

## COMMUNITY RESOURCES

**UPDATED AND ACCURATE AS OF MAY 1, 2020**

Dear Parents and Guardians,

As a result of the COVID-19 pandemic, parents may need to access to additional supports in the community to promote the well-being of their children. During this time, there are still many local community agencies available to help parents and children who might be struggling. The information below is considered accurate as of May 1, 2020, but things may change. Please contact the agencies online or by phone first and they will guide you how best to get support.

### **Local Agencies- Counselling for Children and Families**

**Kwunatsustul:** Provide service to Cowichan Tribes members but serve a small number outside of that and can also assist with referring in a caring way. Suspending groups but doing on call crisis and regular check ins with community members. Doing intakes but may have a wait list. Contact Cynthia by phone at **250-732-1848**. [Cynthia.Jamieson@cowichantribes.com](mailto:Cynthia.Jamieson@cowichantribes.com)

**Tsewulhtun Health Centre and Cowichan Tribes:** Check website at [cowichantribes.com](http://cowichantribes.com) for information on services. Some services have changed to on-call or appointment only. Someone is answering and directing calls at the health centre if you have questions or if assistance is needed: **Phone 250-746-6184**

**Canadian Mental Health Association:** Family Capacity and SAIP counsellors are working remotely from home. **Phone: 250-746-5521**. **Facebook: <https://www.facebook.com/cmhacvb/>** Youth outreach is running as usual for older children, age 12-24. Call **250-732-2395**. Youth Open Door drop in is running as usual for age 12-24 at 371 Festubert St, 8am-12pm Tues and Thurs. The BIKEWORKS shop is closed.

**Child and Youth Mental Health (MCFD):** Open and offering services, still doing intakes for parents and children, but please call first so they can set up appointments. Call and ask for Shana for intake services.

**For Indigenous services call 250-715-2737**

**For all others call 250-715-2725**

**Cowichan Family Life Association:** Open Tuesday to Friday. Maintaining 1 to 1 counselling by phone or internet. Phone and leave a message and they will call back to schedule a phone or internet intake.

**Phone: 250-748-8281 / website: [www.cowichanfamilylife.org](http://www.cowichanfamilylife.org)**

**Cowichan Women Against Violence Society:** Children Who Witness Abuse Program- Open to children already on caseload. Available for parent help and supports (mainly by telephone). Still

taking new intakes, however they will work on a case by case basis to help the best way possible. In the process of making short videos for online help. Somenos House and Victim Services are still open.

**Phone 250-748-7000 / website: <https://www.cwav.org/>**

**Cowichan Family Caregivers:** Please note- due to the high volume of requests, there may be an expected wait of 1-3 weeks before you will be called back. Supports children, youth and families where the children have extra caregiving responsibilities. One to one support by phone and email. Meeting caregivers for outdoor walks for now (while practicing physical distancing). Support groups are no longer meeting physically.

**Phone Direct: (250) 737-3272 - Main office: (250) 597-0886**

**website: [www.familycaregiverssupport.org](http://www.familycaregiverssupport.org)**

### **Agencies Supporting Youth/Teens**

**Canadian Mental Health Association:** Youth outreach is running as usual for age 12-24. Call **250-732-2395**. Youth Open Door drop in is running as usual for age 12-24 at 371 Festubert St, 8am-12pm Tues and Thurs. The BIKEWORKS shop is closed. **Facebook:**

**<https://www.facebook.com/cmhacvb/>**

Family Capacity and SAIP counsellors are working remotely from home. **Phone: 250-746-5521**

**Cowichan Lake Community Services:** Offering counselling over the phone and holding groups through the ZOOM online platform. New clients are still being taken. **Phone 250-749-6822** and ask for Amanda for intakes.

**Cowichan Valley Youth Services (Youth aged 13-18):** CVYS is still working with present caseloads and taking new intakes. Counsellors mainly working by text ,video chat, email, or phone. **Phone: 250 -748-0232 / website <https://cvyouth.ca/contact-us/>**

**Discovery Youth & Family Substance Use:** Counsellors are continuing to stay connected to youth and families by phone and text, and potentially down the road from telehealth.

**Tel: 250-737-2029 or 250 -710-0004**

**Foundry:** Offers young people (aged 12-24) health and wellness resources, services, and supports online and through integrated service centres across BC. **Website: [foundrybc.ca](http://foundrybc.ca)**

### **Behavioural Supports and Supports for Diverse Learners**

**Pivot Point:** Online social groups running until the end of June. (Dungeons & Dragons, Lego Challenge, Minecraft, etc). Lead professionals (Behaviour Consultants, Clinical Counsellors and Education Consultants) available for online sessions either with children / youth directly or providing support to parents. Behaviour Intervenors and Tutors are also available online

**Check website at [pivotpoint.ca](http://pivotpoint.ca), or Contact [allison.hutchinson@pivotpoint.ca](mailto:allison.hutchinson@pivotpoint.ca) / Phone: 250-216-6101**

**Other:**

**The Salvation Army in Duncan:** Continue to offer community services, including emergency food hampers, clothing and other necessities. Available Mon-Fri 9:30am-5pm. The Thrift Store is closed until further notice. To access Community Services **Phone: (250) 746-8669 ext. 102 to make an appointment to meet.**

**Hospice:** Is doing phone support only for clients. Suspending their grief support groups for now.  
**Phone: 250-701.4242 or toll free: 1-888-701-4242**

**Email: [cornelia@cowichanhospice.org](mailto:cornelia@cowichanhospice.org) Website: [www.cowichanhospice.org](http://www.cowichanhospice.org)**

**Cowichan Green Community:** Offices closed to the public with most staff working remotely. Offer food resources for families, and also provide meals on wheels and a store at 360 Duncan street. Store is open M-F 10am-3pm. Groceries from the store can be delivered.

**If you need access to food, call 250-748-8506. They will try to respond within a few hours.**

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