



:: WORK :: LIVE :: PLAY ::



Campbell River & District
PHYSICIAN WELCOME PACKAGE

*Orientation Information for New Physicians
to the North Island*



Campbell River and District
Division of Family Practice
A GPSC initiative

WELCOME TO CAMPBELL RIVER & DISTRICT!

This brochure has been created to be used as an interactive document, embedded with countless links to webpages and resources for your convenience.

You are welcome to keep this printed resource, however please view www.divisionsbc.ca/campbell-river-district/practice-play or email campbellriver.admin@divisionsbc.ca if you would like to view the regularly updated, media-rich document.

Enjoy!

Campbell River - Fisherman's Wharf



We honour and express our gratitude for living and working on the traditional territories of the Coast Salish, Nuuchaltn, and Kwakwaka'wakw first peoples of Vancouver Island and surrounding islands.

Campbell River & District

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WELCOME TO CAMPBELL RIVER & DISTRICT!

The following is information you may find useful as a new Family Physician (FP) in Campbell River and District. This information 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 families. The guide is divided into three sections: Live, Work, and Play. *Please note that while we do our best to keep the information current, we do not guarantee 100% accuracy.*

About the Campbell River & District Division of Family Practice

The Campbell River & District Division of Family Practice (Division) was formed in August 2013 and is a local non-profit society of community-based primary care physicians.

The Division represents general practitioners in the communities of Campbell River - South to Oyster River, North to Sayward, West to Gold River - and the Northern Gulf Islands Quadra and Cortes. It also supports GPs doing in-hospital care.

The Division provides an opportunity for specific projects, initiatives, and continuing education that support the needs of our physicians. It also allows physicians to work collaboratively with Island Health, the General Practice Services Committee, and community to identify health care needs in the local community and develop solutions to meet those needs. Island-wide and provincially, Divisions work together to ensure that general practice and family medicine remains strong and gets the attention it deserves. All general practice physicians working in the Campbell River & District area are welcome to join.

Visit the [website](#) to join!

OUR VISION

*An engaged network
of family physicians
driving quality primary
care reflective of our
community*

Division Programs

Doctor of the Day (DOD) Program

The Division organizes the Doctor of the Day program (Unassigned Inpatient Program) at the Campbell River Hospital. This program supports any patients from out of town or whose FP does not have hospital privileges. Remuneration is provided for those on the DOD call schedule. For more information on this program please [email here](#).

Long Term Care Initiative (LTC)

Several physician leads and care facilities meet monthly around quality improvement related to LTC. The Division supports the scheduling of an on-call group and LTC payment incentives. For information on this program please [email here](#).

Patients Needing MRPs

Campbell River Division and District of Family Practice keeps an up to date list of physicians taking patients. This list can be found on [FETCH](#), the [division website](#), and is emailed to clinics monthly.

Physician Seeking Locums

If you are looking for a locum or would like to locum please contact the Division at: (250) 286-7100 Ext. 67208, or via [email](#). Please note that the Division offers support with advertising, however locum coverage is not always available.

Recruitment, Retention, or Succession Support

For any inquiries around recruitment, retention, or succession planning please contact the Division's office at (250) 286-7100 Ext. 67208 or [email here](#).

Projects

The Division supports many projects and initiatives and we are always looking for involvement and input from our members. Please [visit our website](#) for more information or [contact us directly](#).



The background is a scenic landscape featuring a calm lake reflecting the surrounding environment. In the distance, there are rugged mountains with patches of snow under a clear blue sky with a few wispy clouds. The middle ground shows a steep, rocky mountain slope covered in dense evergreen forests, with some snow patches visible. The foreground is dominated by a large, white, stylized silhouette of a person wearing a suit and tie, positioned on the left side of the frame. The overall atmosphere is serene and majestic.

WORK

*Campbell River & District
is a great place to...*

**complete your residency
start your practice
enjoy a quality work/life balance
buy a home
raise a family...**

OUR MEDICAL COMMUNITY

Acute care is provided at the North Island Hospital – Campbell River Campus, operated by Island Health. Our hospital services patients from all of the North Island and outlying islands.

