

KIDS COWICHAN

Family Resource Guide 2010



People, Programs and Places

www.cowichankids.ca

talk early,
talk often



because the first 6 years
are so important

Success By 6
Helping all children succeed for life.
www.successby6bc.ca

KIDS
COWICHAN
www.cowichankids.ca

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Dedication

This publication is dedicated to all of the caring people who take the time to share a smile or lend a hand, and especially to Mary Dolan and Florence James, Champions for Children who always remind us to “put children first” in all that we do.

Thank you all.



“I believe that belonging to a healthy community is of more value than material wealth.”

Mary Dolan



“Never be afraid to show your love.”

Florence James

Thanks to Art Studio 21 Photography for providing many of the photos in this guide.

www.artstudio21photography.com

Teach from your heart.

Helping Hands

Crisis Line

For persons in emotional crisis.
Phone: 250-748-1133

Helpline for Children (To report Abuse and Neglect)

Phone: 310-1234
mcf.gov.bc.ca/getting_help/help.htm

Kids Help Phone (Counsellors)

1-800-668-6868
www.kidshelpphone.ca

Alexander Family Resource Centre

Mother Goose; parenting classes; grandparents raising grandchildren group; supervised access; Harmony children's social skills group.
2471 Beverly Street, Duncan
Phone: 250-748-8281

Bellamy Learning Centre

216-80 Station Street, Duncan
Phone: 250-597-2298
Website: bellamylearningcentre.com

BC Healthy Kids Program - Ministry of Employment and Income Assistance

Helps low income families with the costs of basic dental care and prescription eyewear for their children. Eligible clients include dependent children under 19 years of age who receive MSP premium assistance through the Ministry of Health.
Phone: 1-800-663-7100
www.eia.gov.bc.ca/bchealthykids/

BC Housing

Provincial crown agency that develops, manages and administers a wide range of subsidized housing options for those in greatest need.
Phone: 1-800-787-2807
Website: www.bchousing.org

Chemainus Adult Learning Centre

9806 Willow Street, Chemainus
Phone: 250-246-3334
Website: www.studyowichan.ca

Clements Centre Children's Services

Child Development Team; Infant Development Consultants; Physical and Occupational Therapists; Speech and Language Pathologist; and, Family Resource Consultant.
5856 Clements Street, Duncan
Phone: 250-746-4135 ext 253
Website: www.clementscentre.org

Coast Salish Employment and Training Society

Coast Salish community development and partnership; education and training programs; childcare program.
201-5462 Trans Canada Highway
Phone: 250-746-0183 or 1-888-811-3919
Website: www.csets.com

Cowichan Adult Learning Centre

756 Castle Place, Duncan
Phone: 250-746-0277
Website: www.studyowichan.ca

Cowichan Career Resource Centre

Global Vocational Services
301-80 Station Street, Duncan
Phone: 250-748-9880
www.globalvocationalservices.com

Cowichan Family Life

Support and education for personal and family growth. Healing Anger; Personal Power and Self Esteem; Harmony for Kids; child and family counseling; supervised access; summer camp; free clothing; peer counseling and training; Mother Goose; community resource bus. Phone: 250-748-8281
Website: www.cowichanfamilylife.org

Cowichan Independent Living Centre

Supporting people with disabilities to have personal autonomy and to live as independently as possible, including information and services for housing. 321 Coronation Ave., Duncan
Phone: 250-746-3930
Website: www.civilrc.bc.ca

Cowichan Intercultural and Immigrant Aid Society

Services and support for new Canadians. Community bridging for families. 101-255 Ingram Street, Duncan
Phone: 250-748-3112
Website: www.cisduncan.ca

Cowichan Lake Community Services Family Resource Centre

Non-profit society provides programs and facilities to the people of the Cowichan Lake area, including: Positive Parenting; Circle Time Play Group; Lunch Bunch; KICK; FUSE Girls Group; FUN Factor; adventure trips; Youth Theatre; Employment Centre; counselling; supervised visits; Meals on Wheels; Office Service; Red Cross Loan Service; Facility use; Mini Bus; Work Experience and Volunteer Opportunities. 121 Point Ideal Road
Phone: 250-749-6822
Website: www.comserv.org



Cowichan Neighbourhood House Association

Community and family resources include: Social Afternoons all-ages drop-in; advocacy; job search; free store; workshops; library; events. 9796 Willow Street
Chemainus, B.C.
Phone 250-246-3203
Website: www.cnha.ca

Community Options Society (COS)

Supports parents, youth and children in making healthy choices and decisions by offering free counselling, mediation, independent living support, parenting courses and support groups. 200 Cowichan Way, Duncan
Phone: 250-748-0232
Website: www.coscowichan.ca

Cowichan Tribes Social Development

Provides financial support to adults and dependents that are unable to meet their basic needs. In particular, Social development: social assistance payments; guardian financial

assistance; National Child Benefit Supplement. Also provides programs for women and children; referrals; and resources.

5760 Allenby Road, Duncan
Phone: 250-748-3196

www.cowichantribes/memberservices

Cowichan Tribes Sustainable Housing Department

On-Reserve housing services for Cowichan Tribes members.

5742 Allenby Road
Duncan, V9L 5J1
Phone: 250-715-3302

www.cowichantribes.com/memberservices

Cowichan Valley Metis Nation

Education and training; resource centre; referrals; support workers in schools; support services; school cultural program.

156-D Government Street, Duncan
Phone: 250-746-6146

Website: www.vimn.ca

Cowichan Women Against Violence Society

Provides supportive environment for victims and children who have been affected by abuse. Somenos Transition House; Children Who Witness Violence; Horizons for Women; Safer Futures; Women Against Violence Against Women

103-255 Ingram Street, Duncan
Phone: 250-748-7000
24-hour crisis line: 250-748-7273
Website: www.cwav.org

Duncan Lions Housing Society

Rental units for low income families.

Phone: 250-748-1044
duncanlionsclub.com/housing.html

Employment Navigators Resource Centre

710 First Avenue, Ladysmith
Phone: 250-245-7134

www.employmentnavigators.com

Hiiye'yu Lelum House of Friendship Society

Aboriginal Friendship Centre that provides health, social, recreational and cultural services to promote individual, family and community self-reliance. These services address the needs and aspirations of Aboriginal people and focus on well-being within a cross-cultural context.

Family Support Worker Program; Addictions Program; Healthiest Babies Possible; Youth Centre; Healthy Children Healthy Futures; Family Fun Night; Homelessness Program; Families Growing Together; Youth Success Builder; Nobody's Perfect; Cowichan Community Kitchens; Treasure Box; Employment and Training.

106 - 5462 Trans Canada Highway
Phone: 250-248-2242

Website: www.hiiyeyu.shawbiz.ca

Kw'umut Lelum Child and Family Services and Programs

Kw'umut Lelum strives to help children and families to: 'uwu kws tu'sus (live in safety); remain in the care of the natural family, within their own Nation; participate in cultural activities that are in the best interests of the child; and operate programs that promote kw'am' kw'um' (strong) families.

Phone: 1-800-613-1777

Email: jwhite@kwumut.org

Ladysmith Resources Centre

Wide range of services and information. Website: www.lrca.bc.ca

721 1st Avenue
Phone: 250-245-3798

Lalum’utul’Smun’eem Child and Family Services (Cowichan Tribes)

Many programs and services for child safety and family support.
5766 Allenby Road, Duncan
Phone: 250-746-1002
Website: www.cowichantribes.com/memberservices (see children & families)

Legal Services Society (Legal Aid)

Duncan Courthouse (intake)
Tuesdays 9-12 & 1-4; Thursdays 9-12
Phone: 1-250-753-4396
Phone Intake: 1-866-577-2525
www.legalaid.bc.ca

Literacy Now Cowichan

756 Castle Place, Duncan
Phone: 746-0277
www.literacynowcowichan.com

M’akola Group of Societies

Provides subsidized rental housing for families.
26-3170 Gibbins Road
Phone: 250-746-1785
Website: www.makola.bc.ca

Military Family Resource Centre

The Esquimalt MFRC is a not-for-profit organization that offers programs and services to military families and support to deal with the unique challenges of the military lifestyle such as frequent relocation and frequent work-related separations.
24-Hour Information Line: 250-363-2640 (toll free 1-800-353-3329)
Website: esquimaltmfrc.com;
zerotothree.org/military; familynavigator.ca; kidshavestresstoo.org.

