



STREET SURVIVAL GUIDE

SUMMER 2018

The listings in this guide are up to date at the time of printing. We recommend phoning the organizations for more information.

This guide is NOT a full list of all services available in the community and does not imply endorsement of these services.



This guide is published semi-annually by the
Campbell River Women's Resource Centre

Telephone: 250-287—3044

For more information please visit

www.crwomen.ca

info@crwomen.ca



MON – THURS 10:00 – 3:00

#105 – 1116 Dogwood St.

Campbell River, BC

V9W 2A2

IS IT AN EMERGENCY?

In the event of a medical emergency, call **9-1-1**, or your local emergency number.

If you are concerned about a possible poisoning or exposure to a toxic substance, call Poison Control for 24-hour toll-free poison information.

Toll-free in B.C. **1-800-567-8911**

EMERGENCY CONTACTS:

RCMP **911**

KIDS HELPLINE **250-310-1234**

24 HOURS/ TO REPORT CHILD ABUSE AND FAMILIES IN CRISIS

WOMEN EXPERIENCING

VIOLENCE **250-286-3666**

TOLL FREE **1-800-667-2188**

24 HOURS/7 DAYS WEEK

MINISTRY OF CHILDREN AND FAMILY

DEVELOPMENT **250-850-6500**

YOUTH SERVICES

CR HOSPITAL **250-286-7100**

DR. REFERRAL'S **1-800-461-3008**

PUBLIC HEALTH UNIT **250-850-2110**

BC INCOME ASSISTANCE **1-866-866-0800**

ALCOHOL/DRUG INFO & REFERRAL

SERVICES **1-800-663-1441**

24 HOURS/7 DAYS WEEK/ANYWHERE IN BC

ALCOHOL ANONYMOUS **250-287-4313**

For Non-Emergencies:

HealthLink BC, your provincial health line, is as close as your phone or the web any time of the day or night, every day of the year.

Call **8-1-1** toll-free in B.C. or for deaf and hearing-impaired, call **7-1-1**.

RCMP Non-Emergency Line **250-286-6221**

SHELTER, FOOD, CLOTHING & PERSONAL CARE

ANN ELMORE TRANSITION HOUSE

PH: **250-286-3666**; (WOMEN ONLY)

TOLL FREE PH: **1-800-667-2188**

OPEN 24 HOURS; CALL FOR LOCATION

(1) FOOD BANK

PH: **250-286-3226**; 1993 MARWALK CRES
DROP-IN MEALS & REGISTRION: MON—FRI 11:00 TO 1 PM; FOOD DISTRIBUTION: FIRST 3 WEDNESDAYS OF THE MONTH FROM 12—3

(2) GATEWAY FOUR SQUARE CHURCH

PH: **250-287-8133**; 403 5TH AVE.

FREE STORE OFFERS GENTLY USED CLOTHING FOR ALL AGES. LAST SATURDAY OF EACH MONTH 11:00-1:00

GRASSROOTS KIND HEARTS

PH: **250-204-0411**

FREE DINNER SERVED 7 NIGHTS PER WEEK @ 5PM
CALL FOR LOCATION

(3) RADIANT LIFE COMMUNITY CHURCH

PH: **250-830-0190**; 1251 CYPRESS ST
OFFICE: TUES & THURS: 9-2; WED & FRI 9-11:30
SOUP KITCHEN AND CLOTHES ON SAT 11:30 & SUN 12—1 PM; DINNER SERVED DAILY 5-6 PM

(4) ROSE HARBOUR (WOMEN ONLY)

PH: **250-287-7384**; 1116 DOGWOOD ST.
MON-FRI 8:30-4:30
SAT + SUN 10:00-6:00
SHOWER AVAILABLE

(5) SALVATION ARMY - EVERGREEN HOUSE

PH: **250-287-3791**; 690 EVERGREEN RD
OPEN 24 HOURS; 19+

(6) SALVATION ARMY - LIGHTHOUSE

PH: **250-287-2699**;
MON—TUES 9:30—1:30 WED-FRI 11:30—1:30
LUNCH: MON-FRI 11:30-1:30
LAUNDRY AVAILABLE
SHOWER AVAILABLE

(7) SECOND CHANCE RECOVERY (MEN ONLY)

PH: **250-830-1103**; 647 BIRCH ST
STAFFED 24 HOURS; 19+

(8) ST. VINCENT DE PAUL SOCIETY

PH: **250-287-4911**; 34 S. ALDDER ST.
CALL TO LEAVE MESSAGE FOR EMERGENCY FOOD ASSISTANCE

(9) VINEYARD CHURCH (FOOD PANTRY)

PH: **250-286-3372**; 2215 CAMPBELL RIVER RD
WED—FRI 9:30—1PM
(PHONE FIRST & NO DELIVERIES)

(10) WOMEN RESOURCE CENTRE (WOMEN ONLY)

PH: **250-287-3044**; #105—1116 DOGWOOD ST.
MON—THURS 10:00—3:00

(11) CR SOBERING & ASSESSMENT CENTRE (19+)