The Campbell River Campus houses 95 acute care beds, including:

- 72 In Patient beds
- 6 Intensive Care beds
- 7 Telemetry
- 7 LDRP (Labour, Delivery, Recovery & Post-Partum) and Aboriginal Maternal Health
- 3 Pediatrics

Additional rooms/bays/procedural spaces include:

- 4 Operating Rooms
- 12 Surgical Daycare
- 10 Post-Anesthetic Recovery Rooms (PARR)
- 5 procedure rooms
- 7 Chemo
- 7 Medical Daycare
- 29 Emergency
- University of British Columbia (UBC) Academic Teaching Space

ACUTE CARE INFORMATION

North Island Hospital - Campbell River Site

Campbell River Hospital Website

375 2nd Avenue, Campbell River, B.C. V9W 3V1
(250) 286-7100

Site Director

Chris Rozema
(250) 286-7100 Ext. 67204

Administrative Support

Andrea John
(250) 286-7100 Ext. 67211

Site Medical Director & Chief of Staff

Dr. Dieter de Bruin
(250) 286-7100 Ext. 67205

Privileges & Credentialing

Email here for Credentialing for PowerChart access with hospital privileges

Email here for PowerChart access without hospital privileges

Email here to request PowerChart access for MOAs. *Please note that information Sharing Agreements have to be signed before access is granted for MOAs.*

Island Health Links

[Island Health Medical Staff Onboarding](#)

[Island Health Medical Staff Rules](#)

[Island Health Medical Staff Bylaws](#)

[Island Health Most Responsible Practitioner \(MRP\) policy](#)

Internal phone list

Please [click here](#) for any changes.

Mail box

Located in the Physician lounge (2nd Floor)

Please [email here](#) or call (250) 286-7100 Ext. 67211

NEED A FORM?

All requisitions can be found on the Vancouver Island Health Intranet [here](#).

Getting to know Campbell River's Hospital

Physicians Lounge

Located on the 2nd floor room west of ICU. Espresso, snacks, information boards and sleeping rooms. To obtain a mail box in the physician lounge please call (250) 286-7100 Ext. 67211 or [email here](#).

Map of Hospital

[Click here for the printable PDF](#)

Level 0 - Administration is where you can find the Division of Family Practice, office #5

NIH Campbell River Campus Internal Directory

[Click here for the printable PDF](#)

Locums

Locums need to identify themselves as such and ensure they include a copy to the patient's MRP or home clinic on all requisitions so that the patients MRP will get the results of the exam.

All Physicians are required to include their printed name, signature, and billing number on the requisitions to ensure that the correct physician (and no one else) get the results of their patient's exam.



Re: ADA

There is a hospital policy regarding [Avoiding Dangerous Abbreviations \(ADA\)](#).



Hospital Rounds Presentations

Campbell River offers rounds every Wednesday morning in the hospital meeting rooms. For information on these and other Island Health Rounds presentations please go to our [CME calendar of events](#).

If you would like to present at rounds please contact Dr. Duncan Douglas at (250) 203-9370 or [email here](#).

Information Technology & Support

Island Health Intranet is the source for hospital information, e.g., GP on Call (Doctor of the Day – DOD), Specialist call schedules, pharmacy information, etc.

Access and login information is obtained through the medical administration upon approval of hospital privileges. Access Intranet through Cerner “Powerchart” or through Internet Explorer while at the hospital.

Emergency Department

ER Physician Lead

(250) 286-7100 Ext. 67407

Crisis Nurse

(250) 286-7100 Ext. 67159

Located in the Emergency Department

Aboriginal Liaison Nurse

(250) 286-7100 Ext. 67305

Located in the Wellness Center

Home and Community Care Liaison Nurses

(250) 286-7100 Ext. 67214/67215

Located in Administration Level 0

Seniors Nurse Consultant

(250) 286-7100 Ext. 67216

Located in Administration Level 0

New Rural Physician CME Program

Rural Education Action Plan's (REAP) New Rural Physician CME Program makes funding available for new rural physicians to attend rurally-relevant events. Physicians must be in their first two years of practice in BC and have a formal commitment to practice in an RSA Community.

This program provides funding for events such as the upcoming RCCbc Rural Health Conferences and courses including ACLS, CARE, HOUSE and many more.

To learn more about this new program and to see a full list of approved events, please visit the [website](#) or [email](#).

CRG Laboratory

Monday-Friday – 06:30-17:30

Saturday – 09:00-14:00

Sunday and Statutory holidays –
Closed

Lab Test Data Base

Excelleris

There are two forms that need to be filled out by physicians.

1. **Island Health form**

For us to keep track of the distribution preference for each provider

2. **Excelleris form**

For Excelleris when a provider wants Excelleris delivery

Both forms can be returned via [email](#) and Island Health can engage with Excelleris on the provider's behalf to expedite requests.

Medical Imaging

- CT & X-ray scan
- Nuclear Medicine
- Ultrasound
- Breast Imaging (booking)
- [Medical Imaging Preparations](#)

Hospital Outpatient X-Ray

- Private MRI scanner (Comox Valley MRI)
- Public MRIs done in Campbell River Hospital

Medical Daycare (MDC)

MDC is an outpatient clinic that provides medical interventions, as well as minor procedures for patients who require non-emergent infusions, transfusion and medical Procedures. [Find forms here](#).