Ministry of Children and Family Development

Child protection, family support, foster care, child and youth mental health.
161 Fourth Street, Duncan
Phone 250-715-2896
Ladysmith Phone: 250-741-5444

Quw’utsun Syuw’entst Lelum’ Individual Opportunities Program

Employment Services (Cowichan Tribes)
5744 Allenby Road, Duncan
Phone: 250-715-1022
Website: cowichantribes.com

Red Cross Health Equipment Loan Program

2 – 5855 York Road, Duncan
Phone: 250-748-2111
Ladysmith Phone: 250-245-9791
Website: www.redcross.ca

Service BC

Birth certificates; child care subsidy; bcid cards; driver’s licences; legal services society; residential tenancy information; vital statistics; and other services.
5785 Duncan Street
Phone: 250-746-1400
servicebc.gov.bc.ca/locations/duncan.html

Service Canada

Maternity, parental and sickness benefits; social insurance numbers
1-800-206-7218
Child and Family Benefits/Services; Child Tax Benefit; Universal Childcare Benefit.
1-800-387-1193
211 Jubilee Street, Duncan
Website: www.servicecanada.gc.ca

Somenos Transition House

Emergency shelter and emotional support for battered women and their children.
Phone: 250-748-8544
Website: www.cwav.org

SPCA Society for the Prevention of Cruelty to Animals)

7550 Bell-McKinnon Road, Duncan
Phone: 250-746-4646
24-hour crisis line: 250-748-7273
www.sPCA.bc.ca/branches/cowichan

Students Helping Our Earth

Chemainus Secondary Students assisting in Habitat for Humanity projects.

Phone: 250-246-4711 (Janet)

Success by 6 Cowichan Valley

Contact: Cindy Lise
Phone: 250-748-5866
Email: cindy|successby6@shaw.ca

Warmland Womyn's Centre

Women gathering together to help women.
277 Craig Street, Duncan
Phone: 250-597-2881
Website: www.warmlandwomyn.ca

Yu' y'a' tul/Aboriginal Success by 6

Contact: Ada Mawson
Phone: 1-888-811-3919 / 250-746-0183
Email: ada.mawson@csets.com

Things to Do – Places to Go

B.C. Transit Duncan

Phone: 250-746-9899

handiDart

Phone: 250-748-1230

Parent & Child Activities Also see Community Centres

Circle Time Play Group

Drop-in program for parents/tots.
121 Point Ideal Road, Lake Cowichan
Phone: 250-749-6822
Website: www.comserv.org

Community Resource Bus

Free, mobile drop-in program for children 5 years old and younger and parent/caregivers. Toys, music, stories, games, arts and crafts, science discovery, snacks and more. Strong Start program; clothing and information. Call for schedule and locations.

Phone: 250-748-8281

Website: www.cowichanfamilylife.org

Dad's & Children Breakfast Drop-in - Sat.

Ladysmith Resource Centre Family House
12 Buller Street
Phone 250-245-3079

Eagles Nest Family Place

Chemainus Elementary School
A family place for parents/caregivers and children to get together for activities and play.
3172 Garner Street
Phone: 250-246-3588
Website: www.sd79.bc.ca

Family Fun Night - Hiiye'yu Lelum House of Friendship

Food and fun for families. Free program. Rides available.
106 - 5462 Trans Canada Hwy, Duncan
Phone: 250-748-2242

Fun Family Literacy Nights - SD79 & Duncan Mall Merchants

Second Friday each month - Oct. - May.; Games, stories, crafts, entertainment. Snacks and books provided.
Duncan Mall
Phone: 250-748-3936 ext 200
Website: www.sd79.bc.ca

Happy Friends - Iiyus Siye'yu

Free, fun music and movement program for children and caregivers incorporating the Hul'q'umi'num' language and local, Coast Salish cultural teachings.
Phone: 250-748-3936 ext 200

Healthy Beginnings

Drop-in for parents with infants and toddlers. Duncan Health Unit: Shawnigan Lake Rec Centre; Lake Cowichan Health Unit.
Phone: Rhoda 250-709-3050
Ladysmith Community Health Centre
1111 4th Ave.
Phone: 250-755-3388
Website: www.viha.ca

LAFF (Ladysmith Family & Friends) Family Frolics Drop-in Gym

Toddlers to 6 years.
Ladysmith Community Centre, 810 6th Ave.
Phone 250-210-0870

LAFF Family Resource Program (Ladysmith)

Parent/caregiver/child (0-5) drop-in
Aggie Hall, 1110 1st Ave.
Phone: 250-210-0870
Website: www.familyandfriends.ca

Learning Links - SD79

Supporting children from birth to age 8 and their families through Mother Goose, Happy Friends, Story Times, Whales Tales, Learning Centre, Strong Start, Plan and Learn, Ready Set Learn and Fun Family Literacy Nights.
Duncan Mall and district schools.
Phone: 250-748-3936 ext 200
Website: www.sd79.bc.ca

Little Eagles Stay and Play

Parent/caregiver and child program for children aged 0 - 4 ish. Stories and songs, creative movement, diaper gym, sensible snacks, make and paint.
Chemainus Elementary School
3172 Garner Street, Chemainus
Phone: 250-246-3588
Email: ccsa@sd79.bc.ca
Website: www.sd79.bc.ca



PALS - Parents as Literacy Supporters - School District 79

Adult and child participation program during kindergarten to develop literacy skills. Various Schools.
Phone: 250-748-3936 ext. 200
Website: www.sd79.bc.ca

Play and Learn - School District 79

Program for parents and children to introduce families to Kindergarten. Various schools
Phone: 250-748-3936 ext 200
Website: www.sd79.bc.ca

Mom, Dad and Me Playgroups

Chemainus United Church
9814 Willows Street
Phone: 250-246-2268
St. John's Anglican Church
295 Cobble Hill Road
Phone: 250-743-3095

Mother Goose

Parent Child Mother Goose is a free, magical group experience for babies, children (0 to 4 years) and their parents.
Phone: 250-709-3050
Bonnie Ladysmith Resource Centre Family House
Toddlers Group; Newborns Group
12 Buller Street
Phone: 250-245-3079

Parent/tot/child Programs

Parks and Playground Groups, Music Together, Gym, Little Carpenters, Kinder Cooking, Summer Days
Shawnigan Lake Community Centre
2804 Shawnigan Lake Road
Phone: 250- 743-1433
Website: www.cvrld.bc.ca

Ready, Set, Learn/School District 79

Drop-in education and health fair to help parents and preschoolers get ready for school.
Phone: 250-748-3936
Website: www.sd79.bc.ca



Sport Programs (Island Savings Centre)

2687 James Street, Duncan
Phone: 250-748-7529
Website: www.cvrld.bc.ca

Strong Start Early Learning Centres

Free drop in program for children 5 years and under with their parents, grandparents or caregivers. Healthy snacks, circle time, music, arts and crafts, games, guests and displays.

Bench Elementary School

Phone: 250-733-0720

Alexander Elementary School

2471 Beverly Street, Duncan
Phone: 250-748-3936 ext 207

Chemainus Community School

Phone: 250-246-3588

Khowhemun Elementary School

2918 Cliffs Road, Duncan
Phone: 250-746-7845

Koksilah Elementary School

5265 Boal Road, Duncan
Phone: 250-748-3138

Ladysmith Primary School

510 6th Ave.
Phone: 250-740-3516

Stroller Fitness (Cowichan Sportsplex)

Stroller Fitness for babies and parent/caregiver.

5847 Chesterfield Ave., Duncan

Phone: 250-746-5666

cowichansportsplex.com or fit4two.ca

Vancouver Island Regional Library (VIRL)

Early learning at the library for parents and children.

Babytime; Toddlertime ; Storytime. Call for most up to date schedules.