PH: **250-287-9969**; #6—1330 DOGWOOD ST.
OPEN 24 HOURS

EDUCATION & RESOURCES

(4) ROSE HARBOUR (WOMEN ONLY)

PH: **250-287-7384**; 1116 DOGWOOD ST.
MON-FRI 8:30-4:30
SAT + SUN 10:00-6:00
SHOWER AVAILABLE

(10) SENIOR PEER SUPPORT (55+)

PH: **250-287-1442**; #105-116 DOGWOOD ST

(10) WOMEN RESOURCE CENTRE (WOMEN ONLY)

PH: **250-287-3044**; #105—1116 DOGWOOD ST.
MON—THURS 10:00—3:00

HEALTH NURSE & MEDICAL SERVICE

(12) AVI

PH: **250-830-0787**; 1371C CEDAR AT. (ALLEYWAY)
MON-THURS 9:00-4:00 (CLOSED 12:15-1PM)
FRI 11:00-3:00 (HARM REDUCTION ONLY)

(13) COLUMBIA COAST ADDICTIONS

PH: **250-287-4822**; 1371B CEDAR ST
MON-FRI 10:00-4:00; (CLOSED THURSDAYS)

(20) FAMILY NURSE PRACTITIONER

PH: **250-287-4599**; BY APPT ONLY
1405 SPRUCE STREET (NORTH ISLAND MEDICAL)
HEALTH CARE; OUTREACH TO THE COMMUNITY IN VARIOUS LOCATIONS; HIV AND HEPATITIS C MANAGEMENT

INCOME TAX/FINANCIAL

(14) LEGAL ADVOCACY/OPPORTUNITIES SERVICES CENTRE

PH: **250-914-0272**; #101—300 ST. ANN'S RD
MON—FRI 9:00-4:00 (CLOSED 12—1)
LEGAL AID AVAILABLE

(15) HOMELESS-PREVENTION PROGRAM

PH: **250-286-0611**; 140 10TH AVE
MON-FRI 8:30-4:30

(10) WOMEN RESOURCE CENTRE (WOMEN ONLY)

PH: **250-287-3044**; #105—1116 DOGWOOD ST.
MON—THURS 10:00—3:00

ADDICTIONS/COUNSELLING AID

(12) AVI

PH: **250-830-0787**; 1371C CEDAR AT. (ALLEYWAY)
MON-THURS 9:00-4:00 (CLOSED 12:15-1PM)
FRI 11:00-3:00 (HARM REDUCTION ONLY)

(16) ALANO CLUB

PH: **287-287-2911**; 301 10TH AVE
MON—SUN 9—1; MEETINGS: 12-1 MON-FRI

ANN ELMORE TRANSITION HOUSE

PH: **250-286-3666**; (WOMEN ONLY)

TOLL FREE PH: **1-800-667-2188**

OPEN 24 HOURS; CALL FOR LOCATION

(13) COLUMBIA COAST ADDICTIONS

PH: **250-287-4822**; 1371B CEDAR ST
MON-FRI 10:00-4:00; (CLOSED THURSDAYS)

(15) FOUNDRY (AGES 12–24)

PH: **250-286-0611**; 140 10TH AVE
MON-FRI 8:30-4:30 TUES-FRI 8:30-4:30
DROP IN COUNSELLING TUES—THUR 2—6PM

(15) JOHN HOWARD SOCIETY

PH: **250-286-0611**; 140 10TH AVE
MON-FRI 8:30-4:30 TUES-FRI 8:30-4:30

(17) LAICHWITACH FAMILY LIFE SOCIETY

PH: **250-286-3430**; 441 4TH AVE
MON-FRI 8:30-4:30

(18) MENTAL HEALTH/SUBSTANCE ABUSE (19+)

PH: **250-850-2620**; 207-1040 SHOPPERS ROW
MON-FRI 8:30-4:30

(19) NI SURVIVOR'S HEALING SOCIETY (19+)

PH: **250-287-3325**; 625D 11TH AVE
HOURS VARY; PHONE FOR APPOINTMENT

(4) ROSE HARBOUR (WOMEN ONLY)

PH: **250-287-7384**; 1116 DOGWOOD ST.
MON-FRI 8:30-4:30
SAT + SUN 10:00-6:00
SHOWER AVAILABLE

(7) SECOND CHANCE RECOVERY (MEN ONLY)

PH: **250-830-1103**; 647 BIRCH ST
STAFFED 24 HOURS; 19+

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(10) WOMEN RESOURCE CENTRE (WOMEN ONLY)

PH: **250-287-3044**; #105—1116 DOGWOOD ST.
MON—THURS 10:00—3:00

VANCOUVER ISLAND NAROTICS ANONYMOUS

PH: **1-844-484-6772**;

MEETINGS:

WED 7:30PM; 850E 12TH AVE
FRI & SUN: 7:30PM; 301 10TH AVE

**IF YOU ARE IN A CRISIS CALL THE
CRISIS LINE
24 HOURS/ 7 DAYS PER WEEK
1-888-494-3888**