Pharmacy

- (250) 286-7100 Ext. 67293
Fax (250) 286-7130
- Antimicrobial Stewardship Pharmacist, Michelle Stewart: #67281 or Cell (250) 204-1586
- IV Admin Office #67294
- Chemotherapy #67295

Pharmanet

[Provincial medication database](#) administered by MoHS (Ministry of Health Services) lists all patient medications dispensed by BC Pharmacies.

Rehabilitation

Rehab Department

The Rehab department (including Physio Therapy, Occupational Therapy (OT), and Speech language pathology) is located on the main floor of the hospital, across from the gift store.

The department services:

- Post-surgical and conservative management for issues with hands, including the WorkSafeBC Hand Therapy program.
- Pre-surgical teaching for hip and knee replacement patients
- Post-surgical therapy
- Occupational therapy for people with complex neurological disorders, such as multiple sclerosis (MS), Parkinson's, Amyotrophic Lateral Sclerosis (ALS), and post- stroke therapy.

Program Fees

Fees may apply for patients requiring a splint or brace. The specific amount depends on the type of appliance required.

Out Patient Hours:

Monday – Friday 08:00 – 15:30
Telephone: (250) 286-7163
Fax: (250) 286-7116

Inpatient Physio Therapists and Occupational Therapists are available for inpatients 7 days a week from 08:00-15:30.

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 *Orthopedist*)
- Outpatient physio available for knee and hip replacements
- Outpatient OT available for hands and stroke treatment
- Post-stroke Rehab Unit is in Nanaimo Regional General Hospital, CRG Rehab department will send referral.
- Hand Clinic - Available at the Campbell River Hospital. Provides treatment and splints for hand and upper extremity injuries including WorkSafeBC Hand Program. (250) 286-7163

Mental Health and Addictions

Campbell River Mental Health and Substance Use

MHSU website here

207-1040 Shoppers Row
Campbell River, B.C. V9W 2C6
(250) 850-2620

Services are available to adults, typically 19-65 years of age, concerned about their own or someone else's mental health or substance misuse.

Services may include:

- Assessment
- Treatment
- Referral
- Psychiatric Consultation
- Medication Assessment & Management
- Educational & Therapy Groups
- Individual & Group Counselling
- Case Management
- Supported Work/Job Coach Programs
- Social & Leisure Programs
- Life Skills Learning Programs
- Family Support
- Community Education & Consultation
- Drop-in programs and walk-in services

Click [here](#) to download the intake and referral form.

Youth Services

The Foundry

Foundry website here

140 10th Avenue
Campbell River, B.C. V9W 4E3
(250) 286-0611

The Campbell River Foundry provides safe, non-judgmental care, information and resources, and work to reach young people (12-24 years) earlier – before health challenges become problematic.

