

Comox Valley Physician
WELCOME PACKAGE

:: LIVE :: WORK :: PLAY

*Orientation Information for
New Physicians to the Comox Valley*

Dec 2019





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WELCOME TO THE COMOX VALLEY!

The following is information you may find useful as a new Family Physician (FP) in the Comox Valley. The information in this guide is divided into three sections: Live, Work, Play. Information in this handout was compiled with the help of local GPs for GPs.

A little bit about the Valley...

The Comox Valley includes Courtenay, Comox (including a military base), Cumberland, the islands of Denman and Hornby, and a First Nations community. The population is estimated to grow from the current 63,895 to 87,185 (29%) by 2033, while the 75+ year old part of the population is estimated to grow at a much higher rate to 11,000 (94%) by 2033.

The Comox Valley is a destination community with one of the mildest climates in Canada offering year-round adventure from alpine skiing to deep sea diving, mountain biking to kilometers of shoreline for paddlers to explore. For more laid back activities, the Valley has year round festivals, a plethora of community events and plenty of live music.

Our Medical Community

In the community, as of 2019, there are 83 family physicians in 20 family practice clinics in the Comox Valley, including one clinic on the military base (which serves only military members), one on Denman Island, one on Hornby Island, and two full time walk-in clinics.



Our Hospital

Acute care is provided at the Comox Valley Hospital operated by Island Health. The hospital houses 153 acute care beds, including:

- 105 In-Patient beds
- 8 Intensive Care beds
- 10 Telemetry beds
- 9 labor, delivery, recovery, & postpartum (LDRP), and Aboriginal maternal health beds
- 6 Pediatric beds
- 11 Psychiatry and 4 Pediatric Intensive Care Unit beds
- Additional rooms/bays/procedural spaces include:
 - 6 Operating Rooms
 - 18 Surgical Daycare bays
 - 13 Post-Anesthetic Recovery Rooms (PARR)
 - 5 procedure rooms
 - 7 Chemo bays
 - 7 Medical Daycare bays
 - 31 Emergency bays/rooms
- University of British Columbia (UBC) academic teaching space

About the Comox Valley Division of Family Practice

The Comox Valley Division of Family Practice, formed in April 2011, is a local non-profit society of community-based primary care physicians.

The Division gives local physicians an opportunity to work collaboratively with Island Health, the GPSC, and the Ministry of Health to identify health care needs in the local community and develop solutions to meet those needs.

The Division's goals are:

- To promote innovation and excellence in primary care
- To build and sustain effective inter-professional relationships
- To focus on the local community needs
- To focus on sustaining a healthy physician community

All local Family Doctors working in the Comox Valley, Denman Island, and Hornby Islands are welcome to join.

Visit our website to join and find out more:

www.divisionsbc.ca/comox-valley.

Benefits of Membership

Division membership includes the following:

- Free access to UpToDate - evidence-based clinical decision support tool
- Access to telephone interpretation services
- Pathways—a province-wide on-line tool for referring to other specialists
- Clinical Resource links relevant in our community
- Greater impact on the organization of local and regional health services
- Shared efforts for recruitment, retention and locums
- Enhanced professional collegiality
- Improved access to health authority and specialist services
- Discounted medical supplies from vendors

The following is information you may find useful as a new Family Physician (FP) in the Comox Valley. This information is provided "by local GP's for GP's". It is not meant to be comprehensive, but will help you get started working in our community. We have included some local health resource information and community information for your convenience.

:: LIVE ::



The Comox Valley is a vibrant seaside region on the eastern coast of Vancouver Island and it may be one of the Island's best-kept secrets. Each community in the Comox Valley has its own unique personality. From the seaside tranquility of Comox to the growing City of Courtenay, from the quaint former boomtown of Cumberland to the idyllic rural areas that meander from Fanny Bay in the South to Black Creek in the North, every community has different strengths to offer.

Real Estate

The Comox Valley is growing every year and has a strong local economy. The housing market includes family homes and summer cottages, to acreages and waterfront estates. Comox Valley has an abundance of affordable real estate choices.

<http://www.realtor.ca/>

Rental Information

Comox Valley Division Short & Medium-Term Rentals

Listings for short-term and medium-term rentals in the Comox Valley are provided on the Division website

<http://divisionsbc.ca/comox-valley/live-work-play/accommodation-list>

Craigslist - Comox Valley Apartment and House Rentals

<https://comoxvalley.craigslist.ca/search/apa>

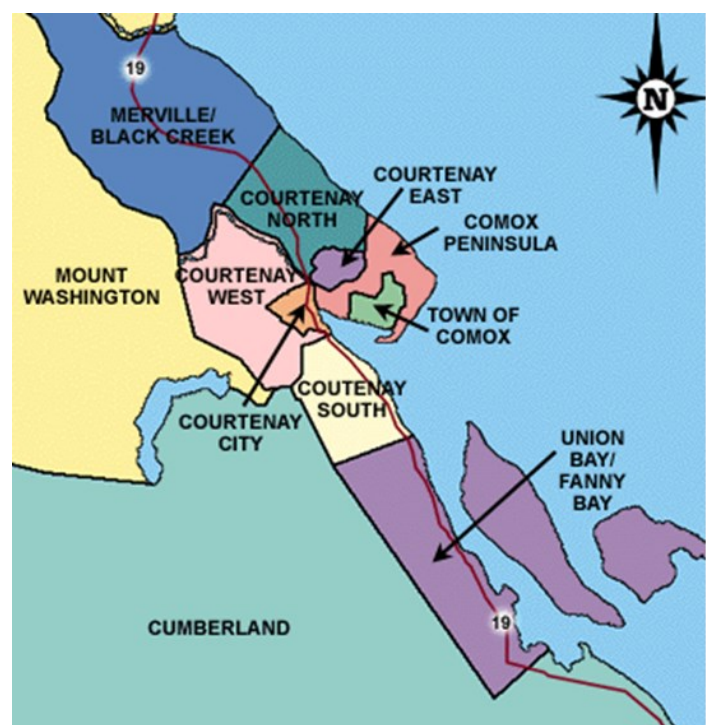
Kijiji - Comox Valley Rentals

<http://www.kijiji.ca/b-house-rental/comox-valley-area/c4311700298>

Used Courtenay Comox - Comox Valley Rentals

<http://www.usedcourtenaycomox.com/classifieds/real-estate-rentals>

Helpful hint: When looking for accommodation mention you are a physician housing... it can help to secure the rental!



CVRenters Facebook Group

Questions about renting, leasing, the roles and responsibilities of a tenancy agreement; posted wanted ads and available houses/shares; useful information and relevant topic discussions.

<https://www.facebook.com/groups/CVRenters/>

Schools

School District 71 (SD71) is the main public school board offering English education, French Immersion, and Distance Learning. There is also a Francophone-only school board, CSV (SD93), for children/youth ages 5-18 years. SD71 operates 15 elementary schools, 2 junior secondary schools, 3 secondary schools, 1 secondary alternate program, and other district facilities.

There are a small number of private schools in the Comox Valley.

School District 71— (250) 334-5500 <http://www.sd71.bc.ca>

School District 71 oversees all English public schools from kindergarten to grade 12, including Montessori Education, throughout the Comox Valley. French Immersion programs are available through some schools. Their website includes a listing of local schools and a district map. Go to their website to find a school near you.

Conseil scolaire francophone de la Colombie-Britannique (CSF) - School District 93

(604) 214-2600 or toll-free 1-888-715-2200 <http://www.csf.bc.ca>

Conseil scolaire francophone de la Colombie-Britannique oversees all French schools from kindergarten to grade 12 throughout the Province of British Columbia. They have one school located in Comox called Au-coeur-de-l'île.