2687 James Street, Duncan

Phone: 250-746-7661

Website: www.virl.bc.ca

Storytime - VIRL Chemainus

2592 Legion Street

Phone: 250-246-9471

Storytime – VIRL Cowichan Lake

King George North

Phone: 250-749-3431

Storytime - VIRL Ladysmith

3 - 7401 First Avenue

Phone: 250-245-2322

Toddlertime - VIRL South Cowichan

310-2720 Mill Bay Road

Phone: 250-743-5436

Treasure Box - Hiiye'yu Lelum House of Friendship

Treasure Box is a free and fun way to help you and your children aged 0-5 to get ready for school. In each 2-hour session, parents and children read,

rhyme, make crafts, colour and enjoy a snack together. 106 - 5462 Trans

Canada Highway,

Phone: 250-748-2242

Wee Lakers Story Time

Drop-in Story time. Tuesday mornings 9:30-12.

Country Grocer, Lake Cowichan

Phone: 250-748-3936 ext. 200

Website: www.sd79.bc.ca

Whales Tales, Story & Playtime - SD79

Free drop-in program for children 0-6 and their families. Wed. and Fri. 10-2.

Duncan Mall

Phone: 250-748-3936 Ext. 200

Website: www.sd79.bc.ca

Young Naturalists Club

Explorer Days for children and families.

Phone: 250-746-6141 (Linda or John)

naturecowichan.net or ync.ca

Family Activities

Also see Community Centres

The Great Outdoors

Please visit www.cowichankids.ca

to view a Google Map of the many

parks, playgrounds, trails and other natural areas throughout the Cowichan

Valley; the Cowichan Valley Regional

District www.cvrld.bc.ca; and the

Municipality of North Cowichan www.northcowichan.bc.ca/outdoors.

Discover Camping

Provincial Parks online reservations

www.discovercamping.ca

Abby Lane Farm

Pumpkin picking, smashing, autumn adventures

7233 Mays Road, Duncan

Phone: 250-709-5405

Website: www.abbylanefarm.com

Arbutus Park

Alder Crescent, Youbou

Sandy beach, picnic area, washrooms, lifeguard in summer.

www.cvrld.bc.ca/index.aspx?NID=149

BC Forest Discovery Centre

Forestry history and family activities.

2892 Drinkwater Road, Duncan

Phone: 250-715-1113

www.bcforestmuseum.com

**Birds of Prey Visitor Centre
(Pacific Northwest Raptors)**

1877 Herd Road, Duncan
Phone 250-746-0372
Website: www.pnwaptors.com

Bright Angel Park

Beach, swimming, picnic area,
playground, washrooms, trails.
Tigwell Road (off Koksilah)
www.cvrld.bc.ca/index.aspx?NID=150

Centennial Park

NEW Waterspray Park, playground,
picnic shelter, washrooms, trails, tennis
and basketball courts.
280 First Street, Duncan
Phone: 250-746-6126
Website: www.duncan.ca

Central Park

Sandy beach & enclosed swim area,
playground, washroom, picnic area.
Park Ave., Honeymoon Bay
www.cvrld.bc.ca/index.aspx?NID=151

**Chemainus Valley Museum,
Waterwheel Park & Murals**

9799 Waterwheel Crescent
Phone: 250-246-2445
muraltown.com and chemainus.com

Chemainus Visitor Centre

9796 Willow Street
Phone: 250-246-3944
Website: www.chemainus.bc.ca

Chemainus Theatre

KidzPlay & Discovery Productions.
9737 Chemainus Road
Phone: 250-246-9820 or 1-800-565-
7738
www.chemainustheatrefestival.ca

Cobble Hill Community Hall

Field, Picnic Table
3550 Watson Road
Phone: 250-743-5431

Cowichan Bay Maritime Centre

Docks, viewpoint, displays.
1761 Cowichan Bay Road
Phone: 250-746-4955
Website: www.classicboats.org



Cowichan Lake Visitor Centre

125C South Shore Road, Lake Cowichan
Phone: 250-749-3244
Website: www.cowichanlake.ca

Cowichan Theatre

Island Savings Centre
2687 James Street
Phone: 250-748-7529
Website: www.cowichantheatre.bc.ca

Cowichan Valley Museum & Archives

130 Canada Avenue
Phone: 250-746-6612
www.cowichanvalleymuseum.bc.ca

Cowichan Valley Star Finders Astronomy Club

Island Star Party – September (Bright
Angel Park)
Monthly Socials
Phone: 250-743-6633
Email: president@starfinders.ca
Website: www.starfinders.ca

Crofton Museum

Picnic Table, Toilet Facility, Field
Queen Street

Crofton Pool

Picnic Table, Toilet Facility, Outdoor Pool
Musgrave Street
Phone: 250-246-4141
www.northcowichan.bc.ca/aquatics



Duncan Lanes (Bowling)

2701 James Street
Phone: 250-746-5421

Duncan Visitor Centre

381 Trans Canada Hwy.
Phone: 250-746-4636 or 1-888-303-3337
Website: www.duncancc.bc.ca

Farm Markets

Website: www.bcfarmersmarket.org

Cobble Hill Market

Phone: 250-743-2022

Crofton Market

Phone: 250-746-9760

Duncan Market in the Square

Phone: 250-732-1723

Honeymoon Bay Outdoor Market

10063 South Shore Road
Phone: 250-749-7772

Ladysmith Farmer's Market

www.ladysmithdowntown.com

Thetis Island Market

Fishing in the City (Chemainus Lake)

Just north of the Trans Canada Hwy in
Chemainus
Website: www.gofishbc.com

Fun Pacific Golf (Mini Golf)

2591 Beverly Street, Duncan
Phone: 250-746-4441

Fuller Lake Park

Outdoor swimming - lifeguards July
and August.
Poplar Road, Just off Hwy 1 near
Fuller Lake Arena
www.northcowichan.bc.ca/aquatics

Kaatza Station Museum

125 South Shore, Lake Cowichan
Phone: 250-749-6142
Website: www.kaatzamuseum.ca



Keating Farm Estate

Farm conservation holidays.
5250 Miller Road
Phone: 250-737-1401 or 1-888-738-0533
Website: www.conservationholidays.ca

Ladysmith Fun Trolley

Free (donations accepted) and stroller friendly
Phone: 250-245-6400
Website: www.ladysmithtrolley.com

Ladysmith Visitor Centre

411B First Avenue
Phone: 250-245-2112
www.ladysmithcofc.com

Mill Bay Nature Park

Holling Road
www.cvrld.bc.ca/index.aspx?NID=153

Old Mill Park

Enclosed swimming, playground, washrooms, trails, picnic area.
Recreation Road, Shawnigan Lake
www.cvrld.bc.ca/index.aspx?NID=153

Providence Farm Therapeutic Community

Tour garden, farm animals, Farm Store.
Tzouhalem Road
Phone: 250-746-4204
Website: www.providence.bc.ca

Quarry Nature Park

Empress Ave., Cobble Hill
www.cvrld.bc.ca/index.aspx?NID=153

Quw'utsun' Cultural Centre

Guided tours sharing stories and traditions of the Cowichan people.
200 Cowichan Way
Phone: 250-746-8119, 1-877-746-8119
Website: www.quwutsun.ca

Saltair Centennial Park

Picnic area, playground, washrooms, sport field.
www.cvrld.bc.ca/index.aspx?NID=167

Shawnigan Lake Museum

1775 Shawnigan-Mill Bay Road
Phone: 250-743-8675
www.shawniganlakemuseum.com

Somenos Marsh

Website: www.somenosmarsh.com

South Cowichan Visitor Centre

368-2720 Mill Bay Road
Phone: 250-743-3566
www.southcowichanchamber.org

Totem Tour (Downtown Duncan)

Guided or self-guided tour
Duncan Visitor Centre or Duncan City Hall
381 Trans Canada Hwy.
Phone: 250-746-4636
Website: www.duncancc.bc.ca

Transfer Beach Park

Waterspray park, picnic tables, washrooms, beach, playground.
Ladysmith waterfront
www.transferbeach.ca/index.htm

Twin Criterion Movie Theatre

404 Duncan Street
Phone: 250-748-0678
www.criteriontheatres.com/duncan.html

Volunteer Cowichan

Resource for volunteer activities for families; resource directory.
1 Kenneth Place, Duncan
Phone: 250-748-2133
www.volunteercowichan.bc.ca