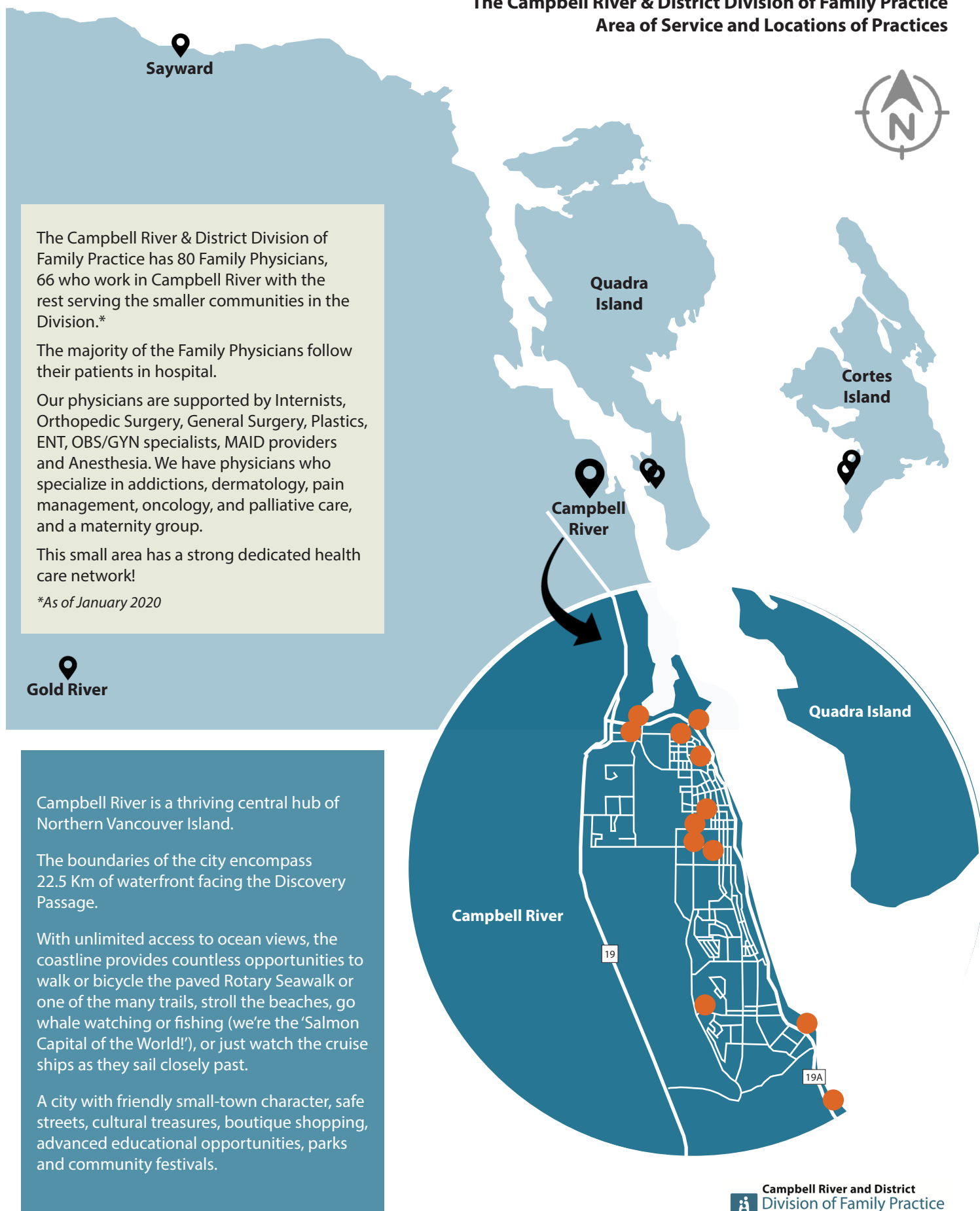
Foundry brings health and social services together in a single place to make it easier for vulnerable youth to find the care, connection and support they need.

Services may include:

- Mental health care
- Substance use services
- Primary care
- Social services
- Youth and family peer supports
- Sexual Health
- LGBTQ
- Transgender Care



The Campbell River & District Division of Family Practice Area of Service and Locations of Practices



FAMILY PRACTICE CLINICS IN CAMPBELL RIVER & DISTRICT

City of Campbell River



ALDER MEDICAL CLINIC

(Offers walk-in clinic hours at same site)

Phone: (250) 287-7441

Fax: (250) 287-4384

277 Evergreen Road
Campbell River, B.C.
V9W 5Y4



MOUNTAIN VIEW MEDICAL CLINIC

Phone: (250) 914-7830

Fax: (250) 914-7840

111A Dogwood Street
Campbell River, B.C.
V9W 2Y8



THE BRIDGE MEDICAL CLINIC

(offers walk-in clinic hours)

Phone: (778) 420-0200

Fax: (778) 420-0202

2207F Glenmore Road
Oyster River, B.C.
V9H 1E1



CEDAR STREET MEDICAL CLINIC

Phone: (250) 914-4322

Fax: (250) 914-4323

480 - 10th Avenue
Campbell River, B.C.
V9W 4E3



QUINSAM MEDICAL CLINIC

(by appointment)

Phone: (250) 286-0601

Fax: (778) 418-3881

280 – 1400 Dogwood Street
Campbell River, B.C.
V9W 3A6



NORTH ISLAND MEDICAL CLINIC

Phone: (250) 286-1334

Fax: (250) 286-1317

1405 Spruce Street
Campbell River, B.C.
V9W 7K1



DISCOVERY WALK-IN CLINIC

(located within Walmart)

Phone: (250) 850-4505

Fax: (250) 286-1180

1477 North Island Highway
Campbell River, B.C.
V9W 5Y4



QUINSAM WALK-IN CLINIC

Phone: (778) 418-3888

Fax: (778) 418-3881

102 – 801 Hilchey Road
Campbell River, B.C.
V9W 0B8



DOGWOOD MEDICAL CLINIC

Phone: (877) 208-5423

Fax: (877) 208-5423

191B Dogwood Street
Campbell River, B.C.
V9W 6B9



RIVER CITY MEDICAL CLINIC

(located within Superstore)