Au Cœur de l'île Comox—(250) 339-1848 <http://aucoeurdelile.csf.bc.ca>

This is the only pure Francophone school in Comox. It offers education opportunities for children from kindergarten to grade 12. Their website is only available in French. Go to the local yellow pages for a listing of private schools in the area www.yellowpages.ca and search the keyword schools.

Waldorf Education: Saltwater School—(250) 871-7777 <http://www.saltwaterschool.com/>

An independent school that has provided Waldorf inspired education since 2011. Saltwater school are proud members of the Association of Waldorf Schools of North America (AWSNA) and the Waldorf Early Childhood Association of North America (WECAN).

Beachcombers Community School—<http://www.beachcombersschool.ca>

Beachcombers is a BC independent school that offers preschool to grade 8. It's regionally-inspired curriculum includes Coastal/BC children's literature, coastal ecology and sciences, water safety and coastal sports.

North Island Distance Education School (NIDES)—<http://www.navigatenides.com/>

Navigate (powered by NIDES) is a fully funded and accredited BC school operating within the Comox Valley School District No.71 that offers distributed learning opportunities throughout BC.

Important!

School registration starts in early February. Contact schools early, particularly if you are considering French Immersion, a Sports Academy, or you have a child with special needs.

Child Care

Child Development Association

(250) 338-4288 <http://www.cvcda.ca>

Has many programs and can help you find childcare and services for children, including children with special needs.

Public Services

Cable TV: ShawCable

(250) 334-0888 <http://www.shaw.ca>

Hydro: B.C. Hydro

1-800-224-9376 <http://www.bchydro.com>

Gas: FortisBC

1-888-224-2710 <http://www.fortisbc.com>

Telephone: Telus (within BC)

(250) 310-2255 www.telus.com

Water: PublicWorks

(250) 339-5410

Garbage/Recycling: Comox Valley Regional District

(250) 334-6000

Collection Inquiries-Emterra

(250) 336-8066

Recycling Return Centre

(250) 339-0059

Recycling Hotline

1-800-667-4321

Vancouver Island Regional Library—Comox Branch Library

(250) 339-2971 <http://virl.bc.ca/>



Transportation

BUS: Comox Valley Transit System

(250) 339-5453 <http://bctransit.com/comox-valley/> to find maps and schedules.

TAXI:

Comox Valley TaxiService (250) 339-7955 <http://www.comoxtaxi.com>

Joe's Taxi- 250-792-JOES <https://www.facebook.com/JustCallJoes/>

Recreation

For information about facilities, clubs and sports leagues in your area, please contact:

Comox Valley Regional District

<https://www.comoxvalleyrd.ca/parks-recreation>

250-334-6000 (main) | 1-800-331-6007 (toll-free)

City of Courtenay

<https://www.courtenay.ca/EN/main/community/recreation.html>

Lewis Centre:

250-338-5371

Florence Filberg Centre:

250-338-1000

Village of Cumberland

<https://cumberland.ca/topics/recreation/>

250-336-2291



Shopping

Downtown Courtenay offers a boutique shopping district located on 5th Street with pedestrian friendly shops and specialty stores. You will find home décor, fashion, grocery stores, toys and games, sporting gear, artisan bakeries or any type of professional service. Also try the downtown businesses on Comox Avenue or head to Dunsmuir Avenue to shop the historic main street of Cumberland.

Big box stores are in Courtenay including Staples, Costco, Best Buy, Walmart, Winners, Home Depot, Home Hardware, Superstore, and Thrifty's.

Community Events

Downtown Courtenay Market Day

18 July 2015 <http://courtenaymarketday.com/>

You'll find handmade, one-of-a-kind products along with some of the best deals from favourite downtown shops. The streets will be brimful with over 100 vendors; some of the Comox Valley's very best. There is something for everyone to do and enjoy!



Farmers' Markets—(250) 218-0321 <https://cvfm.ca/>

Food is local and fresh. It is a great place to meet people and to bring your children. It is free to go. There is usually entertainment.

Open April to October at 2 locations:

- ⇒ **Saturdays, 9:00am—1:00pm** Comox Valley Exhibition Grounds
- ⇒ **Wednesdays, 9:00am—12:30pm** Downtown Courtenay, 5th Street

For more community events and activities go to:

www.whatsondigest.com

www.comoxvalleyarts.org

www.discovercomoxvalley.com



Restaurants

There are many great restaurants in the Comox Valley. Here are some of our favorites:

- Atlas Cafe—international, vegetarian
Courtenay | 250-338-9838 | <http://atlascafe.ca/>
- Locals Restaurant—international, seafood, vegetarian
Courtenay | 250-338-6493 | <http://www.localscomoxvalley.com/>
- Black Finn Pub—international, seafood
Comox | 250 339 1199 | <http://www.blackfinpub.com/>
- Martine's Bistro—international, seafood
Comox | 250-339-1199 | <http://martinesbistro.com/>
- Sehmi Japanese Restaurant—Japanese
Courtenay | <https://www.sehmicourtenay.com/>
- Maple Pho Noodle House—Chinese, Vietnamese
Courtenay | 250-338-8868 | <https://sites.google.com/site/phomaple/home>
- Delicado's—international, Mexican, vegetarian
Courtenay | <http://delicados-deli.com/> | 250-338-8885
- Bisque—seafood, steakhouse
Courtenay | <http://www.bisquerestaurant.ca/> | 250-334-8564
- White Whale Restaurant & Pub—international, seafood
Courtenay | <http://whitewhalecourtenay.ca/> | 250-338-1468
- Il Falcone—Italian
Courtenay | <https://www.ilfalcone.ca/> | 250-871-7770
- The Prime Chophouse & Wine Bar—Turf-n-Surf
Courtenay | <http://theprimechophouse.com/> (250) 871-7292

Weather

The Comox Valley enjoys temperate weather year round: summer temperatures average 22C (72F) and rarely reach 30C (86F), while winter temperatures rarely fall below freezing. Although annual precipitation averages 1,179mm (46.42 in), almost 80% of this falls between October and March, mainly as rain rather than snow. The result is dry, sunny summers, and mild, wet winters.

Local Media

Local FM radio stations: CKLR 97.3 | CFCP 98.9

Comox Valley Record

(250) 338-5811 <http://www.comoxvalleyrecord.com/>

My Comox Valley Now—The Goat

<https://www.mycomoxvalleynow.com/news/>

Community News, Arts and Culture

CV Collective

www.cvcollective.ca | <https://www.facebook.com/CVCollectiveMag>

Free lifestyle magazine covering arts, culture, sport and recreation focused in and around the Comox Valley

Comox Valley Art Gallery

<https://www.comoxvalleyartgallery.com/>

A public art gallery featuring contemporary, experimental and applied art by regional, national and international artists presenting contemporary art issues and practices.

Newcomer Groups

Comox Valley Newcomers Club

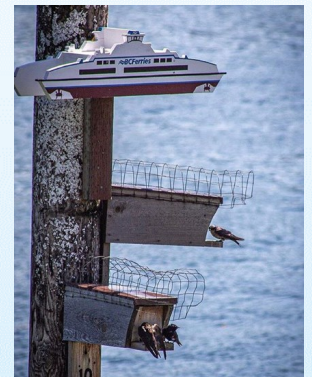
<http://www.cvnewcomers.net>
<https://www.facebook.com/groups/comoxvalleynewcomers/>

A social club open to women who have resided in the Comox Valley for less than two years. Monthly meetings offer interesting topics and speakers as well as opportunities to sign up for activities and meet other women new to the area. A Newcomers' Alumnae Association has formed: <http://www.cvnewcomersalumnae.com/>

Volunteer Comox Valley

(250) 334-8063 <http://www.volunteercomoxvalley.ca/>

Helps connect people of all ages with volunteer opportunities in the area. Their website also includes a volunteer directory where you can search for current volunteer opportunities available in the local area. You can also register as a volunteer on the website.