VIA Rail Dayliner

Phone: 1-888-842-7245
Website: www.viarail.ca

Youbou Bowling Lanes

8550 Hemlock Street
Phone: 250-745-3431 or 250-745-3712
Website: www.cvrld.bc.ca

Community Centres

Chemainus Community School

3172 Garner Street
Phone: 250-246-3588
Website: www.sd79.bc.ca

Cowichan Aquatic Centre (POOL)

Waves, waterslides, kids and family swims, lessons, birthday parties, spring break and summer day camps.
2653 James Street, Duncan
Phone: 250-746-7665
www.northcowichan.bc.ca/aquatics

Cowichan Arena

Skating lessons, skating birthday parties, public skating.
2687 James Street, Duncan, V9L 2X5
Phone: 250-748-7529
Website: www.cvrld.bc.ca

Cowichan Lake Recreation Centre & Arena

Lake Cowichan
Phone: 250-749-6742
Website: www.cvrld.bc.ca

Cowichan Neighborhood House Association

Family resource center, events, activities and information.
9796 Willow Street, Chemainus
Phone: 250-246-3203
Website: www.cnha.ca

Cowichan Sportsplex (Outdoor Sports Facility)

Playground, trails, washroom, sport fields, picnic tables, fitness equipment.
5847 Chesterfield, Duncan
Phone: 250-746-5666
www.cowichansportsplex.com

Fuller Lake Arena

2876 Fuller Lake Road, Chemainus
Phone: 250-246-3811
Website: www.northcowichan.bc.ca/ice

Island Savings Centre

Preschool and Children's Programs & Camps, Arena, Theatre
2687 James Street, Duncan
Phone: 250-748-7529
Website: www.cvrld.bc.ca

Kerry Park Recreation Centre & Arena

1035 Shawnigan Mill Bay Road
Phone: 250-743-5922
Website: www.cvrld.bc.ca



Ladysmith Parks, Recreation & Culture

Pool, parks, programs and community information
810 6th Street, Ladysmith
Phone: 250-245-6424
Website: www.ladysmith.ca

North Cowichan Parks and Recreation Programs and Parks

Fuller Lake Arena, Cowichan Aquatic Centre
Phone: 250-746-7665
Website: www.northcowichan.bc.ca

Shawnigan Lake Community Centre

Parent/tot programs; theme birthday parties; sport, art, music, park programs; prenatal and parent groups.
2804 Shawnigan Lake Road
Phone: 250-743-1433
Website: www.cvrld.bc.ca

Si'em Lelum Gym and Soccer Fields

5574 River Road, Duncan
Phone: 250-748-1831
Email: gym@cowichantribes.com

Children's Programs Also see Community Centres

Arts & Crafts

Doodle Bugs, Going Buggy

Shawnigan Lake Community Centre
Phone: 250-743-1433
Website: www.cvrld.bc.ca

Life Matters

Summer camps for weaving, and other fibre arts for children aged 6 - 12 years.
146 Queens Road, Duncan
Phone: 250-748-7981
Website: www.lifematters-hd.org

U-Fix It Bike Works and Youth Craft Shop

Build a bike free and many other crafts and creations. Under 10 years must be accompanied by an adult.
51 Trunk Road, Duncan
Phone: 250-746-5521

Music and Movement

Adage Performing Arts

5795 Duncan Street, Duncan
Phone: 250-709-4048
Website: www.adagestudio.com

Ballet, Jazz & Hip Hop (Lake Cowichan)

Phone: 250-749-6742

Carlsons School of Dance

3272 Sherman Road, Duncan
Phone: 250-746-6456
www.carlsonsschoolofdance.com

Cowichan Valley Highland Dance Association

Website: www.cvhda.com
Celtic Rhythm Dancers
Phone: 250-746-3917

Kathy White School of Dance

Phone: 250-710-0837

Shelley Cassidy School of Dance

Phone: 250-748-1405



Cowichan Valley Music Teacher's Association

3790 Glenora Road, Duncan
Phone: 250-701-1056 or
1866-748-8196

Duncan Music

488 Trans Canada Highway, Duncan
Phone: 250-748-7625

Lila Music Studio

Parent and child music classes from
birth to 7 years of age.
3228A Gibbins Road, Duncan
Phone: 250-701-0978
www.joythroughmusic.com

Little Music Stylez

Mesachie Lake Hall
Phone: 250-749-6742
Website: www.cvr.d.bc.ca

Little Ravens Dancers

Powwow dance troupe reaching
out to performers of all abilities and
backgrounds.
Contact: Joe Thorne
Email: jthorne@shaw.ca

Minstrel's Music School

1490 Fisher, Cobble Hill
Phone: 250-743-1450
Website: www.minstrelsmusic.ca

MoonDance Dynamic Arts School

Shawnigan Lake, V0R 2W0
Phone: 250-743-5846
Email: moondancearts@yahoo.ca
www.moondancearts.ca

Mulberry Lane School of Music

Children's music and movement
classes newborn to 7 years.
163 First Street, Duncan
Phone: 250-748-9794
www.mulberrylanemusic.com

Robyn's Piano Studio

Music for Young Children
14 Somenos Street
Lake Cowichan
Phone: 250-749-3356
www.myc.com

Steps Ahead Dance

Mill Bay
Phone: 250-701-0203
Website: www.stepsaheadbc.com

Tiger Lily Music Studio

Music and movement classes for
newborns, toddlers/children to age 6.
Kindermusik program.
9921 Maple Street, Chemainus
Phone: 250-416-0607
Email: dm-al@shaw.ca

Wildflower Music Studio

2735 Shawnigan Lake Road
Phone: 250-743-0479
Website: www.wildflowermusic.ca

Woodruff Music School

Musical Beginnings, Growing with
Music, Family Marimba
1975 E. Shawnigan Lake Road
Phone: 250-743-7738
Website: www.woodruffmusic.ca

Sports & Recreation Also See Community Centres

Jumpstart

Community-based program that helps
kids participate in sport.
Phone: 250-746-0417

Kidsport

Support for children to participate in
sports.
www.kidsport.ca

Beavers, Cubs and Scouts

Phone: 250-743-1683
Lake Cowichan Phone: 250-745-3392

Cowichan Therapeutic Riding Association

Riding Therapy, Trail Riding and Hippotherapy, using horses to help persons with various disabilities.
1843 Tzouhalem Road, Duncan (Providence Farm)
Phone 250-746-1028
Website: www.ctra.net

Easter Seals Camp Shawnigan

Free overnight camping for children & teens with physical and/or mental disabilities.
Phone: 1-800-818-4483
Website: www.eastersealscamps.ca

Girl Guides of Canada

Sparks, Brownies, Guides
www.midislandgg.com
Lake Cowichan Phone: 250-749-6192

Little Bogeys and Junior Golf (Kerry Park)

1035 Shawnigan Mill Bay Road
Phone: 250-743-5922
Website: www.cvrld.bc.ca

Getting Wet

Cowichan Aquatic Centre (POOL)

Infant, preschool and family lessons/swims. Summer camps
2653 James Street, Duncan
Phone: 250-746-7665
www.northcowichan.bc.ca/aquatics



Crofton Outdoor Pool (summer)

Red Cross swim lessons, fun swims.
Phone 250-246-4141
www.northcowichan.bc.ca/aquatics

Lake Swim Lessons (summer)

Shawnigan Lake (age 6 and up)
Phone: 250-743-1433
www.cvrld.bc.ca

On the Floor

Deveau Martial Arts

3575 Dougan, Cobble Hill
Phone: 250-710-7901
Website: www.deveaumartialarts.com

Drop-in Gym (all ages)

Youbou Hall
Phone: 250-745-3712 or 250-749-6742
Website: www.cvrld.bc.ca

Duncan Dynamics Gymnastics Club

Preschool and school age gymnastics programs and summer camps.
Island Savings Centre, Duncan
Phone: 250-746-0193
Website: www.cowichansports.com

