



## School District #79

Duncan, British Columbia

# Community Resources

2020/2021

## Dear Parents and Guardians,

This is a unique school year as we navigate some challenging, unfamiliar, and stressful experiences. As a result of the COVID-19 pandemic, parents may need to access additional support from the community in order to promote the immediate safety and well-being of their children. During this time there are still many local community agencies available to help children and carers who may be struggling. The information below is considered accurate as of October (2020), but things may shift. Please contact the agencies online or by phone and they will guide you with how best access support.

## Local Support - Counselling for Children and Families

### Canadian Mental Health Association



The CMHA team provides a range of mental health programs and outreach options for children and youth to 18 years of age. Currently, youth outreach, Youth Open Door drop-in, and BIKEWORKS are running as usual. Additionally, on Tuesdays (9-11 am/1-3 pm) CMHA is offering intake clinics for families.

Phone: (250) 746-6184

Location: 5768 Allenby Road, Duncan, BC

### **Child and Youth Mental Health (MCFD)**



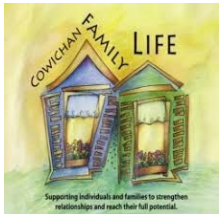
Ministry of  
Children and Family  
Development

The CYMH team provides a range of mental health assessment and treatment options for children and youth to 18 years of age and their families (at no cost). Currently, individuals are asked to call, set-up an intake appointment, and services will be assessed on a priority basis.

Phone: (250) 715-2737

Indigenous Services Call: (250) 715-2725

### **Cowichan Family Life Association**



CFLA provides affordable peer counselling services, community groups, and other programs to support the positive mental health of children and youth. They are continuing one-to-one counselling to clients through their phone line. Clients will leave a message and be called back to schedule an intake.

Phone: (250) 748-8281

Availability: Tuesday and Friday 9:30am - 4:30pm

Website: [www.cowichanfamilylife.org](http://www.cowichanfamilylife.org)

### **Cowichan Family Caregivers Support Society**



The CFCSS focuses on supporting caregivers by alleviating stress and advocating for support services. Caregivers refers to anyone, of any age, who supports an adult family member or friend (supports children who are providing extra caregiving responsibilities). They are meeting caregivers for outdoor walks, and all support groups are being transitioned to one-on-one support.

Phone: (250) 597-0886

Website: [www.familycaregiverssupport.org](http://www.familycaregiverssupport.org)

### **Cowichan Women Against Violence Society**



CWAVS provides safe shelter and support for women and children experiencing physical violence. As an essential service, all support programs are available including: phone counselling, in-person counselling, Somenos House, and Victim Services.

Phone: (250) 748-7000

Availability: 9:30am - 4:00pm

Website: [www.cwav.org](http://www.cwav.org)

### **Kwun'atsustul**



Kwun'atsustul provides support services to community members in a variety of ways. Currently, support is being offered through an on-call crisis phone line, and by email to set up intake appointments.

Phone: (250) 746-6184

Email: [cynthia.jamieson@cowichantribes.com](mailto:cynthia.jamieson@cowichantribes.com)

Location: 200 Cowichan Way, Duncan, BC

### Tswulhtun Health Center and Cowichan Tribes



Ts'wulhtun Health Center and Cowichan Tribes provide health care programs and on-call counselling services to community members. Currently, support is being offered through an on-call drug and alcohol counsellor, and by an on-call counselling professional.

Phone: (250) 746-6184

Location: 5768 Allenby Road, Duncan, BC

## Support for Youth and Teens

### Cowichan Valley Youth Services



Previously known as Community Options Society, CVYS provides free counselling and outreach/support services for youth aged 13-18 and their families in the Cowichan Valley. Counsellors connect with youth through text, in-office, at schools, video chat, and by phone.

Phone: (250) 748-0232

Website: <https://cvyouth.ca/contact-us/>

Location: 554 Trunk Road, Duncan, BC

## Discovery Youth and Family Substance Use Services



DYFSUS offers free community-based counselling services, access to residential care and treatment for youth struggling with substance use. These services are available to youth aged 13-19, families/caregivers who are concerned about youth, and those in the community directly or indirectly impacted by substance use.

Phone: (250) 737-2029

Location: 371 Festubert St, Duncan, BC

## Lake Cowichan Community Services

LCCS has counsellors available to provide services and programs for a wide range of issues and age groups. For youth, LCCS offers a drop-in program, girls group, and counselling services.

