

FOOD AND CLOTHING

Sonshine Lunch Club

St Georges Church

Mon- Fri

11:30-12:30

Food Bank

1255 McPhee Avenue

250 871-7577

Mon-Fri; 9-12

Sunday Station

Hot meal Sundays at 4:30

Old Train Station

St. John the Divine- Blessings Boutique

5th St, Courtenay

Mondays

10-2

St. Peters- Blessings Boutique

218 Church St, Comox

Thursdays

10-2

Community Fellowship Baptist Church

2963 Lake Trail Rd

Thursday 12-2

Northgate Church

1640 Burgess Rd

Tuesdays 10-2

Community Cares Peer Outreach

Mobile response

Out in the evening 3-4 days/ week

RECOVERY SERVICES

Amythest House

(Women Only)

250 871-2570

Stepping Stones Recovery House for Woman

250 897-0360

Comox Valley Recovery Centre

Men Only/ Island Wide Referral

250 338-7144

CRISIS AND REFERRAL LINES

24-hour VI Crisis Line

Provide supportive listening ear for people in emotional distress and connection to emergency mental health services where needed.

1-888- 494-3888

KUU-US Crisis Line

The KUU-US Crisis line is a suicide resource for Indigenous and Non-Indigenous people in BC. 24/7

1- 888- 588-8717

**For a Fire, Ambulance or
RCMP required emergency,
please call**

911

Agency information, including business hours, are subject to change without notice. Assistance is not guaranteed and is based on staff and funding availability.

COMOX VALLEY STREET SURVIVAL GUIDE



OVERDOSE PREVENTION SITE

Mental Health and Substance- Use Office

941C England Ave, Courtenay
250 331-8524
Mon.- Fri. 9-4

HARM REDUCTION

AVI Health and Community Services

Drug checking available

355 6th St. Courtenay
250 338- 7400
Mon.-Thurs. 9-4; Fri. 11-3

Mental Health and Substance- Use Office

941C England Ave, Courtenay
250 331-8524

Connect

Drop-in- Mon-Sat.; 8-6
685 Cliffe Ave, Courtenay
250 218-3975

Unbroken Chain

Indigenous supports and outreach
576 England Avenue
778-585-3105

Mobile Response:

Community Cares Peer Outreach

250 334-7552

Comox Valley Street Outreach

250 218-6368

Care-A-Van

250 702-7011

www.cvcareavan.ca/schedule

UNHOUSED SERVICES

Salvation Army- Pidcock Shelter

632 Pidcock Avenue
250 338-2533

Connect- Day program and shelter (shelter expected to open by Dec. 2022)

Housing forms, survival gear,
connection to services
685 Cliffe Ave 250 218-3975
Mon. Sat. 8-6

Lilli House

For women and children in need of
shelter due to abuse
250 338-1227

Wachiay Friendship Centre

Housing forms, survival supplies,
connection to services
1625 McPhee Ave 250 338-7793
Mon.-Fri. 9-4

Comox Valley Transition Society

Women only
250 895-0511

Unbroken Chain

Indigenous supports and outreach
778-585-3105

Ministry of Social Development and Poverty Reduction

1 888-866-0800

Financial Crisis Support

250 218-6637

Mon-Fri

Showers

Lewis Centre. 489 Old Island Hwy
Mon.- Sat. 10am - 1pm
Towels & toiletries provided

Public Washrooms

Simms Park
Urbaloo- 6th Street
Below Sid Williams Theatre
Any Public Building

SUPPORTIVE HOUSING

If you are not staying at the shelter, visit the Travelodge, Connect or the BC Housing website and ensure you are on the list for supportive housing.

It is helpful to receive a Vulnerability assessment. These can be arranged at Connect, AVI, the Travelodge or with Community Cares Peer Outreach.

YOUTH

The Foundry

Ages 12-24

Mental Health, substance use,
primary care. health and wellness
resources

575 10th Street

250 338-7341