you think a provincial government ministry, local government, or other provincial public authority has treated you unfairly – we may be able to help. The office of the Ombudsperson impartially investigates individual complaints about unfair administrative actions in more than 2,800 local and provincial public authorities.

MY RIGHTS

1. I can refuse to talk to police or answer their questions, unless I am in a bar or a cinema, driving a car, or they say I broke the law. In those cases, I must give my name, birthdate and address, or show my ID, but I do not have to say anymore.
2. I can say “NO” if the police ask to search me or my things. Saying “NO” does not mean I have something to hide.
3. I can leave unless I am being detained or arrested.
4. If I am being detained or arrested, I have a right to know why, and a right to speak privately to a lawyer – without delay – even if I can’t afford to pay.
5. I can only be strip-searched in private and by officers of the same sex.
6. I have a right to know a police officer’s name and badge number.
7. I can report a police officer who abuses me, swears at me, or violates my rights.