:: WORK ::



ACUTE CARE INFORMATION *Continued...*

Comox Valley Hospital

101 Lerwick Road, Courtenay, BC V9N 0B9

Phone: (250) 331-5900 ext. 65500

Website: <https://www.islandhealth.ca/our-locations/hospitals-health-centre-locations/north-island-hospital-comox-valley>

Site Director	Chief of Staff	Admin Support
Cathie Sturam	Dr. Phil Luke	Annette Moore
		ext. 65214

Privileges & Credentialing

♦ **For full privileges:**

Contact: Credentialing_Office@viha.ca

Visit the Island Health Medical Staff website for more information (<https://medicalstaff.islandhealth.ca/organization/medical-academic-affairs/credentialing-and-privileging>)

♦ **For PowerChart-only access:**

Contact: MOApowerchart@viha.ca

What is where in the Hospital:

Level 0

- | | |
|------------------|-------------------|
| ♦ Administration | ♦ MDRD |
| ♦ Health Records | ♦ Morgue/ Autopsy |
| ♦ Food Services | ♦ Staff Gym |

Level 1

- | | |
|---------------------------------|---|
| ♦ Central Registration | ♦ Wellness Outpatient Procedures |
| ♦ Emergency Medicine & Overflow | ♦ Ophthalmology Clinic |
| ♦ Outpatient Lab | ♦ Ostomy |
| ♦ Rehabilitation | ♦ Wound Care |
| ♦ Medical Imaging | ♦ Adolescent Outreach Services |
| ♦ Wellness Centre | ♦ North Island Eating Disorders |
| ♦ Medical Daycare | ♦ Psychiatric Collaborative Care Clinic |
| ♦ Cancer Care | ♦ Geriatric Specialty Services |
| ♦ Diabetes Education | ♦ Public Café |
| ♦ Outpatient Nutrition | |
| ♦ Telehealth | |
| ♦ Ophthalmology Clinic | |

Level 2

- | | |
|-------------------------------------|---|
| ♦ Obstetrics, Maternity, Pediatrics | ♦ UBC Dept of Family Medicine – Strathcona Site |
| ♦ ICU | ♦ Level 3 |
| ♦ Operation Rooms / Bookings | ♦ Medical / Surgical |
| ♦ Lab | ♦ Level 4 |
| ♦ Bio-Medical Engineering | ♦ MHSU – Inpatient |
| ♦ Doctors' Lounge | ♦ Transitional Care Unit |
| ♦ UBC Simulation Lab | |

Level 3

- ♦ Medical / Surgical

Level 4

- ♦ MHSU – Inpatient
♦ Transitional Care Unit

Emergency Department Physicians

- | | | |
|-----------------------------------|-----------------|-------------------|
| ♦ Jennifer Laurence, Medical Lead | ♦ Phil Luke | ♦ Esther Stubbs |
| ♦ Albert Houlgrave | ♦ Lara Matemisz | ♦ Davina Kraubner |
| ♦ Charles Huisamen | ♦ Johan Nel | ♦ Louis Huisamen |
| ♦ Louise Young | ♦ Steve Jones | ♦ Catherine Hagen |
| ♦ Patricia Murphy | ♦ Sarah Scott | ♦ Sean Nixon |
| ♦ Aaron Fitzpatrick | | |
| ♦ Graeme Bock | | |

CVH Laboratory

- ♦ Open Monday-Friday 6:30am-5pm
- ♦ Open Saturday 9am-1pm
- ♦ Closed Sunday

Medical Day Care Booking

- ♦ For outpatient IV treatments, transfusions, etc. FP needs to fill out the MDC form
- ♦ Signed consent form required for blood transfusions

Medical Imaging

- ♦ CT & x-ray scan
- ♦ Nuclear Medicine
- ♦ Ultrasound
- ♦ Breast Imaging (booking)
 - ⇒ Hospital Outpatient X-Ray hours Mon-Fri 7:30am-6:30pm; Sat 8am-4pm; Sun & Holidays Closed
 - ⇒ Private MRI scanner (Comox Valley MRI)
 - ⇒ Public MRIs done in Comox Valley Hospital

Rehabilitation

Hospital Physiotherapy / Occupational Therapy

- ♦ Order “REHAB TO ASSESS” for inpatients. This will allow the team to assess patient’s therapy needs and assist with discharge planning.
- ♦ OT is available for patients with arthritis, CTS, tendinitis and tendon injuries, walker boots, braces and splinting etc. (not for spine or knee braces – use community orthotist).
- ♦ Outpatient physio available for knee and hip replacements.
- ♦ Outpatient OT available for hands and stroke treatment.
- ♦ **Post-stroke Rehab Unit** - is at Nanaimo Regional General Hospital. Complete Referral form.

COMMUNITY MEDICINE—Medical Officer of Health

- Dr. Charmaine Enns (250) 331-8591

UBC Dept of Family Medicine

The Strathcona Site is our local Family Medicine Residency teaching site. Residents are placed with preceptors in the Comox Valley and Campbell River and are involved in Comox Valley Hospital care.

Director: Dr. Peter Gee | **Coordinator:** Pam Blake pam.blake@familymed.ubc.ca

ACUTE CARE INFORMATION *Continued...*

Information Technology and Support

Island Health Intranet is the source for much hospital info, e.g. GP / House Doctor /Specialist call schedules, pharmacy information, etc. Login obtained through Medical Admin upon approval of hospital privileges.

The Intranet can be accessed through Cerner “Powerchart” or through an Internet Explorer while at the hospital or remotely. <https://intranet.viha.ca/nihtransition/Pages/default.aspx>

Pharmanet

Provincial medication database administered by MoHS. Lists all patient medications dispensed by BC Pharmacies.

Psychiatry

Includes both in-patient and out-patient services and has a strong liaison with Island Health Mental Health and Substance Use (MHSU) Services in the community.

Includes psychiatrists specializing in geriatric, adult and child and adolescent care as well as general practitioners with sub-specialties in psychiatry.

PICU (Psychiatric Intensive Care Unit)

For patients detained under the Mental Health Act in secure conditions, who are in an acutely disturbed phase of a serious mental disorder which does not allow safe management in a general open acute ward.

Adult Outpatient Services

Wellness Center, Comox Valley Hospital.

Adult Group Therapy Program (AGTP)

The Adult Group Therapy Program (AGTP) is for adults 19 years of age and older. The AGTP serves those struggling with mood disorders, anxiety disorders, personality disorders, trauma, chronic pain, grief and loss and interpersonal difficulties. The AGTP is primarily a group program with 1:1 support offered as needed. The interdisciplinary team includes Nurses, Psychiatric Nurses, Social Workers, Occupational Therapists and Clinical Counsellors as well as a consulting Psychiatrist.

Adolescent Outpatient Services

Located in the Wellness Centre, this service provides individual and family therapy and education, to prevent or shorten time spent in the Inpatient Psychiatric Unit. It is for clients 14 to 18 years of age requiring assessment and treatment of psychiatric disorders such as depression, anxiety, eating disorders, or thought disorders. The service can provide psycho-education, counseling, and therapy to adolescents and their families.

