

NEED HELP?

Community Resources for Families in the Cowichan Valley

1. Public Health Nurse: The school health nurse is available in the medical room within the counselling centre of the school on Mondays from 12:00 pm - 2:00 pm. 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, as well as 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 pm - 4:00 pm (pill pick up only for current clients)
- Thursdays 2:00 pm - 4:00 pm (all services for new and current clients)

Students are welcome to contact the Margaret Moss Health Unit at 250-709-3050

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

Tuesdays 9:00-11:00 am and 1:00-3:00 pm 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.

3. 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

4. Counselling and Other Services for Individuals and Families:

211 - <https://m.bc211.ca>

Addictions: 250-737-2029

Beacon Community Services – <https://beaconcs.ca>

Canadian Mental Health Association: 250-746-5521

Cowichan Valley Youth Services Society: 250-748-0232 (formerly COS)

Cowichan Women Against Violence: 250-748-7000

Crisis Text Vancouver Island: 250-800-3806 (text only); 1-888-494-3888 (Crisis Line)

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

Disordered Eating: 250-746-5521

Early Psychosis Intervention (On Board Program) 250-701-5910

Foundry Victoria - <https://foundrybc.ca/who-we-are>

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

Kids Help Line: 1-800-668-6868

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

Sexual Abuse: 250-746-5521

Somenos Safehouse: 250-748-8544

Teen Support: 250-748-0232

Ts'ewulhtun Health Centre: 250-746-6184

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

Youth Probation: 250-715-2891

5. Resources:

BC Mental Health & Addictions Information Line: 1-800-661-2121

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

Mindcheck.ca

Schizophrenia Awareness: 250-709-2985

Teenmentalhealth.org