Email

Amanda: [amanda@commserv.org](mailto:amanda@commserv.org)

Hanna: [counsellor1@commserv.org](mailto:counsellor1@commserv.org)

Terrance: [counsellor2@commserv.org](mailto:counsellor2@commserv.org)

Text

Hanna: (778) 400-3958

Terrance: (778)400-3842

Location: 121 Point Ideal Dr, Lake Cowichan, BC

## Phone Services

### 24-hour Vancouver Island Crisis Line

Crisis services are available through

Website: <https://www.vicrisis.ca/>

Chat/Call: 1 (888) 494-3888

Text: (250) 800-3806

### Beyond The Talk



BTT is Island Sexual Health's sexual health information and education program that provides youth with factual and current information about sex and sexuality including birth control, sexually transmitted infections, sexual decision making, pregnancy, and bodies in a non-judgemental, sex-positive, pro-choice, and inclusive way.

Text: (250) 812-9374

Website: <http://www.beyondthetalk.ca/>

### Kids Help Phone



KHP is a 24/7 service for youth that offers professional counselling, information and referrals, and volunteer-led, text-based support to young people in both English and French.

Website: <https://kidshelpphone.ca/>

Live Chat: **Temporarily Unavailable**

Text: CONNECT to 686868

Call: 1 (800) 668-6868

## Behaviour Support and Support for Diverse Learners

### FIVE Behaviour



Five Behaviour provides early interventions and school age support to children with ASD and other diverse abilities through behaviour consultation services, tutoring, counselling, and transition support. Currently, they are offering online services with the exception of some in-person meetings for those who require immediate support.

Email: [liz.sparling@live.ca](mailto:liz.sparling@live.ca)

### Pivot Point



Pivot Point Cowichan Valley provides services for families who may require behavioural, emotional, and psychological intervention. The centre offers behaviour consultants, clinical counsellors, and education consultants to support families. All services are available to family members (children and carers) through online sessions, online tutors, and online social groups!

Email: [allison.hutchinson@pivotpoint.ca](mailto:allison.hutchinson@pivotpoint.ca)

Call: (250) 216-6101

## Other

### **Cobble Hill, Mill Bay, Shawnigan Lake Food Bank Society**

The CMS provides food hampers for residents of Cobble Hill, Mill Bay, and Shawnigan Lake every Tuesday (10:00 am - 2:00 pm). Bread is also available every Tuesday at 2740 Lashburn Road, Mill Bay.

Call: (250) 743 - 5242

### **Cowichan Green Community**



CGC is a non-profit organization focused on food sustainability, security, and outreach in the Cowichan Valley. While offices remain closed, staff are working remotely to provide services such as: Meals on Wheels and a store for those in need (360 Duncan Street). If you need access to food, please call CGS and a member of their team will respond within hours.

Website: [www.cowichangreencommunity.org](http://www.cowichangreencommunity.org)

Call: (250) 748 - 8506

### **Hospice**



Cowichan Hospice offers support, information, and companionship to those living with an advancing illness, family and friends, as well as those grieving the death of a loved one. They are currently offering phone support for clients and in-person grief support groups. In order to attend a group session, please make an intake appointment first.

Email: [cornelia@cowichanhospice.org](mailto:cornelia@cowichanhospice.org)

Call: (250) 701 - 4242



Website: [www.cowichanhospice.org](http://www.cowichanhospice.org)

### **Margaret Moss Health Unit**



MMHU offers confidential appointments with counsellors and doctors that focus on sexual education, decision making, and drug/alcohol use.

Call: (250) 709 - 3050

Availability: Monday and Thursday (2:00 pm - 4:00 pm)

### **The Salvation Army (Duncan)**



The Salvation Army continues to offer community services including emergency food hampers, clothing, and other necessities (which are available after 2:00pm Monday-Saturday). The thrift store has been reopened. In order to access community services, please call Jason or ring the doorbell by the front door to make an appointment.

Call: (250) 746-8669 ext. 102

## **Resources**

### **BC Mental Health and Addictions Information Line**

Call: 1 (800) 661 - 2121

### **Kelty Mental Health, BC Children's Hospital**

Website: [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

### **Mind Check**

10

Website: [www.mindcheck.ca](http://www.mindcheck.ca)

Offers virtual drop-in counselling for children and youth.

### **Schizophrenia Awareness**

Call: (250) 709 - 2985

### **Teen Mental Health**

Website: [www.teenmentalhealth.org](http://www.teenmentalhealth.org)