The therapeutic team includes registered nurses and or registered psychiatric nurses, and consulting psychiatrists. The service offers a 6 session stress and depression management group in conjunction with the Ministry for Children and Families.

Addiction Services

Contact Mental Health & Addictions Services - North Island, 941 England Ave, Courtenay, BC. V9N 2N7.

The group program is offered for people 19 years and older to introduce them to available services and supports.

Rapid Assessment Discharge Unit (RADU)

An observation where patients with short expected stays (<24 hours) are actively managed to improve discharge times using Island Health’s standardized RADU clinical order sets for all patients. The patients are managed by an ED physician during the evening/overnight period, with a physician managing the day-time hours.

Hip & Knee Centre

The clinic is a central referral point. No surgeons work in the clinic directly. Patients are assessed by the Nurse Navigator and a PT. The clinic sees hip-Arthroplasty and knee-Arthroplasty both elective only.

The clinics DOES NOT see Emergent/Urgent, WCB, Revision of Previous Replacements, Non-surgical (injections, bracing, interventions or arthroscopies, Paediatric Patients, nor patients with chronic or genetic conditions with existing relationship with a specific



- ◆ There is a hospital policy regarding avoiding dangerous abbreviations
- ◆ Blood Transfusions - Signed consent form required
- ◆ Post-stroke Rehab Unit is in Nanaimo Regional General Hospital. Complete Referral form.

COMOX VALLEY CLINICS — Family Practice

Courtenay

Cottage Medical

559 6th Street

Phone: 250-338-1391 | Fax: 250-338-2385

- Kimberly Cameron
- Nancy MacPherson
- Stephen Matous
- Laxman Pradhan

Courtenay Medical Associates

1350 England Ave

Phone: 250-334-4411 | Fax: 250-338-1245

<http://www.cmassociates.ca/>

- Amitabh Bakshi
- Peter Gee
- Graham Hatlelid
- Desmond Konway
- Jonathan Reggler
- Adam Thompson
- Rishad Usmani

Courtenay Medical Clinic

788 Grant Ave

Phone: 250-334-2445 | Fax: 250-334-2642

- Tanja Daws
- Olga Lamykina
- John Law
- Robert (Darryl) Macleod
- Kevin Swanson

Crown Isle Clinic

300-444 Lerwick Road

Phone: 250-338-1333 | Fax: 250-338-0605

<http://www.thecrownisleclinic.com/>

- James Ingrey
- Sharmeen Mazaheri
- Karen Nishio-
- Lucia Ma
- Sand Russell-Atkinson

Fifth Street Family Practice

519G 5th Street

Phone: 250-338-2182 | Fax: 250-703-1431

- Andre Brais
- Janet Green
- Rachel Mckenzie
- Nancy McFadden

Ginger Goodwin Medical Clinic

Unit 19, 1599 Cliffe Avenue

Phone: 250-871-3626 | Fax: 778-647-2003

NOTE: Will be relocating to Cumberland early 2020

- Alsoon Brine
- Stephen Fox
- Lindsay Stephenson
- Charuka Maheswaran

Southwood Medical

1700-2751 Cliffe Avenue

Phone: 250-334-2212 | Fax: 250-334-2213

<http://www.southwoodmedical.ca/>

- Laura Bell
- Kirsten Emmott
- Asmaa Abdulkader
- Adewale Ganiyu

Wave Crest Medical Clinic

106-382 Lerwick Road

Phone: 250-871-3411 | Fax: 250-871-3415

<http://www.wavecrestmedicalclinic.com>

- Scott Mankletow
- Sara Sandwith
- Suzanne Watters
- Itta Winter

Courtenay Continued...

ValleyCare Medical (250) 331-0500

Unit E, 310, 8th Street

Phone: 250-331-0500 | Fax: 250-331-0553

[Website: http://valleycaremedical.ca/](http://valleycaremedical.ca/)

After hours walk-in/urgent care: Washington Park Medical Clinic

- Marcus Langhans
- Tyler Falk
- Samantha McRae
- Stuart Gray
- Janice McLaughlin
- Marika Galik
- Stephen Nap
- Janice McCallum
- Matt Robertson
- J. Fortier & M. Gagnon, NPs

Comox

Comox Medical Clinic

Suite 100-1695 Comox Avenue

Phone: 250-339-2266 | Fax: 250-339-0985

<http://www.comoxmedicalclinic.com/>

- Doug Anderson
- Dustin Falk
- Brad Harris
- Ed Howard
- Michael Neufeld
- Tsveta Nikova
- Rick Potter-Cogan
- Maria Smit

Highland Medical Clinic

Suite 107C-1966 Guthrie Road

Phone: 250-890-0919 Fax: 250-890-0929

- Jennifer Cortez
- Daria Davyduke
- Carol Galway
- Patricia Johnson
- Glenn Kisman
- Johann Nel
- Trevor Shoesmith
- Theresa Wilson

Port Augusta Family Practice

Units 5&6, 215 Port Augusta St, Comox

Phone: 250-941-1194 | Fax: 250 941 1193

<https://www.portaugustaclinic.com/>

- Dani Hawley
- Alex Nataros
- Sarah Olson
- Ewan Roddie
- Rachel Drury

Sea Cove Medical Clinic

201-1757 Beaufort Avenue, Comox

Phone: 250-339-5335 | Fax: 250-339-1898

<http://www.seacovemedicalclinic.com/>

- Bonnie Bagdan
- Eva Hemmerich
- Jonathon Kerr
- Stacey Hoselton
- Carol Ostry

Town Circle Medical

101B -1771 Comox Avenue, Comox

Phone: 250-339-5780 | Fax: 250-339-5785

- Lissa Bensen
- Colin Bullock
- Dan Wainberg
- Lauren Baerg

White Wave Medical Clinic (250) 941-3344

202-1757 Beaufort Avenue, Comox

Phone: 250-941-3344 | Fax: 1-888-797-4695

<http://www.whitewavemedical.com/>

- Genevieve Allen
- Annalaine Grobler
- Daniel Lewis



♦ Family Physician and other specialist on-call schedules can be found on the Island Health intranet under Clinical Resources. Log on is required.

COMOX VALLEY CLINICS

Denman Island

Denman Island Clinic

3351 Piercy Road, Denman Island

Phone: 250-335-2260 | Fax: 1-866-887-5719

<http://hornbydenmanhealth.com/medical-clinics/denman-clinic/>

- Stephen Malthouse - Ron Wilson

Hornby Island

Hornby Island Community Medical Clinic

1855 Sollans Road, Hornby Island

Phone: 250-335-3036 | Fax: 250-331-8632

- Laura Chalfin - Barbara Froehner-Bulmer

Walk-in Clinics

Washington Park Medical Clinic

Superstore, 2nd Floor -757 Ryan Road, Courtenay

Phone: 250-334-9241 | Fax: 250-897-0225

<http://www.walkinmedicalclinic.com>

Note: Affiliated with Valley Care Medical Centre

- Daniela Chifor - Shannon Jones
- Shannon Marshall - Mandy Ruthnum
- Alfredo Tura

Comox Valley Medical Clinic

3199 Cliffe Avenue, Courtenay

Phone: 250-898-0202 | Fax: 250-334-1597

Website: <http://www.jacknathanhealth.com/>

- Paul Herselman - Louis Huisamen
- Schalk Lombard - Megan Spring

Health Connections Clinic

A primary care clinic providing team-based health care for individuals of all ages who do not have a physician, and who have complex care needs, socio-economic needs, and challenges connecting to a medical clinic. Offers longer appointment lengths with multiple team members to better address complex needs.