Duncan Martial Arts Studio

450 Whistler Street, Duncan
Phone: 250-748-0633

Fernando Correia's School of Karate

2687 James Street, Duncan
Phone: 250-748-9111
Website: www.karatebc.ca

Final Round Martial Arts

301 Brae, Duncan
Phone: 250-597-4537

Gymnastics Camp

2804 Shawnigan Lake Road
Phone: 250-743-1433
Website: www.cvrld.bc.ca

Kempo's Kids Kung-Fu

2804 Shawnigan Lake Road
Phone: 250-743-1433
Website: www.cvrld.bc.ca

Law's Institute of Self Defense

361 Festubert Street, Duncan
Phone: 250-746-8435

Lil' Ninjas

Island Savings Centre
2687 James Street, Duncan
Phone: 250-748-7529
Cowichan Lake Phone: 250-749-6742
www.cvrld.bc.ca

Shaku Family Martial Arts

750 Jubilee Street, Duncan
Phone: 250-701-0222
Website: www.shakumartialarts.com

On the Field

Cowichan Lake Soccer

Phone: 250-749-6742
Website: www.cvrld.bc.ca

Cowichan Valley Lacrosse

Boys and girls lacrosse 6 years and up.
Phone: 250-748-8696

Cowichan Valley Soccer Association

Soccer league for children aged 5 - 17.
Sherman Road, Duncan
Phone: 250-748-4122
Website: www.cowichansoccer.com

Duncan Junior Baseball Association

www.duncanball.ca



Cowichan Valley Field Hockey Association (Cowichan Sportsplex)

Grasshoppers (ages 6-7). Juniors (ages 8-17)
5847 Chesterfield Ave., Duncan
Phone: 250-746-5666
www.cowichansportsplex.com/

Kerry Park Soccer League

World Cup Soccer Camp
Kerry Park & other locations
Phone: 250-743-1433 or 250-743-5922
Website: www.cvrld.bc.ca

Lake Cowichan and District Minor Hockey

Phone: 250-749-3632

Little League and Babe Ruth Baseball (Cowichan Lake)

Phone: 250-749-3599

Minor Lacrosse Association (Cowichan Lake)

Phone: 250-746-8459

Sportball Sports Instruction for Kids

Non-competitive sports instruction. Multi-sport programs for ages 3 to 8 years. Birthday parties, school programs and special events.
Phone: 250-746-0456
Website: www.sportball.ca

Sportball Camp

Shawnigan Lake Community Centre
Phone: 250-743-1433
Website: www.cvrld.bc.ca

T-Ball Shawnigan Lake

Ages 4-6
2804 Shawnigan Lake Road
Phone: 250-743-1433
Website: www.cvrld.bc.ca

On the Ice

Cowichan Arena (Island Savings Centre)

Preschool and Parent and Tot Lessons;
Family Skating; Skating parties.
2687 James Street, Duncan
Phone: 250-746-7529
Website: www.cvrld.bc.ca

Cowichan Valley Minor Hockey (includes Timbits)

All arenas in the Valley. Registration:
2876 Fuller Lake Road, Chemainus
Phone: 250-246-3906
Website: www.cowichanvalleymha.com

Duncan Skating Club

Canskate Program instruction for ages
three and up.
Phone: 250-510-3372
Website: www.duncanskatingclub.com

Fuller Lake Arena

Family and Parent/Tot skates.
Phone: 250-246-3811
Website: www.northcowichan.bc.ca/ice

Fuller Lake Skating Club

Phone 250-245-1415
Website: www.fullerlakeskating.org

Kerry Park Girls Hockey (ages 5-8)

1035 Shawnigan Mill Bay Road
Phone: 250-743-5922
Website: www.cvrld.bc.ca

Kerry Park Minor Hockey Association

1035 Shawnigan-Mill Bay Road
Phone: 250-743-7825

Kerry Park Skating Club

Learn to Skate, Canskate & Rough
Riders Academy
Website: www.members.shaw.ca/kerryparkskatingclub/

Kerry Park Skating Lessons

Parent and Tot skating; Lil'Duffers; Jr.
Rats
1035 Shawnigan Mill Bay Road
Phone: 250-743-5922
Website: www.cvrld.bc.ca



Cowichan Lake Sports Arena

Public skating, birthday parties.
311 South Shore Road, Lake
Cowichan
Phone: 250-749-6742
Website: www.cvrld.bc.ca

Cowichan Lake Skating Club

Preschool and Canskate Programs
Phone: 250-749-4766
www.skatecowlake.bizhosting.com

Cultural and faith-based education & support

There are many gathering places in the Cowichan Valley that provide support to children and families, including longhouses, churches, temples and halls. You can ask friends and neighbors about how to become

involved and whom to contact. Some resources are listed at www.socialplanningcowichan.org Status of the Community Report (pdf) Page 136.

Events

Please visit www.cvrld.bc.ca/currentevents.aspx or www.chemainus.com/calendar/calendar.php for information on the many events that are held throughout the Cowichan Valley. Only a few have been listed here.

Aboriginal History Month - June

Various events
Phone: 250-746-1004 Ext 250
Website: www.socialplanningcowichan.org

Blackberry Festival - September

Honeymoon Bay
Phone: 250-749-4700



BC Forest Discovery Centre

Forestry history and family activities (see website for list of events).
2892 Drinkwater Road, Duncan
Phone: 250-715-1113
www.bcforestmuseum.com

Breastfeeding Challenge & Photo Contest – Sept/Oct

Annual VIHA event to support breastfeeding.
675 Canada Avenue, Duncan
Phone: 250-709-3050
Website: www.viha.ca

Canada Day Celebrations - July

Various communities.

Carol Ship Sail Past

Santa's ship brings Santa to meet children and lit up sailboats sail by.
Phone: 250-746-4521

Chemainus Summer Fest - June

Waterwheel Park
Pancake breakfast, parade.
www.cnha.ca

Chemainus Christmas Carol Ship

Santa, boat ride, hot chocolate.
Phone: 250-246-3947

Children and Apple Pie Family Fun Fair - May

Cobble Hill Hall & Fairgrounds
Phone: 250-743-2433

Christmas in Chemainus - December

Christmas parade and festivities
Phone: 250-246-3944

Cobble Hill Fair - August

Entertainment for families, agricultural displays and livestock.
Cobble Hill Fair Grounds
Phone: 250-743-2243

Cowichan Bay Boat Festival -

June

Maritime focused activities, exhibits and entertainment.

1761 Cowichan Bay Road

Phone: 250-746-4955

Cowichan Bay Christmas Sail Past - December

Phone: 250-746-4955

Cowichan Car Picnic Club

Family Picnic - August

Brentwood College

Phone: 250-743-1821

Cowichan Cultural Expo

A celebration of cultural diversity with entertainment.

Duncan City Square

Phone: 250-748-9263

Cowichan Exhibition - September

Family Fun Fair with food court, live music, displays, midway.

Exhibition Park, Trans Canada Hwy. at Mays Road

Phone: 250-748-0822

Email: cowex@shaw.ca

Cowichan Fleece and Fibre Fair

- October

Kid's activities; vendors; displays; demonstrations; hands-activities; spinner's circle; knitter's circle; food.

Phone: 250-246-4600

Cowichan Harvest Festival

www.cowichangreencommunity.org

Phone: 250-748-8506

Cowichan Lake Area Family Canada Day Street Dance

Games for kids; face painting; birthday cake; vendors and entertainers.



Cowichan Lake Family Heritage Days - May

Phone 250-749-3730 or 749-4777

Damali Lavender Farm Festival -

July 31, 2010

3500 Telegraph Road, Cobble Hill

Phone: 250-743-4100

www.damali.ca

Downtown Duncan Christmas Kickoff - late November

Phone: 250-715-1700

Downtown Duncan Halloween

Spooktacular - October

Trick or treating and costume in downtown core and haunted house.

Phone: 250-715-1700

Duncan Children's and Summer Festival - July

Week-long summer festival with child & family focus.

Phone: 250-748-7276

Website: www.cowichanfestival.com

Earth Day - April

Cowichan Green Community

Phone: 250-748-8506

www.cowichangreencommunity.org

Ecostravaganza - June

Ecole Mill Bay Elementary

3175 Cobble Hill Road, Mill Bay

Email: info@ecostravaganza.ca

www.ecostravaganza.ca



Honour Our River Day - Fall
River walk and displays to learn about the history, habitat and health of the Chemainus River.

Halalt First Nation, 8017 Chemainus Road
Phone: 250-246-4736
Email: halalt@shaw.ca

Halloween at Valley View Centre
Fireworks; bonfire; prizes. Halloween.