Phone: (250) 287-2111

Fax: (250) 287-2444

1424 Island Highway
Campbell River, B.C.
V9W 2E3



HILLSIDE MEDICAL CLINIC

Phone: (250) 287-7708

Fax: (250) 287-3086

360 - 2nd Avenue
Campbell River, B.C.
V9W 3T9



SEAWATCH MEDICAL CLINIC

Phone: (250) 923-1189

Fax: (250) 923-8897

203 - 2276 South Island Highway
Campbell River, B.C.
V9W 1C3

FAMILY PRACTICE CLINICS IN CAMPBELL RIVER & DISTRICT

Rural/Remote



CORTES COMMUNITY HEALTH ASSOCIATION

Phone: (250) 935-6718

Fax: (250) 935-6721

947 Beasley Road
PO Box 59
Manson's Landing, B.C. V0P 1K0



GOLD RIVER HEALTH CENTRE

Phone: (250) 283-2626

Fax: (250) 283-7561

601 Trumpeter Drive
Gold River, B.C.
V0P 1G0



HARBOURSIDE MEDICAL CLINIC

(Quadra Island)

Phone: (250) 285-2265

Fax: (250) 285-2264

1 - 672 Plaza Road
PO Box 250
Quathiaski Cove, B.C.
V0P 1N0



QUADRA ISLAND MEDICAL CLINIC

Phone: (250) 285-3540

Fax: (250) 285-3549

654 Harper Road
Quadra Island
Mailing Address: Box 340
Quathiaski Cove, B.C.
V0P 1N0



SAYWARD PRIMARY HEALTHCARE CLINIC

Phone: (250) 282-3815

Fax: (250) 282-0040

601 Kelsey Way
Sayward, B.C.
V0P 1R0

WHAT IS PATHWAYS?

Pathways is a free online resource, supported by the Division, that allows GPs and their office staff to quickly access current and accurate referral information including wait times and areas of expertise for specialists and specialty clinics.

In addition, Pathways makes available hundreds of patient and physician resources that are categorized and searchable.

The design, implementation, and governance of Pathways has been and will continue to be entirely physician driven, and data within Pathways is only available to the physician community (and their staff), so you can be assured that the tool will always remain reflective of the needs of physicians.

The Key Goals of Pathways includes:

- Allow GPs to identify the most appropriate specialists for their patients.
- Better inform referrals by easily identifying specific areas of practice/procedures offered by a given specialist or clinic.
- Providing GPs with the most up-to-date information possible to ensure appropriateness of referrals.
- Decreasing the incidence of re-referrals and need for multiple referrals, thereby increasing the efficiency of patient care.

For more information, to sign up for Pathways, or to have a Division staff member come to your office for a tutorial, please [email here](#).



PHARMACIES AND DIRECT LINES

Pharmacare Physicians Line for Special Authority

1 (877) 657-1188

Campbell River

Evergreen Pharmsave (*Alder Clinic*)

(250)-287-3222

277 Evergreen Road, Campbell River, B.C.
V9W 5Y4

CR Health and Drug Store (*Joe's*)

(250) 286-4662

465 Mercroft Road, Campbell River, B.C.
V9W 6K6

London Drugs

(250) 286-7900

1400 Dogwood Street, Campbell River,
B.C. V9W 3A6

North Island Pharmacy

(250) 286-1771

1371 Cedar Street Unit A, Campbell River,
B.C. V9W 2W6

Pharmsave Willow Point

(250) 923-7311

101-2276 S Island Highway, Campbell
River, B.C. V9W 1C3

Save On Foods

(250) 286-1532

1400 Dogwood Street #400, Campbell
River, B.C. V9W 3A6

Shoppers Drug Mart (*Tyee Plaza*)

(250) 286-1166

1297 Shoppers Row, Campbell River, B.C.
V9W 2C7

Shoppers Drug Mart

(250) 923-1575

801 Hilchey Road, Campbell River, B.C.
V9W 0B8

Superstore

(250) 850-2730

1424 Island Highway, Campbell River, B.C.
V9W 2E3

Thrifty Foods Pharmacy

(250) 850-3585

1400 Ironwood Street, Campbell River,
B.C. V9W 5T5

Walmart Pharmacy

(250) 287-2372

1477 Island Highway, Campbell River, B.C.
V9W 8E5

Oyster River

The Bridge Pharmacy

1 (778) 420-4311

2207F Glenmore Road, Campbell River,
B.C. V9H 1E1

Quadra Island

Cove Pharmacy

(250) 285-2275

672 Plaza Rd, Quathiaski Cove, B.C. V0P
1N0



Shoppers Health Care Portal

provides access to several
useful web tools for doctors –
DrugCoverage, Best Practices
BMJ, LexiComp, patient
handouts etc. –

** Requires registering.*



DID YOU KNOW...?