Located in the Comox Valley Nursing Centre

615 10th Street, Courtenay

Phone: 250-331-8502

Phone for current hours

Pathways.ca is a... password protected, on-line specialist referral tool developed by physicians for physicians and their staff and provides:

- ⇒ referral information, including wait times, areas of expertise, accepting/not accepting patients status, contact information;
- ⇒ local and province-wide **community service listings**.
- ⇒ notification of specialist and clinic updates;
- ⇒ physician resources, patient info, referral brochures

Pathways is free for participating specialists and Comox Valley Division members.

COMOX VALLEY DIVISION INITIATIVES



Primary Care Network (PCN) & Patient Medical Home (PMH)

The Comox Valley is a first wave PCN community. At the same time, a project has launched to support PMH initiatives at the clinic level.

Perinatal Care Initiative

Through Shared Care's Partners in Care initiative, the Division is collaborating with Perinatal Services BC on an extensive project to assess maternity care needs in our area and create solutions to address some of the gaps. Contact Jacquie Kinney jkinney@divisionsbc.ca

Mental Health Support In Primary Care

In partnership with Island Health, the Division supports the role of a Health Consultant (HC) in primary care clinics. The HC provides in-clinic coordinated care to low-moderate complex patients. For more information, contact Catherine Browne cbrowne@divisionsbc.ca.

Residential Care Initiative (RCI)

Local family physicians who include long-term care in their practice can participate in the RCI which aims at improving patient and provider experience and reducing unnecessary hospital transfers. For more information, contact Lyndsey Jennings ljennings@divisionsbc.ca.

Recruitment and Locum Coverage

The Division provides support to physicians with practice advertising, candidate support, and locum coverage efforts. Locum coverage requests are sent to local and out-of-town locums monthly. Support and coordination is offered for locum availability. Contact the Recruitment Coordinator for more information comoxvalleyrecruitment@divisionsbc.ca.

Central Referral Mechanism (CRM)

The CRM assists patients with complex needs and/or age 70+ in finding a family physician. Referrals can be made from community agencies, Comox Valley Hospital departments, and walk-in clinics.

Doctor of the Day Program (DoD)

The Division supports the Doctor of the Day program (Unassigned Inpatient Program) at the Comox Valley Hospital. For more information, contact Dr. S. Matous comoxvalley@divisionsbc.ca.

Walk With Your Doc (WWYD)

Family physicians promote the health benefits of walking by participating in walks in Courtenay and Comox.

Emergency Preparedness

To help ensure everyone in the Comox Valley gets the care they need, the Comox Valley Division has developed a detailed emergency response plan.

Aboriginal Health

The Division supports opportunities for improved collaboration regarding First Nations health issues and increased cultural awareness in our health care community.

Language Services

Telephone-based language interpretation is provided free-of-charge by the Division to family physician and other specialist members.

COMMUNITY RESOURCES

For more information on available community resources, visit the Division's website <http://divisionsbc.ca/comox-valley/resources>

AMBULANCE SERVICES

Local 911 service. 911 response fee is \$50, fee is \$80 (if transported).

AUDIOLOGY

- ◇ Island Health Pediatric Audiology Clinic (250) 339-6543 / (250) 338-6555
- ◇ Connect Hearing (Courtenay) (250) 338-7978
- ◇ Beltone (Comox) (250) 339-1180, (Courtenay) (250) 334-4044
- ◇ Gordon Hearing (Comox) (250) 941-8378
- ◇ BCCA - British Columbia Cancer Agency - Vancouver Island Centre (Victoria) 1-800-670-3322

CHILD AND YOUTH SERVICES

- ◇ Child/Adolescent Psychiatry
- ◇ Child and Youth Mental Health Intake.
Patient / families may self-refer. 250 334 5820
- ◇ Comox Valley Child Development Association
<https://valleychild.ca/>
- ◇ Comox Valley Family Services
<http://comoxvalleyfamilyservices.com/resources.html>
- ◇ CDA Infant Development Program – includes:
 - ◇ Speech and Language Development assessments.
 - ◇ Physical Therapy, OT programs (250) 338 4288
 - ◇ Autism programs

COMOX BAY CARE SOCIETY

Operates the Care-A-Van, a volunteer-run mobile health clinic serving the homeless. Provide nursing, GP, dental, denture, pharmacy and optometry services. careavan@telus.net.

COMOX VALLEY SOCIAL PLANNING SOCIETY

<http://cvsocialplanning.ca/>

CONTINUING MEDICAL EDUCATION locally is sponsored by Island Health and the Division.

CV TRANSITION SOCIETY

Lilli House Shelter: Safe shelter, counselling and support for female victims of abuse and their children. Provide Detox and Supportive Recovery for women. Access via Crisis Line – (250) 338-1227

EVERYWOMAN'S HEALTH CENTRE

#210-2525 Commercial Drive, Vancouver, www.ewhc.ca (604) 322-6692

HAND CLINIC (250) 850.2664

Campbell River Hospital - provides treatment and splints for hand and upper extremity injuries including WorkSafeBC Hand Program.

HEAD INJURY ASSOCIATION (250) 339-9225

HEART FUNCTION CLINIC

Assistance with management of CHF
Campbell River (250) 850-2193 fax (250) 850-2935

LONG-TERM CARE HOMES

- ◇ The Views at St. Joseph, Comox
- ◇ Glacier View Lodge, Courtenay
- ◇ Comox Valley Seniors Village, Courtenay
- ◇ Cumberland Lodge, Cumberland
- ◇ Cummings House, Courtenay
- ◇ Home and Community Care Services (Island Health)
 - ◇ Central Intake a) Family Physician fax line (250) 331 8569; b) General intake fax line 1-877-754-2967
 - ◇ Includes:
 - Home Nursing care, Long Term Care Assessments, Rehab Services, Social Work
 - Home Support assists with personal care - dressing, bathing, showering, grooming, hygiene, medication assistance. Does not cover meal preparation or housecleaning
- ◇ Private Home Care Companies:
 - ◇ Nurse Next Door – Courtenay – (250) 336-8606
 - ◇ OmniCare for People at Home – (250) 890-7535
 - ◇ We Care – Courtenay – 1-888-334-8531

HOSPICE

Comox Valley Hospice Society www.comoxhospice.com (250) 339-5533/ Supports individuals/families with end-of-life issues.

JOB SHOP— Community Services Directory

Comprehensive social health determinant-focused resources.
<http://ceas.ca/Directory/>

LABS

- ◇ St. Joseph's Lab (250) 339-1451, Mon-Fri 730am-4pm, Sat 9am–3pm
- ◇ St Joseph's Courtenay Lab (at Cliffe & 14th) (250) 890-3042 Mon-Fri - 730am-3pm
- ◇ Cumberland Health Centre (250) 331-8510 2696 Windermere Ave - Mon-Fri - 0730-1100
- ◇ Lifelabs (250) 334-4745, 12-1599 Cliffe Ave, Courtenay | Mon-Fri - 0730-1600, Sat 0730-1130

LUSH VALLEY FOOD ACTION SOCIETY

<http://www.lushvalley.org/>

MATERNITY / MIDWIFERY

- ◇ Primary Care Obstetric Services is a group of Family Physicians in the Comox Valley providing prenatal, labour and delivery care. They accept referrals from primary care physicians in the community and are happy to provide care starting in the first trimester. (<http://divisionsbc.ca/comox-valley/our-impact/maternal-health/maternity-care-pathway>)
- ◇ "Right from the Start" Program is an Island Health Public Health program for pregnant women, new mom's, babies and children. Visit <http://www.rightfromthestart.viha.ca> to register.