Harvest Festival - September
Providence Farm
Phone: 250-748-8506
www.cowichangreencommunity.org

Honeymoon Bay Days - July
Parade, kid's fair, breakfast, fireworks.
Phone: 250-749-3841

In Bloom - April
A celebration, music and tours of the Garry Oak Preserve wildflowers in spring.
Phone: 1-888-404-8428

Island Star Party - September
(Bright Angel Park)
Cowichan Valley Star Finders
Astronomy Club
Phone: 250-743-6633
Email: president@starfinders.ca
Website: www.starfinders.ca
RASCals Star Party - August (Metchosin)
Royal Victoria Astronomical Society of Canada
www.victoria.rasc.ca

Island's Folk Festival
Music and dancing; children's activities; arts and crafts; food vendors.
Providence Farm
1843 Tzouhalem Road
Phone: 250-748-3975
Website: www.folkfest.bc.ca

Kids Day - August
BC Forest Discovery Centre
2892 Drinkwater Road
Phone: 250-715-1113
Email: info.bcfdc@shawlink.ca

Kids Learn to Fish Day - May
Free day of family fun. Gear provided.
Chemainus Lake

Ladysmith Concerts in the Park
Website: www.transferbeach.ca

Ladysmith Days - July
Transfer Beach, Coronation Mall.
Phone: 250-245-2112
Website: www.ladysmithdays.com

Ladysmith Fall Fair
Crafts, special events at the Frank Jamieson Community Center
Phone: 250-245-4486



Ladysmith Festival of Lights - November

Evening of festivities, community dinner, parade, family entertainment and fireworks.

Phone: 250-245-5888

Website: www.ladysmithfol.com

Ladysmith Maritime Festival - May

Ladysmith Maritime Society
Community Marina

Phone: 250-245-0109

www.ladysmithmaritimesociety.ca

Lake Days - June

Annual community and family event with pancake breakfast, parade, fun sports, face painting, children's crafts, Baby of the Lake Contest, Kinducky Derby, entertainment and food.

Saywell Park, Lake Cowichan

Phone: 250-749-3120

Low Tide Day - Cowichan Bay -

May

Beach clean up and marine biology activities for children and families.

Phone: 250-252-1400

www.ync.ca or naturecowichan.net

Maple Bay Wooden Boat Festival

- May

Maple Bay Marina

Phone: 250-746-8482

Mill Bay Family Day - June

Games, displays, food and crafts.

Website: www.millbaycentre.com

Mothers Day Heritage Home Tour - May

Tour several heritage homes and have tea.

Phone: 250-746-6612

Quw'utsun Smuneeem School

Annual Bazaar - November

Annual school bazaar and luncheon in school gym.

3121 Glenora Road, Duncan, V9L 6R9

Phone: 250-748-1779

cowichantribes.com/memberservices

Salmon and Mushroom Festival

October

Annual festival with field trips, arts, crafts and more.

Lake Cowichan

Phone: 250-749-6291

mayocreekgardens.ca/festival.php

Shawnigan Lake Walk - May

3.5 K Family Walk and longer walks.

Shawnigan Lake Community Centre

www.theshawniganlakewalk.com



Special Woodstock - August
Family-orientated music festival for special needs people and able bodied people too.

1843 Tzouhalem Rd
Phone: 250-746-1079
Email: linway@shaw.ca
Website: www.specialwoodstock.ca

Solar Days

Charles Hoey Park
Phone: 250-748-8605
www.cowichangreengreencommunity.org

Sunrise Waldorf School – Mayfest/Family Christmas Fair

Children's activities, music, puppet shows, artisan's market, delicious food and more.

4344 Peters Road, Cowichan Station
Phone: 250-743-7253
Email: mail@sunrisewaldorfschool.org
www.sunrisewaldorfschool.org

Teddy Bear Picnic - May
Teddy Bear Clinic & Parade, Hot dogs & refreshments.
Transfer Beach, Ladysmith
Phone: 250-245-8183

Walk of the Nations - October
Phone: 250-746-1004
Website: www.walkofthenations.ca

Youbou Regatta - August
Parade from Hall and water activities.
Arbutus Park.
Phone: 250-7496742

Early Learning & Childcare

Child Care Resource and

Referral (For up-to-date information on Child Care)

Services to Parents include information and support in choosing child care that best fits their needs.

5836 Clements St., Duncan,
B.C. Phone: 250-746-4135 ext 231
Email: crr@cvacl.org
Website: www.clementscentre.org;
www.islandfamilyinfo.ca

Agapeland Christian Preschool

531 Herbert Street, Duncan
Phone: 250-746-4551

Altair Montessori Learning Centre

11225 Trans Canada Highway,
Ladysmith
Phone: 250-245-1414

Angel Care Preschool – Queen of Angels School

2085 Maple Bay Road, Duncan
Phone: 250-746-5919 or 701-0433
www.queenofangels.ca

Arcadian Early Learning & Child Care

5650 Club Road, Duncan
Phone: 250-748-3922
Website: www.arcadianchildren.com

Birdsong Dayschool

2664 Courtenay Way
Shawnigan Lake
Phone 250-743-7300

Castle Care Daycare

1032 Braithwaite, Cobble Hill
Phone: 250-743-9675

Cobble Hill Montessori Preschool

Phone: 250-746-9889

Cobble Hill Playschool

1484 Gallier Road, Cobble Hill
Phone: 250-929-7228

Cow Bay Daycare

Phone: 250-701-2545

Cowichan Lake Recreation Play School

8550 Hemlock Street, Youbou
Phone: 250-745-3712
Email: youbou@cvrd.bc.ca
www.cvrd.bc.ca

Cowichan Preschool

Parent-owned Preschool for children aged 3 - 5.
Duncan
Phone: 250-748-4112

Eagle Wings Preschool - Chemainus Community School

Early childhood stay and play program for children aged 0 - 3. Preschool for children aged 3 - 5.
3172 Garner Street
Phone: 250-246-3588
Email: ccsa@sd79.bc.ca



Growing Together Child and Parent Society

Young parent program for children and families. Quality child care and educational opportunities for young parents.

490 Cairnsmore, Duncan
Phone: 250-748-9754
Email: growing@shaw.ca

Jitterbugs Childcare

3625 Cobble Hill Road
Phone: 250-743-7242

Just Like Home Child Care

7897 Edmund Street, Crofton
Phone: 250-416-0635

Kaatza Child Care

Early learning programs for children 0-12 years of age.
121 Point Ideal, Lake Cowichan
Phone: 250-749-6422
Email: wfetchko@shaw.ca

Kidz Co. Learning Centre Inc.

2731 James Street, Duncan
Phone: 250-746-4020
2739 James Street
Phone: 250-746-4027

Kingdom Treasures Christian Preschool

930 Trunk Road, Duncan
Phone: 250-746-0110



King's Kids Montessori Preschool

2455 Roome Road, Duncan
Phone: 250-710-8640

Ladysmith and Area Supported Child Development Program

A free, family-centered program for children who require extra support to be included in a child care setting due to developmental delay or disability.
12 - 740 First Avenue, Ladysmith,
Phone: 250-245-3466
Email: ladysmithscd@shawbiz.ca

LaRonde Bilingual Family Child Care

Duncan
Phone: 250-748-0389

Le'lum'uy'Ih Child Development Centre - Cowichan Tribes

Infant/toddler care, daycare, preschool and special needs service.
Phone: 250-746-5966
Website: www.cowichantribes.com

Little Peoples Early Childhood Academy

2610 E. Shawnigan Lake Road
Phone: 250-929-5437

Majestic Cedars Childcare Centre

1721 Northgate, Cobble Hill
Phone: 250-733-2324
Website: www.majesticcedars.com

Maple Bay Preschool

Phone: 250-710-5083
Website: www.maplebaypreschool.com

Nutsuma Lelum Childcare Centre – Stz'uminus First Nation

3947 Shell Beach Road, Ladysmith
Phone: 250-245-0994

Parkside Academy Early Learning Centre

Alexander Elementary School
Tansor Elementary School
Khowhemun Elementary School
Phone: 250-746-1711
Website: www.parksideacademy.ca