The Tyee Club of British Columbia began in 1924 with a group of anglers who returned to Campbell River each year in pursuit of the elusive "Tyee" - a coastal Indian word meaning, "the chief", a Chinook salmon, 30 pounds or larger.

Tyee fishing here is different. Between July-September hundreds come to fish quietly in small, non-motorized row boats in the Tyee Pool off the Campbell River Spit. The rower will slip the boat into the currents and eddies of the pool, keeping a basic plug or spoon beating in the current.

The angler must stay focused on the action of the lure as it is felt in the hand as much as being seen by the beating of the rod tip. With the slightest change in the beat, the hook must be set, fast and hard.

If the fish is boated, and weighs 30 pounds or more, the catch is recorded and the angler becomes a registered member of the Tyee Club!

PHARMACY ASSISTANCE?

Details of considerations for urgent and non-urgent pharmacy issues [here](#).



Rock climbing on Quadra Island

COMMUNITY RESOURCES

FETCH (For Everything That's Community Health)

FETCH is a community health and social services resource with approximately 310 local resources listed. This website is for physicians, clinic staff and the general public.



Outpatient Services

For more information on outpatient services look under the hospital section of this booklet.

Assisted Living and Long Term Care

Community Health Services Office
1(866) 923-4988

Audiology Services

Island Health Pediatric Audiology Clinic

(250) 339-6543 / (250) 338-6555

Connect Hearing (Campbell River)
(250) 286-1146

Campbell River Hearing Clinic
(250) 914-3200

FOOT CARE

Orthotics

Campbell River Chiropractic
Website here
250-287-7429

Decompression and Laser Center
Website here
250-287-3113

Discovery Chiropractic
Website here
250-287-8487

Podiatrists

Click here for a list of local Podiatrists.

Custom bracing providers,

FETCH is a community health and social services resource with approximately 310 local resources listed. This website is for physicians, clinic staff and the general public.

Foot Care Nurses/Providers

A foot care nurse has specialized training in foot care. They work along with a team of health care professionals to provide the best care. Some foot care nurses can visit patients in home. Click here for a list of Foot Care Nurses.

Language Services

For telephone-based language interpretation, Provincial Language Services: 1 (844) 350-8224

Campbell River physician access code: 3969

Meal Assistance

Meals on Wheels
MOW website
(250) 850-2144

Medical Equipment

Red Cross
The Loan Cupboard provides crutches, canes, walkers, etc.
(250) 286-7721

Joe's Pharmacy
Joe's website
(250) 286-7371

**Crutches / braces may be rented from some community pharmacies*

Public Health

Health Unit
Campbell River Health Unit website
200-1100 Island Hwy Campbell River B.C
(250) 850-2110

Offer routine immunizations and Prenatal Classes.

Transportation

Ambulance/911 Services
Island Health website
911 response fee is \$50, if transported, fee is \$80.

If on income assistance or MSP Premium Assistance there is no charge.

HANDI-DART

Handi-Dart is an accessible door-to-door shared transit service for people with permanent or temporary disabilities that

prevent them from using fixed route transit without assistance from another person. (250) 286-3278

Medi-Van Services
(250) 389-0948

Medi-Van Canada is a non-emergency transportation company specializing in wheelchair and stretcher transports.

Wheels for Wellness

The Wheels for wellness Society provides transportation for residents of Vancouver Island to and from non-emergency medical appointments. (250) 338-0196

Travel Assistance Program (TAP BC)

The Travel Assistance Program (TAP) helps alleviate some of the transportation costs for eligible B.C. residents who must travel within the province for non-emergency medical specialist services not available in their own community. More information on the Program may be found on the Ministry of Health website.

Travel Information

Travel Medicine & Vaccination Centre
(250) 244-1044

Miscellaneous

BC Cancer Agency
Vancouver Island Centre (Victoria)
1 (800) 670-3322

Crisis Line (Public)
1 (888) 494-3888





LIVE

*Campbell River & District
is a great place to...*

**spend time outdoors
engage in First Nations culture
buy locally grown food
browse skilled artisans
attend arts and culture events...**



REAL ESTATE

Campbell River is growing every year and has a strong local economy.

The housing market includes family homes, strata complexes, apartments/condominiums, waterfront to acreages.

To view current listings please visit the Vancouver Island Real Estate Board Website.

RENTALS



Re: Rental Information

We have heard from physicians looking for accommodations that mentioning you are a physician helps secure a rental! Also, a number of the real estate companies rent and property manage for their clients.

