

NEED HELP?

Community Resources for Families

Public Health Nurse: The school health nurse for FKSS is Tracy Beaton. Tracy is available in the medical room within the counselling centre of the school on Mondays from 12:00 p.m. - 2:00 p.m. Please book appointments through the Career Centre secretary. Students are also welcome to drop in for services. Confidential services include:

- Sex education and decision making
- Birth control including condoms, pills, patches, Nuvarings, Depo-Provera and referrals for IUDs
- Pregnancy tests and counselling
- Testing and treatment for sexually transmitted infections
- Immunizations
- Access to counsellors, doctors and/or drug and alcohol support if requested

The Margaret Moss Health Unit located at 675 Canada Avenue in Duncan also provides these same services and has drop in clinics on the following days/times:

- Mondays 2:00 p.m. - 4:00 p.m. (pill pick up only for current clients)
- Thursdays 2:00 p.m. - 4:00 p.m. (all services for new and current clients)

Students are welcome to contact Tracy at 250-709-3050 or email her at tracy.beaton@viha.ca

Child and Youth Mental Health Intake Clinics for Families in the Cowichan Region:

Tuesdays 9:00-11:00 a.m. and 1:00-3:00 p.m. at 161 Fourth Street, Duncan. 250-715-2725. No appointments required for first-time visitors. Older children and youth are encouraged to attend the intake clinic with their families. Youth have the option of attending the clinic on their own as a private self-referral.

CMS (Cobble Hill/Mill Bay/Shawnigan Lake) Food Bank Society provides food hampers for residents of Cobble Hill, Mill Bay and Shawnigan Lake every Tuesday 10:00 - 2:00. Bread is also available every Tuesday. 2740 Lashburn Road, Mill Bay. 250-743-5242

Cowichan Valley Basket Society distributes hampers 10:00 – 1:30 Monday, Wednesday, Friday and 2nd & 3rd Thursday of every month. 5810 Garden Street, Duncan. 250-746-1566

Hand in Hand Thrift Shop selling men's and women's clothing Friday 10:00 – 2:00 at St. John's Anglican Church, 3295 Cobble Hill Road, Cobble Hill. 250-743-3095.

Addictions: 250-737-2029

Canadian Mental Health Association: 250-746-5521

Community Options Society: 250-748-0232

Cowichan Mental Health Association: 250-746-5521

Cowichan Women Against Violence: 250-748-7000

Crisis Text Vancouver Island: 250-800-3806 (text only)

CVRD Community Services: 250-748-7529

Discovery Family and Youth Substance Counselling: 250-737-2029

Disordered Eating: 250-746-5521

Intensive Support & Supervision Program/John Howard Society: 250-709-1071

Kelty Mental Health, BC Children's Hospital: www.keltymentalhealth.ca

Ministry of Child and Family Development (CCI and Guardianship) : 250-715-2725

Schizophrenia Awareness: 250-709-2985

Sexual Abuse: 250-746-5521

Somenos Safehouse: 250-748-8544

Teen Support: 250-748-0232

Ts'ewulhtun Health Centre: 250-746-6184

Vancouver Island Crisis Line: 1-888-494-3888

Warmland Women's Support Services Society: (crime victim assistance) 250-710-8177

Youth Employment Mentorship Program: 250-748-0232

Youth Probation: 250-715-2891