MIDWIFERY

- ◇ Cedar House Midwives (formally Comox Valley Midwifery - The Birth Tides Clinic) <https://www.cedarhousemidwives.com/>
- ◇ Plum Midwifery <https://www.plummidwifery.com/>

MEAL ASSISTANCE

- ◇ Meals on Wheels 250 339-2625
- ◇ Valley Home Meals - 250 331-8522

COMMUNITY RESOURCES *Continued...*

MEDICAL EQUIPMENT

- ◇ Red Cross Loan Cupboard - crutches, canes etc. (250) 334-1557
- ◇ The Home Medical Shop – (250) 338-0903
- ◇ Crutches / braces may be rented from some community pharmacies

COMOX VALLEY MENTAL HEALTH AND SUBSTANCE USE

(ISLAND HEALTH) 941C England Ave, Courtenay V9N 2N7.

Phone 331-8524; fax 331-8525. Serves adults aged 19 and above.

Services Include:

- ◇ Intake – assessment; consultation; connection of individuals with the most appropriate service MHSU team or community resource; connection to crisis services (accessed via St. Joseph's Hospital).
- ◇ Substance Use Outpatient Treatment - individual and group forms of support and treatment; education, support and treatment for clients and families; linking clients to other appropriate services.
- ◇ Substance Use Outreach (ICMT) - an inter-disciplinary, outreach team that practices from a harm reduction, strengths based philosophy and partners with individuals who are actively using substances.
- ◇ Withdrawal Management Service (formally SAIN) – withdrawal management (social detoxification); screening and assessment; brief intervention. Contact via phone: 250-339-1573 or pager: 250-703-9102 (during office hours only).
- ◇ ACSS – case management for adults with severe and persistent mental illness.
- ◇ ASTAT – short term individual therapy; group psycho-education; psychiatric assessment; connecting individuals to other appropriate services.

Please see also Adult Group Therapy Program on page 10.

CRISIS LINE (Public)

- ◇ 1-888-494-3888

POSITIVE WELLNESS NORTH ISLAND LIVER SERVICES

- ◇ 1 877 215-7005. Provides information and treatment services to patients with chronic liver disease e.g. Hep C.

NURSING - CV NURSING CENTER (250) 331 8502

VIHA services include:

- ◇ Pain Assessment and Management Service
- ◇ Eating Disorders
- ◇ Health Library
- ◇ Support Groups, etc
- ◇ Health Connections Clinic (See page 13 - Clinics)

NUTRITION

Dietician Services. Fax form to (250) 339 1439.

Phone (250) 890 3022.

OPT – OPTIONS FOR SEXUAL HEALTH

961 England Avenue, Courtenay (250) 331-8572 Drop-In clinics Tues 6-8

pm, Thurs 4-6 pm. Services include reduced cost contraception,

emergency contraception, pregnancy tests, education, options

counseling and referrals, HIV, STI testing, Hep B immunization, PAPs,

physical exams <http://www.optionsforsexualhealth.org>

ORTHOTICS / FOOT CARE

Includes spine / knee braces and foot orthoses

- ◇ BD Mitchell - Comox (250) 339 2262
- ◇ SOS Orthotics - Comox (250) 339 5852

Foot Care

- ◇ Feet First (250) 338 1702, (250) 335 2349.
- ◇ This Little Piggy Foot Care Services (250) 792 3885
- ◇ Happy Soles Foot and Nail Care
- ◇ Paul Kurucz, Podologist (250) 871 2279 or (250) 871 6484

PHARMACARE PHYSICIANS LINE FOR SPECIAL AUTHORITY

- ◇ 1-877-657-1188

PRENATAL CLASSES (PUBLIC HEALTH NURSING)

- ◇ (250) 331-8520

PSYCHOLOGISTS /COUNSELLING (PRIVATE)

- ◇ Strathcona Counseling – Courtenay (250) 338-0311
- ◇ Grunberg-Patterson Counseling – Comox (250) 339-3269
- ◇ Pacific Therapy and Counselling - Courtenay (250) 338-2700

PUBLIC HEALTH

Comox Valley Health Unit (250) 331-8520 961 England Avenue, Courtenay, V9N 2N7. Offer routine immunizations and Prenatal Classes

QUITNOW SERVICES

Smoking Cessation program <http://www.quitnow.ca> 1-877-455-2233

ROYAL CANADIAN AIR FORCE RESOURCE CENTRE - COMOX

The Comox MFRC provides information to families with special needs & responsibilities on what is available in the community. This website lists resources related to a variety of special needs and disabilities issues.

<http://www.familynavigator.ca/index.php/bases/content/comox>.

SALVATION ARMY SHELTER

Pidcock House, 632 Pidcock Ave, Courtenay (250) 338-2533

SENIORS SERVICES

See page 14 for Long-Term Care resources

- ◇ Island Health Geriatric Outreach Program (250) 339-1440 Geriatric Psychiatry and Geriatric Medical services are available through this program. The team assists with seniors with:
- ◇ Complex medical or psychiatric problems.
- ◇ Cognitive / functional assessments of seniors in their homes.
- ◇ Assistance is provided with the management of seniors with dementia or behavioural symptoms.
- ◇ Facilitate transition to Assisted Living, Residential Care/ Complex Care
- ◇ Arrange Respite Care for easing caregiver burden.
- ◇ A Seniors Health Referral form (VIHA) must be faxed to
- ◇ (250) 339-1529.
- ◇ Senior Peer Counseling (250) 334-9917
- ◇ Evergreen Seniors Club—For ages 55+ years, \$20 annual fee. Under the direction of the Courtenay Recreational Association, the club provides a wide range of activities and programs at the Florence Filberg Centre in downtown Courtenay.
- ◇ Lifeline (250) 338-4255
- ◇ HandiDart service (for patients not capable of using public transit) (250) 339-5442

COMMUNITY RESOURCES *Continued...*

SLEEP APNEA - OVERNIGHT OXIMETRY/CPAP

- ◇ Pacific Sleep Care www.pacificsleepcare.ca (250) 334-0789

SPEECH PATHOLOGY

- ◇ Island Health Pediatric Speech Services (250) 338-6555
- ◇ Cathy Silversides (250) 792-3466

TRAVEL MEDICINE

- ◇ Travel Medicine & Vaccination Centre www.tmvc.com | (250) 244 1044

TRANSITION TOWN

- ◇ <http://transitiontowncv.org/>

THE F.O.R.C.E CHILD, YOUTH & FAMILY MENTAL HEALTH AND SUBSTANCE USE SERVICES ORIENTATION GUIDE

- ◇ <http://www.forcesociety.com/resources>. Information guide services in the area.

VALLEY CHILD

- ◇ <https://valleychild.ca/>. The new Early Years project connects parents, caregivers and service providers in the Comox Valley with tools and resources to help kids find success. It's put together by local early years specialists.

VANCOUVER ISLAND COMMUNITY CONNECTIONS

- ◇ Online directory of services for people with developmental disabilities (Community Living BC, The Job Shop, Triumph Vocational Services, Community Living Resource Centre) – <http://www.vicc.cc>

WORKSAFE BC

- ◇ <http://www.worksafebc.com>. Courtenay office (250) 334-8701. Nursing clinic is available through Home and Community Care referral.

Current, Comprehensive Community Service Listings... are available on Pathways.ca—a password protected, on-line specialist referral tool developed by physicians for physicians and their staff and provides:

- ⇒ current and accurate referral information, including appointment wait times, specialist areas of expertise, accepting/not accepting patients status, and contact information;
- ⇒ local and province-wide **community service listings**. These resources are current, comprehensive, and easily searchable.
- ⇒ brief homepage notification of specialist and clinic updates;
- ⇒ regularly refreshed physician resources, patient info, referral brochures, Shared Decision aides

Pathways is free for participating specialists and Comox Valley Division members.