Campbell River Division Short-term Rentals

These are listings for short-term rentals in Campbell River however; the owners may be open to longer term rental. Please contact owners directly for more information.

Campbell River Renters Facebook Groups

There are a couple of different renters closed Facebook groups which you can join. Within Facebook search for "Campbell River Rentals". These groups allow you to post want ads, discussion groups on renting, leasing, and the roles and responsibilities of a tenancy agreement.

Rentals on Craigslist

* Campbell River is listed under Comox Valley on Craigslist

Rentals on Kijiji

Rentals on Used Campbell River

SCHOOLS

School District 72 oversees all English public schools from kindergarten to grade 12.

French Immersion programs are available through some schools. Their website includes a listing of local schools and a district map to find a school near you.

School District 72

(250) 830-2300

info@sd72.bc.ca

For more information regarding alternative learning [click here](#).



School Registration

School registration starts in early February. It is important to contact schools early, particularly if you are considering French Immersion or you have a child with special needs.

School District 93

Conseil Scolaire Francophone De La Colombie-Britannique

CSF website [here](#)

(604) 214-2600 or toll free 1 (888) 715-2200

Conseil Scolaire Francophone De La Colombie-Britannique oversees all French schools from kindergarten to grade 12 throughout the province of British Columbia.

Campbell River's Francophone School

École Mer-Et-Montagne website

(250) 923-3359

The Francophone School offers education opportunities for children from kindergarten to grade 12.

COMMUNITY RESOURCES

Childcare Resources

Campbell River Area Family Network has many programs and can help you find childcare and services for children, including children with special needs.

The Division has a list of available occasional childminders should you require someone to mind your child while at Division meetings or physician events.

Please contact Sadie Mack at (250) 286-7100 EXT. 67208 for more information.

Public Services

Cable TV

Shaw Cable
(250) 923-8899

Hydro

B.C. Hydro
1 (800) 224-9376

Gas

FortisBC
1 (888) 224-2710

Telephone

Telus (within BC)
(250) 310-2255

City Services

The City of Campbell River website includes information on garbage, recycling and yard waste; property taxes and much more.

Community Events and Activities

Discover Campbell River

What's On Digest

Recreation

**Strathcona Gardens Recreation
Complex Ice Arena and Indoor Pool**
Rec. Centre
(250) 830-6777

Sportsplex

Campbell River Sportsplex
(250) 923-7911

Community Centre

Campbell River Centre
(250) 286-1161

Vancouver Island Regional Library

Campbell River's Library
(250) 287-3655

Transportation

BUS

Public Transit

Campbell River Transit System
(250) 287-7433

Island Link

IslandLinkBus provides passenger express bus service between most Vancouver Island points and BC Ferries' services at Nanaimo Departure Bay.

TAXI

Beeline Taxi

(250) 287-8383

287-Taxi

(250) 287-8294

AIRPORT

Campbell River Airport

250-923-5012

Comox Valley Airport

250-890-0829

Harbour Air Seaplanes Comox-Vancouver

1 (800) 665-0212

Shopping

Campbell River offers a diverse retail experience with malls that are home to big box stores and national chains, as well as one-of-a-kind shops and boutiques. If there is a specific store or gift you had in mind, please contact the Visitor Centre, they will be happy to assist you. 1 (877) 286-5705

Pier Street Farmers Market

The Pier Street Market is held every Sunday from May to September from 10:00am - 2:30pm at the Campbell River Pier/Maritime Heritage Centre parking lot. The market hosts vendors from the community and surrounds which boast a variety of homemade wares, arts and crafts, and fresh produce.

Willow Point Summer Market

Check the website to find dates and times for this market. Local artists, makers and small businesses all come out for this fun event.

Farmgate Sales

Many farms sell their products at their "gates." You can find them by driving down country roads, or you can find a list of farms in the Grower's Guide.

Restaurants

There are many great restaurants in Campbell River, from fine dining, ethnic, casual to the unique, including food trucks.

To find the right dining experience for you, visit the Discover Campbell River Website.

Weather

Campbell River enjoys a moderate and stable climate. The summers are warm and dry and the winters are mild making it easy to enjoy outdoor activities all year round.

Winter: -2.6 ° to 7.7 ° C

Spring: 0.4 ° to 16.6 ° C

Summer: 8.3 ° to 23.1 ° C

Autumn: 0.6 ° to 22.0 ° C

Local Radio Stations

88.7 FM Spirit FM

97.3 FM The Eagle

98.9 FM The Goat

99.7 FM 2DayFM

100.7 FM The Raven

104.5 FM CBC

News Outlets

Campbell River Mirror

(250) 334-4722

Campbell River Now

What's On Digest

Volunteer

Volunteer Campbell River

Volunteer Campbell River 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. (250) 287-8111

The background is a lush forest scene with a stream flowing over moss-covered rocks. A large white silhouette of a person is overlaid on the left side of the image. The text is positioned in the upper right and middle right areas.

