

LBGTQ Contact	604-684-5307 1-800-566-1170	Toll free

INFORMATION AND REFERRAL

(Local services – often grouped in one multi-service agency – listed below)

SERVICE	CONTACT NUMBER	NOTES
Pacific Rim Hospice Society	250-725-1240	
Community Services	250-726-2343 250-670-9558	Westcoast Community Resource Society Chachumhyiip Ahousaht Holistic Centre
Geriatric and Other programs for Seniors	250-725-3229 ext. 704	Tofino Parks and Rec.
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral		
Veterans Affairs Canada	1-866-522-2122	

HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Nuuchahnulth Mental Health	1-888-624-3939	
Island Health Mental Health and Addiction Services	250-726-1282	
Home and Community Health	250-725-2523	Nuuchahnulth Tribal Council Home and Community Care
Westcoast Community Resources Society	250-726-2343	Free counselling for women, children, youth and community outreach
Tofino General Hospital	250-725-4010	
MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
BC Nurse/Pharmacist Line	811	
Assisted Living Registry	1-866-714-3378	
Online Medical Support - Medeo	1-888-297-2973	
Community Paramedicine	rachelle.cole@bcehs.ca	Referral required
Public Health Nurse	250-725-4020	

HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	604-433-1711 1-866-465-6873	Vancouver Toll Free

Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Seniors Housing	250-726-2789	Forest Glen in Ucluelet
Seniors Housing	250-726-5177	Tofino Seniors Housing Society
Second stage supportive housing,	250-726-2343	Run by WCRS, 6 month – 2 year stay

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Home Support	250-725-4020	Island Health
Grocery Shopping	n/a	
Home repairs and Maintenance	n/a	Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling	250-726-2343	Westcoast Community Resources Society
Friendly Visiting	n/a	

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	n/a	
Health Connections – bus service	250-338-0196	Wheels for Wellness
Bus Pass Program	n/a	
Taxi (s)	250-726-4415 250-725-3333	Ucluelet Tofino
Parking Permit (disabled)	n/a	
Translink Trip Planner	604-953-3333	Lower Mainland

LEGAL

SERVICE	CONTACT NUMBER	NOTES
BC CEAS (SAIL)	604-437-1940 1-866-437-1940	Legal Advocacy Program and Elder Law Clinic
Legal Aid	1-866-577-2525	
Family Justice Clinic	250-897-7556	Closest is in Courtenay, BC
Crown Counsel	250-720-2433	Closest is Port Alberni, BC
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services	1-800-663-1919	
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services	250-726-2343	Westcoast Community Resources Society

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
NA	250-726-7279	
Al-Anon	250-726-7279	
Diabetes Education Centre	250-724-8824	Port Alberni

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
NTC Community Health Worker	250-726-7347	
NTC Family Support	250-725-3367	
Early Years Outreach	250-725-3367	
NTC Community and Health Services	250-725-3367	Tofino office
USMA	250-724-3232	
Chachumhyiip- Ahousaht Holistic Health Centre	250-670-9558	

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - Ucluelet	250-726-7774	
Parks and Recreation -Tofino	250-725-3229 ext 704	
Library Ucluelet	250-726-4642	
Library Tofino	250-725-3713	

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada

Employment and Income Assistance		Service BC
Community Volunteer Income Tax Prep.	250-726-2343	Westcoast Community Resource Society

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250-725-1240	
Grief Counselling	250-725-1240	Hospice

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-726-6909	

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Services BC	250-726-7025	
Services Canada	1-800-622-6332	