EXTENDED HEALTH SERVICES

Massage Therapy

Comox

- ◇ BodyWorx - (250) 339-5540
- ◇ Bowyer Massage Clinic – (250) 339-3444
- ◇ Coastal Physiotherapy – (250) 890-9142
- ◇ Comox Valley Therapeutic Massage – (250) 339-9912
- ◇ Guthrie Acupuncture – (250) 339-3394
- ◇ Harbourview Therapeutic Massage – (250) 339-2233

Courtenay

- ◇ Brenda Hall - (250) 334-8854
- ◇ Comox Valley Acupuncture - (250) 334-3630
- ◇ Jennifer Crichton – (250) 218-3065 Rehabilitation in Motion (RIM) - (250) 334-9670
- ◇ Joanie Chestnut - (250) 331-0994
- ◇ Summit Massage - (250) 897-3431
- ◇ W Studio Massage Therapy Clinic - (250) 792-3575

Cumberland

- ◇ Integral Balance - (250) 336-8284

Psychiatrist

- ◇ Coastal Mental Health Services offers 30 years of private practice experience in Vancouver. Please fax referrals to 1 604 222-2045 or phone 1 604 222-2083 for further information.

Acupuncture

Comox

- ◇ BodyWorx Physio (250) 339-5540
- ◇ Coastal Physio & Sports Rehabilitation (250) 890-9142
- ◇ Guthrie Acupuncture

Courtenay

- ◇ Dr. Barb Fehlau (250) 898-0202
- ◇ Serenity Acupuncture (Hsiu-Chen Lin) (250) 871 8899

Psychologists/Counselling (Private)

- ◇ Strathcona Counselling – Courtenay (250) 338 0311
- ◇ Grunberg – Patterson Counselling – Comox (250) 339 3269
- ◇ Pacific Therapy and Counselling - Courtenay (250) 338-2700

Physiotherapy

Comox

- ◇ Ascent Physio (250) 339-1039
- ◇ BodyWorx Physio (250) 339-5540
- ◇ Coastal Physio & Sports Rehabilitation (250) 890- 9142
- ◇ Comox Physio (250) 339-6221

Courtenay

- ◇ Courtenay Physio (250) 338-8754
- ◇ Gentle Hands (Jennifer Bird) – (250) 897-0010
- ◇ The Joint - (250) 331-1200
- ◇ Rehabilitation in Motion (RIM) – (250) 334-9670.

COMMUNITY PHARMACIES

Receive Pharmacy Communication Tip Sheet!

To reduce the amount of faxes with pharmacies visit the **Member Resources** section of the Division website <http://divisionsbc.ca/comox-valley>. Complete the Physician Profile for Pharmacy Communication to ensure you get the info you need, in the format of your choice.

When: Strategies to avoid unnecessary faxes:

Urgent Issues

Pharmacist needs clarification for urgent prescription errors/clarifications	Physicians can ensure personalized preferences are followed by completing the Physician Communication Profile. Pharmacists will tailor communication to the preferences you identify on the profile.
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Non-Urgent Issues

Prescriptions are available in different strengths	Helpful if physician includes all strengths/doses on prescription
Physician discontinues a prescription	Handwritten notes from physicians are required by pharmacists for discontinued prescriptions
Homebound/Palliative Patients	Notify pharmacist
Physician completes Narcotics prescription	Pharmacists can support the patient counselling process if physicians Provide copy of narcotics contract to pharmacist (with patient approval) By calling Pharmicare, patients can be restricted to specific pharmacy to prevent abuse
Physician requires Prescription Changes	Clarification faxes will be prevented if physician indicates that it is a change on prescription and identifies urgent prescription changes
Recall Intervals	Specify recall intervals (e.g. 30 vs 90 days)
Special Authority (SA)	Potential to access Pharmicare and Blue Cross - Call 1 800 663-7100 to request copy of Special Authority Status

Pharmacies & Direct Lines

Comox

- ◇ Drug Store at John's Independent Grocer – (250) 339-6626
- ◇ Medicine Shoppe – (250) 339-5050
- ◇ Comox Pharmasave - (250) 339-9879
- ◇ Comox Rexall – (250) 339-2235
- ◇ Shoppers Drug Mart – (250) 890-9327

Cumberland

- ◇ Cumberland Pharmacy (250) 331-8510

Oyster River

- ◇ Bridge Pharmacy 1-778-420-4311

Courtenay

- ◇ Costco Pharmacy – (250) 331-8700
- ◇ Living Room Pharmacy – (250) 338-5665
- ◇ London Drugs – (250) 703-2838
- ◇ Physician direct (250) 703-2395 (Offers 24 hour BP testing.)
- ◇ Courtenay Rexall – (250) 334-2481
- ◇ Superstore – (250) 334-6935
- ◇ Walmart Pharmacy – (250) 898-8955
- ◇ People's Pharmacy - (250) 334-9311
- ◇ Courtenay Pharmacy – (250) 871-8405
- ◇ Thrifty's – (250) 331-5101
- ◇ Shoppers Drug Mart – (250) 334-3134

****Note** – Shoppers Health Care Portal provides access to useful web tools for doctors – DrugCoverage, Best Practices BMJ, LexiComp, patient handouts etc – requires registering at www.shoppershealthcareportal.org

Safe Opioid Prescribing Algorithm

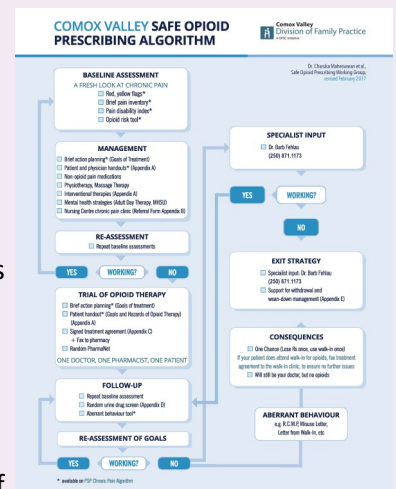
... is a community-wide algorithm that supports the safe and effective management protocol of chronic non-cancer pain through optimal opioid prescribing practices. Utilizes a protocol with pharmacies for the prescription of opioids by faxing a treatment agreement to pharmacies with the focus of

“one pharmacy, one physician, one patient”

To access this algorithm and resources you must be a member of the Comox Valley Division of Family Practice. The toolkit can be found on the member-restricted website.

Contact the Division for more information

(comoxvalley@divisionsbc.ca).



◆ Physician direct contact information has been removed from this document to protect privacy. Please contact the Comox Valley Division of Family Practice for further assistance.

::: PLAY :::



THINGS TO DO IN THE COMOX VALLEY

Hikes and Trails

Seal Bay Regional Nature Park

There are a number of trails at Seal Bay park. The trail to the beach is moderate with a considerable slope. The hill seems quite tame when going down, but on your way back up you will notice the long gradual incline. From the parking lot to the beach the main trail is somewhere around 1km each way.

MacDonald Wood

Located just minutes from central Comox, MacDonald Wood Nature Park is a 9 acre conservation area ideal for a nice stroll in the woods. The trails are well groomed and lead from the corner of Balmoral and Croteau Rd down to the shoreline.

Number 6 Mine

Located in Cumberland with Access from Dunsmuir Ave, Derwent Ave, and First Street, the #6 Mine Memorial Park contains a short 0.5 km dirt / stone & brick trail. This park was originally owned by the Union Coal Company which opened back in 1898.