Pathways Childcare Centre

1839 Tzouhalem Road, Duncan, B.C.
Phone: 250-748-7270
Email: enroll@pathwayschildcarecentre.com
Website: pathwayschildcarecentre.com

Precious Beginnings Early Child Development Centre

2610 Shawnigan Lake Road E.
Phone: 250-743-4477

Puddle Jumpers Christian Child Care

3200 Moorfield Road
Phone: 250-746-9976

Queen Margaret's School Junior Kindergarten

660 Brownsey Avenue, Duncan
Phone: 250-746-4185
Website: www.qms.bc.ca

Serenity Cove Children's Centre

Shawnigan Lake,
Phone: 250-743-7711
www.serenitycovechildcare.com

Shawnigan Christian Preschool

1603 Wilmot Ave.
Phone: 250-743-4970

Shawnigan Lake Community Centre Preschool and Child Care

Elsie Miles Building
Shawnigan Lake,
Phone: 250-743-6643

Shawnigan Lake Montessori Pre-School and Child Care

1979 C Renfrew Road
Phone: 250-743-6279
Email: jcundall@yahoo.com

Smun'eem Head Start Daycare

Penelakut Tribe, Kuper Island
Kuper Island
Phone: 250-246-2321
Website: www.penelakut.ca/education

St. Joseph's Preschool

9735 Elm Street, Chemainus, B.C.
Phone: 250-246-3191
Website: www.stjosephselem.ca

Sunrise Waldorf School – Kinder Cottage Nursery

4344 Peters Road, Cowichan Station
Phone: 250-743-7253
www.sunrisewaldorfschool.org



Treetops Preschool and Daycare

1729 Glen Road, Cowichan Bay
Phone: 250-748-5716

We're All Sharing Together

3036 Sherman Road, Duncan
Phone: 250-746-1655

Early Childhood Education Resources

Coast Salish Employment and Training Society

201-5462 Trans Canada Highway
Duncan, V9L 6W4
Phone: 250-746-0183 or
1-888-811-3919
Email: ada.mawson@csets.com
Website: www.csets.com

Cowichan Valley District Parent Advisory Council

District support for parents and Parent Advisory Councils
Monthly meetings with updates on

what is happening in School District 79.
2557 Beverly Drive, Duncan
Phone: 250-748-6591
Website: www.sd79.bc.ca/eduserv/resources/dpac/index.html

Cowichan Valley Early Childhood Educators Association

Contact Adriana.
Phone: 250-746-1711

Cowichan Valley Regional Childcare Council

Social Planning Cowichan
Phone: 250-746-1004

Early Literacy Theme Kits - VIRL

Early literacy kits for parents and service providers to borrow. Tote boxes contain books, puppets, CDs and DVDs and activity book.
2687 James Street, Duncan
Phone: 250-746-7661
Website: www.virl.bc.ca

Family Math Fun

Fun family math manual.
Email: kate.nonesuch@viu.ca
Website: www.nald.ca/library/learning/familymath/cover.htm

Literacy Now Cowichan

756 Castle Place, Duncan
Phone: 746-0277
www.literacynowcowichan.com



Quw'utsun Syuw'entst Lelum' Culture and Education Centre

Quw'utsun Syuw'entst Lelum' (Cowichan Teachings House) Culture and Education Centre promotes the understanding of Cowichan culture and language to both the First Nation and non-First Nation community and provides educational support to Cowichan Tribes members.
5744 Allenby Road, Duncan, V9L 5J1
Phone: 250-7151022
cowichantribes.com/memberservices

Roots of Empathy - SD 79

Email: caanders@sd79.bc.ca
Website: www.rootsofempathy.org

Vancouver Island University

Child and Youth Care
Cowichan Campus, Duncan
Phone: 250-746-3564
Website: www.viu.ca

Homeschooling

Home Education Program - Cowichan Valley SD 79

Home education program for Kindergarten to Grade 12. Home schooling.
Phone: 250-709-2346
Website: www.sd79.bc.ca

B.C. Home Learners Association

Phone: 1-866-444-2299
bchla.bc.ca/vancouver-island.html

Cowichan Valley Homelearners

Email: cooksbooks@shaw.ca

Cowichan Valley Christian Homeschoolers

Phone 250-748-5998

**Our Mother of Good Counsel
Catholic Homeschoolers**

Phone: 250-743-4903

Other Links

www.bchomeschool.net

www.selfdesign.org

www.wondertree.org

Schools

Duncan Christian School

495 Beech Avenue, Duncan

Phone: 250-746-3654

www.duncanchristianschool.ca

**Chemainus Elementary
Community School**

3172 Garner Street, Chemainus

Phone: 250-246-3588

Website: www.sd79.bc.ca

Evergreen Independent School

Watson Avenue, Cobble Hill

Phone: 250-743-2433

Website: www.evergreenbc.net

**Kuper Island School (Penelakut
Tribe)**

Full-day kindergarten and preschool.
Grades one to 12 including Adult Basic
Education.

Phone: 250-246-2321

Website: www.penelakut.ca/education

**Queen Margaret's School Junior
Kindergarten**

A Junior School for boys and girls in
Junior Kindergarten to Grade 7.

660 Brownsey Avenue, Duncan

Phone: 250-746-4185

Website: www.qms.bc.ca

Queen of Angels School

Preschool and Grades K to 9.

2085 Maple Bay Road, Duncan

Phone: 250-7465919

Website: www.queenofangels.ca



**Quw'utsun Smuneeem
Elementary School**

Kindergarten to Grade 3

3121 Glenora Road, Duncan

Phone: 250-748-1779

cowichantribes.com/memberservices

Cowichan Valley SD 79

2557 Beverly Street, Duncan

Phone: 250-748-0321

Website: www.sd79.bc.ca

Nanaimo-Ladysmith SD 68

395 Wakesiah Ave., Nanaimo

Phone: 250-754-5521

Website: www.sd68.bc.ca

**St. Joseph's Chemainus
Elementary School**

Preschool and K to 7.

9735 Elm Street

Phone: 250-246-3191

Website: www.stjosephselem.ca

Sunrise Waldorf School

Preschool and K-8 Waldorf education
4344 Peters Road, Cowichan Station
Phone: 250-743-7253
sunrisewaldorfschool.org

Health & well being

Family

Alexander Family Resource Centre

Mother Goose; parenting classes; clothing exchange; lending library; counseling; meals; children's social skills group; reading circles; after-school children's drop in; Strong Start Early Learning drop-in program.
2471 Beverly Street, Duncan
Phone: 748-3936 ext 207 or 748-8281

Cowichan Lake Community Services Family Resource Centre

Non-profit society provides programs and facilities to the people of the Cowichan Lake area, including: Positive Parenting; Circle Time Play Group; Lunch Bunch; KICK; FUSE Girls Group; FUN Factor; adventure trips; Youth Theatre; Employment Centre; counselling; supervised visits; Meals on Wheels; Office Service; Red Cross Loan Service; Facility use; Mini Bus; Work Experience and Volunteer Opportunities.
121 Point Ideal Road
Phone: 250-749-6822
Website: www.comserv.org

Community Options Society

Supports parents, youth and children in making healthy choices and decisions by offering free counselling, mediation, independent living support, parenting courses and support groups.
200 Cowichan Way, Duncan
Phone: 250-748-0232
Website: www.coscowichan.ca



Child well being

Big Brothers Big Sisters of the Cowichan Valley

For children age 6 and older.
127 Ingram Street, Duncan
Phone: 250-748-2447
Website: www.bbbscowichan.ca
Ladysmith Phone: 250-756-2447

Canadian Mental Health Association

Child and Youth Services. Rainbows free support group for children who have suffered significant loss. Affordable counseling for children and youth and their families.
371 Festubert Street, Duncan
Phone: 250-746-5521
www.cowichanvalley.cmha.bc.ca
Ladysmith Phone: 250-751-7888
www.rainbows.ca

Canadian Paediatric Society

Toddlers and TV.
website: www.caringforkids.cps.ca/growing@learning/goodtelevision.htm

Child and Youth Mental Health - Ministry of Children and Family Development

Provides a wide range of free services to help children and youth with mental health.