PLAY

*Campbell River & District
is a great place to...*

watch the sun rise and set over the ocean

enjoy lake, river, and ocean watersports

walk old growth trails

ski with ocean views

have a beach fire on a warm evening

spend time with friends on a patio...

THINGS TO DO IN CAMPBELL RIVER

Hiking and Biking Trails

This area has great hiking and mountain biking trails, from a quick 10 minute walk to an all day excursion either on foot or bike. There are trails through the Beaver Lodge lands, the Canyon Trail along the Campbell River, or the Rotary Seawalk which extends from one end of Campbell River to the other. Also, only 50km from Strathcona Park, the oldest provincial park in BC.

For in-depth lists of trails, parks, outdoor activities, visit [Discover Campbell River](#).

Golf

Campbell River has two award winning golf courses – [Storey Creek Golf Course](#) and [Campbell River Golf and Country Club](#).

Kayaking, Canoeing, and more...

Kayaking and canoeing lakes in our area is very popular and you can paddle the Sayward Forest Canoe Route that encompasses 11 lakes and takes 4 to 5 days to complete.

If you would rather spend time on the ocean, paddling in the Campbell River area is second to none. Visit [Discover Campbell River](#) for a listing of kayaking and paddle boarding groups and tour groups. [Click here for a list of the local areas](#) that can be kayaked/canoed.

If you would like to try out a kayak before purchasing one, [Comox Valley Kayaks & Canoes](#) provides lessons and rentals.

Skiing

[Mount Washington Alpine Resort](#) is a year-round recreation destination located just 30 minutes south of Campbell River.

Over 1,700 acres and 505 vertical metres of alpine terrain, 55kms of cross-country skiing, and 25kms of snowshoeing trails along with a dedicated Nordic lodge, Tube Park and Fat Bike trails.

Summer fun at the resort offers a 2.3 kilometre ZipTour, lift-accessed mountain biking, quad bungee trampoline, scenic chairlift rides, disc golf, miniature golf, boardwalk chess and checkers, shopping and dining.



Boating

Campbell River is at the door step of some of the most spectacular boating on the west coast! With Discovery Island and Desolation Sound so close, you will want to spend your weekends unplugged and enjoying the scenery.

You will need your Pleasure Craft Operators Licence to be operating a boat on the water. Please note that as we are in some of the most dangerous waters around, it is advised that anyone new to this area should take the local Canadian Power Squadron Boating Course provided through [Ripple Rock Squadron](#).

Social Clubs | Networking Groups | Choirs | Dance

[RiverCity Players](#) is an 80 seat community theatre which hosts plays and other productions. (250) 914-0419

[The Tidemark Theatre](#) is a 467 seat performing arts venue. (250) 287-7465 tickets@tidemarktheatre.com

Campbell River has many business networking and social clubs, as well as adult & children activities and sports. A quick google search will provide you with links to the various opportunities.

Local Vineyards, Distillery, and Craft Breweries

[Beach Fire Brewing](#) (Campbell River)

[Shelter Point Distillery](#) (Campbell River)

[South End Winery](#) (Quadra Island)

[Beaufort Vineyard & Estate Winery](#) (Merville)

[Coastal Black Estate Winery](#) (Black Creek)

... In addition, there are many more great options of vineyards, distilleries, and craft breweries in the Comox Valley!

Whale, Wildlife and Scenic Tours, and Fishing Tours

We truly have some of the most fantastic and diverse tours available anywhere in the world!

You can scuba dive, swim with the salmon (in the Campbell River), go whale watching, Grizzly or Black Bear tours, helicopter, or a flightseeing/historical mail flight tour.

Many of the tour companies offer a wide range of adventures, including guiding sport fishing and charter companies – visit [Discover Campbell River](#) for a list of tour companies.

Museum and Aquarium

You'll likely want to pick up seasons passes for the [Campbell River Museum](#) and [Discovery Passage Aquarium](#). Both are great to visit frequently, host countless events throughout the year, and is always a highlight when entertaining out of town company.

The Division staff is here to help. For orientation, administration, committee involvement, or general enquiries please [contact us!](#)

Campbell River & District Division of Family Practice

Located on Level 0 of the North Island Hospital in Campbell River

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*All photos in this brochure have been taken within our Division area.
What a beautiful area we live in!*

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