Rotary Riverside Trail

The Rotary Riverside trail travels alongside the Puntledge River. The trail is about 1 km long and does contain some stairs.

Wildwood Interpretive Forest

Wildwood Forest is a large 682 acre nature park located between Burns & Piercy Roads. Trails connect with Piercy, Wildwood, Forest Hill, and Burns Rd. This park is a terrific place for a hike, mountain bike, or walk. The trails vary including active logging roads and an old rail grade.

Northeast Woods

The Northeast Woods Conservation Area can be accessed from Noel Ave, Guthrie Road, Cape Lazo School, and Lazo Marsh Conservation Area. The short 1.5 km loop is part of a much larger trail system. This area has a rare ecosystem including second grown and mixed forest, meadows, wetlands, wildlife, and native trees, all located just minutes from downtown Comox.

One Spot Trail

Located North West of Courtenay, One Spot Trail is a 2nd growth forest containing a variety of tree types. A large variety of wildlife can often be found including black tailed deer, woodpeckers, wrens, chickadees, and aquatic life.

Paradise Meadows

Paradise Meadows at Mt Washington offer a number hiking levels. There are a number of trails ranging from easy to difficult, and from 3-4 km to 20km+.

Nymph Falls

In the winter Nymph Falls Nature Park is a raging high current river. In the summer the waters calm down considerable and this beautiful spot becomes a busy swimming hole for many. The leisurely walk from the parking lot is roughly 600 meters. Dogs are welcome, even off leash if kept under control. There is also a picnic area complete with a few picnic benches.

Mountain Biking

Anyone that loves to ride bicycles knows that living in Comox Valley is a lucky place to live. From technical downhill to comfortable cross-country trails and beach cruising, there are options for everyone.



Here are some websites with more information on trails and clubs:

Comox Valley Mountain Trail Biking (CVMTB)

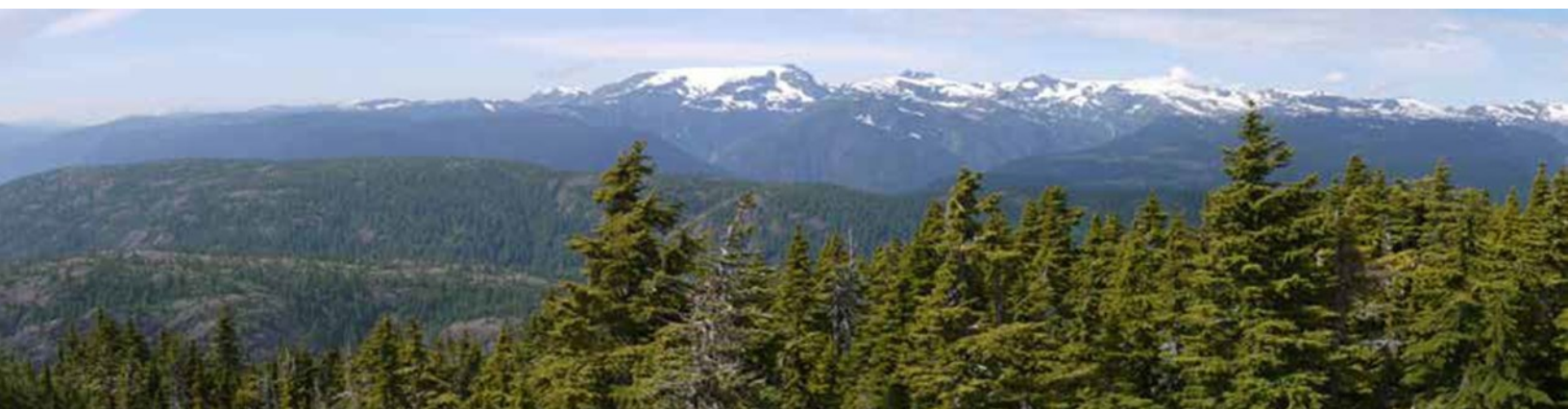
A website with all you need to know about Mountain biking in the Valley. <http://cvmtb.com>

United Riders of Cumberland (UROC)

Non-Profit Society that promotes and supports the local Mountain Bike Community in the Comox Valley. Holds Women's riding group - Wednesday night rides - all levels of experience welcome! <http://www.unitedridersofcumberland.com/>

Comox Valley Cycling Club

Non-profit cycling club located in the Comox Valley with the main focus of encouraging participation in the sport of Road Cycling through sanctioned road-races and time trials throughout the year and with an emphasis on Junior rider development. <http://comoxvalleycycleclub.ca/>



THINGS TO DO IN THE COMOX VALLEY

Continued...

Skiing

Mount Washington Alpine Resort

Mount Washington Alpine Resort is located a half-hours drive from Courtenay and Comox. It offers world class downhill skiing and snowboarding, cross country skiing, snow shoeing, and snow tubing. <https://www.mountwashington.ca/>



Kayaking

Comox Valley Paddlers

The Comox Valley Paddlers Club brings together people who share an interest in paddling and outdoor recreation. All levels of paddlers welcome. <http://comoxvalleypaddlers.ca/>

Comox Valley Kayaks & Canoes

Whether you are a beginner, an expert, or somewhere in between, they have the expertise to help you get on the water - with a lesson, a boat rental, or a boat purchase. <http://www.comoxvalleykayaks.com>



Sailing

Comox Bay Sailing Club

<http://comoxbaysailingclub.ca/>
A not for profit organization that promotes competitive and recreational sailing in

dinghies and keelboats in the Comox Valley. The Comox Bay Sailing Club operates an all ages Sail Canada certified sailing school that is active throughout the spring, summer and fall.

Social Clubs

Comox Valley Sports and Social Club

The Comox Valley Sports & Social Club offers adults a variety of recreational sports leagues, tournaments and social events that get people out of the house and having fun. <http://www.comoxvalleysports.ca/>

Visit a local Vineyard

40 Knots

Cellar Tasting Lounge Hours: Tuesday to Sundays & Holidays 11:30 a.m. to 5:30 p.m.
<http://www.40knotswinery.com/>

Beaufort Winery

Thursdays – Saturdays from noon till 5 (May 14th - Aug 29th).
<http://www.beaufortwines.ca>



Dance Companies

Pantuso

<http://www.pantusodance.com/>

Valley Dance

<http://www.valleydancecentre.ca/>

Laurie Tinkler School of Dance

<http://www.laurietinkler.com/>

Triple Heat Dance

<http://tripleheatdance.com/>

Adult Choirs in Comox Valley

Celebration Singers

<http://www.celebrationsingers.ca/>

Just in Time Vocal Jazz Choirs

<http://www.justintimevocaljazz.ca/>

Letz Sing

<http://www.letsing.com/>

Choral Valley

<http://www.choralvalley.ca/>

Island Voices Chamber Choir

<http://www.islandvoiceschamberchoir.bc.ca/>

Performing Arts

Sid Williams Theatre

250.338.2430 | <http://sidwilliamstheatre.com>



:: CONTACT US ::

For Division administration, committee involvement or general enquiries:

- ♦ Janet Brydon, Executive Director
jbrydon@divisionsbc.ca
- ♦ Judy Darby, Executive Assistant
jdarby@divisionsbc.ca

For recruitment, retention or community support:

- ♦ Lyndsey Jennings, Recruitment Coordinator
comoxvalleyrecruitment@divisionsbc.ca

If you are a member of the Comox Valley Division of Family Practice visit the Members section for more information and resources.

To find out more about our initiatives and resources, visit the Comox Valley Division of Family Practice website at: <http://www.divisionsbc.ca/comox-valley/>

