



## Local Community Contact List (Template)

Name of CRN/Community: Oceanside CRN

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(Name)                                      (Phone)                                      (Email)

Where there are no local services, list the closest community that has services available under "NOTES".  
Add rows or use the back of the page if needed to create a complete list for your community.

### EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire and Ambulance	<b>911</b>	Numbers to call if no 911 service
Crisis Line	1-888-494-3888	
Poison Control	1-604-682-5050	
Lifeline (or similar service)	250-947-8213	

### ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse Adult Abuse Info Line	1-866-437-1940	See regional resources list for each CRN
Police-based Victim Services	250-248-6111	Parksville RCMP
Community Mental Health Team Community- based Victim Services This is under Haven Society; this number is from their website.	250-951-9550 250-248-3500 ext. 1	Oceanside Mental Health
Community Living BC	248-951-6002 604-664-0101 1-877-660-2522	Local Vancouver Toll free
Transition House (s) Parksville Qualicum Haven House (Haven Society and SOS collaboration) Salvation Army New Hope Shelter	1-888-756-0616 250-756-2452 250-714-1142	For women, children and youth For single men (Nanaimo)
Emergency Shelter (s) Cold Weather Shelter (Nov-March) – Oceanside Task Force on Homelessness	<a href="mailto:oceansidehomelessness@gmail.com">oceansidehomelessness@gmail.com</a>	
Island Crisis Care Society Salvation Army New Hope Shelter	250-753-1474 250-714-1142	For women, children and youth (Nanaimo)

SERVICE	CONTACT NUMBER	NOTES
Friendship Lelum Youth Safe House	250-753-8266	For single men (Nanaimo) For at risk youth 12 – 18 years
BCCEAS – SAIL (Seniors Abuse and Information Line) – for information about abuse and for emotional support	604-437-1940 1-866-437-1940	Toll free
Victim Link	1-800-563-0808	
BC211	211	
LBGTQ Contact	604-684-5307 1-800-566-1170	Toll free
LBGTQ2S+ Contacts (V.I.)	LOVE CRN – Living Out Visibly and Engaged	<a href="https://www.lovecrn.ca">https://www.lovecrn.ca</a>

### INFORMATION AND REFERRAL

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

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach		
SOS Community Services -	250-248-2093	
SOS Geriatric and Other programs for Seniors –	250-248-2093	SOS Seniors Programs
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	250-951-9550	Oceanside Health Centre
Veterans Affairs Canada	1-866-522-2122	

### HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	250-951-9550	Oceanside Health Centre
Mental Health and Addiction Services	250-947-8228	Oceanside Mental Health
Home and Community Health	250-947-8228	Oceanside Health Centre
Adult Day programs – Seniors Drop Ins	250-248-3200 250-752-0420 250-468-5339	Parksville Qualicum Beach NanOOSE
SOS Seniors Programs	250-248-2093	Oceanside SOS
SOS Counselling Services	250-248-2093 x. 225	
Hospital	1-250-947-7151	NRGH
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	

## 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	
Advocacy and Appeals re Housing		
Homelessness Outreach Response Is this a Nanaimo contact/who?	250-741-7645	For those experiencing homelessness

## HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Oceanside Better at Home – SOS	250-752-2040 X4	Oceanside Better at Home (OBAH) Program
Grocery Shopping – Qualicum Foods Quality Foods, Parksville Quality Foods, Nanoose Bay Thrifty Foods, Parksville OBAH – as per above	250-752-9281 250-954-2262 250-468-7131 1-800-667-8280	Phone on Weds, delivery Thur Order in person, free delivery Phone on Weds, delivery Weds Phone in order, \$5 delivery Grocery bus for seniors
Home repairs and Maintenance OBAH – as per above		Only agencies that provide volunteers who have undergone a criminal record check.
Peer Counselling SOS Counselling Services	250-248-2093 x. 225	
Friendly Visiting OBAH – as per above		

## TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-248-4557	Parksville HandiDart
Health Connections – bus service	250-954-1001	RDN Transit
Bus Pass Program	1-866-866-0800	Available for low income seniors
Taxi (s) – Oceanside Taxis	250-954-8294	Also transport wheelchairs
Parking Permit (disabled)		
Translink Trip Planner	604-953-3333	Lower Mainland
Wheels for Wellness	250-338-0196	To medical appts Nanaimo/Vic
SOS Medical Transportation Support OBAH – as per above;	248-2093 X222	Transportation to appointments
Freemason’s Cancer Care Program	1-800-299-0188	Transportation to Victoria

## 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	1-800-578-8511	Justice Access Centre
Crown Counsel		
NIDUS – Representation Agreements	1-604-408-7414	
Public Guardian and Trustee	1-604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services		
Access Pro Bono Legal Services – in person only	1-877-762-6664	
SOS Community Advocacy Services	250-248-2093	X241 – Adults, X239 - Seniors

## SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA	250-753-7513	Nanaimo
NA	1-800-494-2404	
Al-Anon	604-688-1716	
Nar-Anon	1-877-254-3348	
Alzheimer Society of BC	1-800-462-2833	Nanaimo
Caregiver support groups	250-752-6227	Oceanside Hospice Society
MS Society	1-800-268-7582	
Arthritis	1-800-321-1433	
Diabetes	250-951-9550	Oceanside Health Centre
Deaf and Hard of Hearing	1-800-667-5448	Island Deaf & Hard of Hearing, Victoria
SOS Counselling Services – Men’s and Women’s groups – as per above		

## FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	250-388-5522	BC Assn of Aboriginal Friendship Centres
Band Office	250-757-9337	Qualicum First Nations
Métis Services	250-740-0223	Mid Island Metis Nation
First Nations Health Authority	604-693-6500	Vancouver

## IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	250-753-6911	Central VI Multicultural Society
Settlement Services	250-753-6911	Central VI Multicultural Society
Translation Services	250-744-2853	Multilingual Services Victoria

## MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-390-4111	Regional District of Nanaimo
Parks and Recreation - programs	250-390-4111	Regional District of Nanaimo
Library(s)	1-877-415-8475	
City of Parksville Town of Qualicum Beach		

## INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	1-800-663-7867	Service BC
SOS Community Volunteer Income Tax Prep.	250-248-2093 X229	SOS, Parksville
Parksville Career Centre	250-248-3205	
SOS Advocacy Services – as per above		

## DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250-752-6227	Oceanside Hospice Society
Grief Counselling	250-752-6227	Oceanside Hospice Society

## FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-248-8793	
Grocery Delivery  Maybe OBAH Grocery Bus fits better under here as it's not deliver?	See under Home Support section	
SOS Meal Delivery	250-248-2093 X225	SOS Meals on Wheels
SOS Emergency Assistance	250-248-2093 X241	Emergency Assistance w/food
SOS Christmas Program	250-248-2093 X229	Christmas Food Gift Cards

## GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Michelle Stilwell MLA – office	250-356-6171	MLA
Michelle Stilwell MLA – constituency	250-248-2625	MLA
Scott Fraser MLA	1-866-870-4190	MLA Mid Island-Pacific Rim
Gord Johns	1-844-620-9924	MP
Services Canada	1-800-622-6332	