

RESOURCES FOR WOMEN AND FAMILIES

with mental health and/or substance use challenges
in pregnancy and with babies up to 2 years of age

SUPPORT FOR ABORIGINAL/INDIGENOUS FAMILIES

ABORIGINAL EARLY YEARS (DROP IN PLAY GROUP)

T: 250 465 9944
Tuesdays & Wednesdays
9am to 11.45am at
Courtenay Elementary

K'OMOKS FIRST NATION PRECIOUS BEGINNINGS

Provides programs and supports in pregnancy and up to 2 years post natal.

T: 250 339 4545

UPPER ISLAND WOMEN OF NATIVE ANCESTRY (UIWONA)

Programs and services.

T: 250 334 9591

HUMMINGBIRDS

Games, toys, snacks and story-telling by Aboriginal Elders.
Open to all families and caregivers.

T: 250 338 7793
Monday mornings 10am
Wachiay Friendship Centre
1625 McPhee Ave, Courtenay

ABUSE AND VIOLENCE

TRANSITION SOCIETY

Counselling, Group Housing (Lilli House & Amethyst House).

T: 250 897 0511

RECLAIMING OUR LIVES

Free drop in program

T: 250 897 0511
Wednesdays 9am to 10.30am
625 England Ave, Courtenay

ANXIETY AND DEPRESSION

COMOX VALLEY MENTAL HEALTH AND SUBSTANCE USE

Drop in intake.

T: 250 331 8524
Monday to Friday 9am to 12pm
and 1pm to 3pm
(Wednesdays from 1pm to 2pm)
441C England Ave, Courtenay

PUBLIC HEALTH

Daily intake 8.30am to 4.30pm, 7 days a week

T: 250 331 8520
Call for a same day appointment
961 England Ave, Courtenay

PACIFIC POSTPARTUM SOCIETY

Telephone coaching for women and partners

www.postpartum.org
TF: 1 885 255 7999

CLINICAL COUNSELLORS

Private pay and Employee Assistance Program

For a list of clinical counsellors
www.bc-counsellors.org

EATING DISORDERS

NORTH ISLAND REGIONAL EATING DISORDER PROGRAM

Comox Valley Hospital
Adult patients can call
program therapist at
T: 250 331 5900 ext 65325

FEEDING

PUBLIC HEALTH NURSING

Breastfeeding drop in 10am - 12pm Thursdays
Call to make same day appointment

T: 250 331 8520
961 England Ave, Courtenay

GRIEF AND LOSS

GRACE BABY LOSS GROUP

Individual or group peer support

T: 250 334 7252
amanda@gracesupportgroup.com
www.facebook.com/
groups/960142050713265/

COMOX VALLEY HOSPICE SOCIETY

Free counselling for loss and grief

T: 250 339 5533

MOTHERING YOUR HEART

Facebook page

www.facebook.com/
motheringyourheart/

HOUSING

WACHIAY FRIENDSHIP CENTRE

T: 250 338 7793

INCOME RELATED FORMS

DISABILITY ALLIANCE BC

Advocacy Access Program

T: 1 800 663 1278

WACHIAY FRIENDSHIP CENTRE

T: 250 338 7793

NURSE NIGHTINGALE CONSULTING

Maggie St Aubrey RN, private pay

T: 250 339 3035

FAMILY CARE & SUPPORT

COMOX VALLEY FAMILY SERVICES - HEALTHY FAMILIES PROGRAM

Support for women and families from pregnancy to 6 years

T: 250 338 7575

COMOX VALLEY CHILD DEVELOPMENT AGENCY

T: 250 338 4288

MINISTRY OF CHILD AND FAMILY DEVELOPMENT

T: 250 334 5820

VALLEY CHILD guide to events and services for kids under 6 in the Comox Valley

www.valleychild.ca

NUTRITION

THE COMOX VALLEY FOOD BANK

T: 250 338 0615

WOMEN'S DROP IN LUNCH

At the Transition Society

T: 250 897 0511
Tuesdays 11.30am to 1.30pm.
625 England Ave

PARENTING SUPPORTS

PEER PARENTING SUPPORT

FORCE: Society for Kids Mental Health

T: 855 887 8004

PARENTING COURSES

Triple P Parenting at the Comox Valley Transition Society
Nobody's Perfect at Comox Valley Family Services

T: 250 897 0511
T: 250 338 7575

YOUNG PARENTS PROGRAM

Today N' Tomorrow Learning Society
Accessible to families completing high school or college

T: 250 338 8445

GRANDPARENTS RAISING GRANDCHILDREN

T: 250 338 4288
Mondays 10 to 11:30 am.
Comox Valley Transition Society
625 England Ave, Courtenay

COMOX VALLEY DOULAS

Provide labour support before, during and immediately after the birth of a baby.

www.comoxvalleydoulas.com

SUBSTANCE USE

COMOX VALLEY MENTAL HEALTH AND SUBSTANCE USE

Withdrawal management program, addiction services

EARLY RECOVERY PROGRAM

Referral (walk in, phone). No wait list.
Monday to Friday. Must be 24 hours sober.

T: 250 331 8524
Monday to Friday 9am to 12pm
and 1pm to 3pm
(Wednesdays from 1pm to 2pm)
441C England Ave, Courtenay

HEALTH CONNECTIONS CLINIC

@ the Nursing Centre
Includes Opioid Agonist Therapy (OAT) methadone, suboxone

T: 250 331 8502
To make an appointment
with a nurse. Drop in Monday,
Wednesday, Friday 1 to 4pm

TRANSITION SOCIETY

T: 250 897 0511

STEPPING STONES RECOVERY HOUSE FOR WOMEN

T: 250 897 0360

VANCOUVER ISLAND NORTH NARCOTICS ANONYMOUS

T: 1 844 484 6772

ALCOHOLICS ANONYMOUS

T: 250 331 8524

SLEEPING

PUBLIC HEALTH

Daily intake 7 days a week 8.30am to 4.30pm 7 days a week

T: 250 331 8520

Call to make a same day appointment

CARING FOR KIDS

CANADIAN PEDIATRIAC SOCIETY

www.caringforkids.cps.ca

ONLINE TOOLS AND RESOURCES

REPRODUCTIVE MENTAL HEALTH

Fact Sheets on reproductive phases and mental health
Self care modules

www.reproductivementalhealth.ca

PACIFIC POST PARTUM SUPPORT SOCIETY

Telephone and group support for women and partners

www.postpartum.org

ANXIETY CANADA

Resources and self help

www.anxietycanada.com

OPEN MIND BC

Resources and self help

www.openmindbc.ca

NOTES