161 Fourth Street, Duncan
Phone: 250-715-2725

Healthy Children – VIHA

Information and resources on early childhood development, pregnancy, parenting, childcare, immunization clinics, nutrition and safety.

Phone: 250-709-3050

Website: www.viha.ca/children

Infant Toddler Fair - Ts'ewulhtun Health - March

S'iem Lelum Gym, Duncan

Phone: 250-746-6184

cowichantribes.com/memberservices

Kids Have Stress Too

www.kidshavestresstoo.org.



Ts'ewulhtun Health Centre Infant Development Program

Parent and caregiver support and education to offer encouragement, inform and guide parents on their child's development and to encourage positive guidance and discipline. Mother's Morning Out; home visits; parent and tot playgroup; toy and book lending library; ages and stages assessments; referrals; immunizations; nutrition information; new parent group; self care; parent involvement with their children in daily reading, singing, playing and bonding.

5768 Allenby Road, Duncan

Phone: 250-746-6184

cowichantribes.com/memberservices/Health

Infant Development Program – Clements Centre

Child Development Team; Infant Development Consultants; Physical, Occupational and Speech Therapists; Family Resource Consultants; Child Care Resource and Referral.

5856 Clements Street, Duncan

Phone: 250-746-4135 ext 253

Website: www.clementscentre.org

Parent well being, support and learning

24-hour Crisis Line

Phone: 250-748-1133

Al-Anon

An emotional support self-help group for friends and families of problem drinkers.

Phone: 250-746-0251

Ladysmith Phone: 250-758-8767

Adult Mental Health – VIHA

3088 Gibbins Road, Duncan

Phone: 250-709-3040

Adult Addiction Services

71 Government Street

Phone: 250-737-2007

www.viha.ca/mhas/locations/cowichan

Child and Youth Mental Health Services

Parent Support Group for parents and caregivers, based on the importance of relationship and attachment, promotes children's mental health by strengthening parent's capacity to nurture and protect. Contact: Roy Rogala at 250-715-2725
161 Fourth Street, Duncan
Phone: 250-715-2725

Cowichan Aquatic Centre

Free childminding for parents while attending adult programs.
2653 James Street, Duncan
Phone: 250-746-7665
Website: northcowichan.bc.ca/aquatics

Cowichan Family Life

Family support, counselling, education and skill development.
28 - 127 Ingram Street, Duncan
Phone: 250-748-8281
Website: www.cowichanfamilylife.org

Cowichan Kids Magazine

Phone: 250-748-5866

Cowichan Men's Resource Centre

A place for men to gather to foster independence, live with honest, integrity and experience positive relationships with family and all members of their community. Programs include Boys to Men; Dads Make a Difference; Respectful Men.
Phone: 250-597-2801
Website: www.cowichanmen.org



Cowichan Valley Hospice

3122 Gibbins Road, Duncan
Phone: 250-701-4242
www.members.shaw.ca/cvhospice

Family Capacity Program - Canadian Mental Health Association

Improving the well-being of children by strengthening the roles of adults who provide their care. Parenting; relationships; communication.
371 Festubert Street, Duncan
Phone: 250-746-5521
www.cowichanvalley.cmha.bc.ca

Family Support Worker Program - Hiye'yu Lelum House of Friendship

Family support workers work one-on-one with Aboriginal families or in groups. Parenting skills; communication skills; cooking; budgeting; nutrition; life skills; traditional and cultural values related to family life; how to work with community resources. Cobble Hill; Crofton; Duncan; Westholme; Maple Bay; Mill Bay. Group programs include: Nobody's Perfect Parenting Program; Ready or Not Parenting Program; Children are People Too! Children's Safety Program; Aboriginal Cooking Club; Healthy Children Healthy Futures; Budgeting and Nutrition classes.
106 - 5462 Trans Canada Highway
Phone: 250-748-2242

Foster Parent Support Services Society

Safe Babies Program
132 D Roberts Street, Ladysmith
Phone: 250-245-2622

Grandparents Raising Grandchildren Support Circles

Alexander Family Resource Centre
2471 Beverly Street, Duncan
Phone: 1-877-468-9658
parentsupportbc.ca/grandparents.html

Healthy Children Healthy Futures - Hiiye'yu Lelum House of Friendship

Parent education and discussion for parents or caregivers of children from conception to age 6. Drop in or meet for a block of sessions. Lunch provided. Childcare and rides are available.

106 - 5462 Trans Canada Highway
Phone: 250-748-2242

Kwun'atsustul Counselling (Ts'ewulhtun Health Centre)

Support to community members during difficult times.

Healing in Relationships: Drop-in support circle for women.

Transportation, childcare and snacks.

Once Were Warriors: Men's Support Group

5768 Allenby Road, Duncan

Phone: 250-746-6184

Website: www.cowichantribes.com/memberservices/Health

MOPS - Mothers Morning Out - New Life Church

Childminding and snacks. Contact: Lori Woodleaf

1839 Tzouhalem Road, Duncan

Phone: 250-748-6521

Mother's Morning Out

Drop-in for moms. Childminding available - \$2 charge includes coffee & tea; juice for children.

Duncan United Church

246 Ingram Street

Phone: 250-748-8826

Mother's Morning Out

Drop-in group for mothers with children aged 0 -5.

Childminding available.

Calvary Baptist Church

3318 River Road, Chemainus

Contact: Debbie Hess

Phone: 250-246-9121

Nanaimo Men's Resource Centre

Promotes the integrity of the family and the rights of men, women and children.

Phone: 1-877-716-1551

Website: www.nanaimomen.com

Nobody's Perfect

A parent education program for parents of 0-5 year olds. Information on health, safety, behaviour and how to cope with stress.

Phone: 250-746-4135 Ext. 253 or

250-748-9754

Hiiye'yu Lelum House of Friendship

Phone 250-748-2242

Patient Voices Network – Peer Coaching

Do you need a little nudge to get you moving towards some healthy lifestyle changes? Over-the-phone coaches help participants identify their health goals and offer encouragement and support.

Free BC-wide service

Phone: 604-630-5862; 1-888-

742-1772; or, email [connect@](mailto:connect@patientvoices.ca)

patientvoices.ca

Postpartum Depression Support Group

Margaret Moss Health Centre and Duncan Mental Health offer a support group for women suffering from postpartum depression.

Crisis line: 250-748-1133 or Psychiatric

Charge Nurse: 250-746-4141 local 4259.

675 Canada Avenue, Duncan

Phone: 250-709-3050

Website: www.viha.ca

Parent Support Circles

Self-help support groups for parents. Locations include Duncan, Chemainus, Shawnigan Lake and Cobble Hill. Phone: 1-800-665-6880
www.parentsupportbc.ca/parent_support_circles.html

Serenity Child and Parent Society

Parent education. Phone: 250-746-6446
Website: www.theserenityhouse.ca

Sunrise Waldorf School Parent Association

Parent education and workshops on various topics. 4344 Peters Road, Cowichan Station
Phone: 250-743-7253
www.sunrisewaldorfschool.org

Triple P Positive Parenting Program

Triple P Primary Care Parenting Classes for parents with children 18 months to 6 years of age. 675 Canada Avenue, Duncan
Phone: 250-709-3050 - Bonnie
Website: www.viha.ca
121 Point Ideal Road, Lake Cowichan
Phone: 250-749-6822
Website: www.comserv.org
Ladysmith Resource Centre Family House
12 Buller Street
Phone: 250-245-3079

Vancouver Island University

Phone: 250-715-1488
Reading and Writing Centre
Phone: 250-715-1420
Website: www.cc.viu.ca

Health Centres & Walk-in Clinics

Poison Control Centre

Phone: 1-800-567-8911

Health Link BC

Public Health Information News
Phone: 811
www.healthlinkbc.ca

Find a Physician

www.cpsbc.ca

Beverly Medical Clinic (Walk-in)

201-2763 Beverly Street, Duncan
Phone: 250-597-3390

The Open Door Birth Control Clinic

Birth control clinic staffed with doctors and nurses. Affordable birth control choices, testing and treatment for STDs, pregnancy testing, counselling. 721 First Avenue, Ladysmith
Phone: 250-245-1040

Cowichan District Hospital

Emergency Services and Maternity Unit
See Website for PDF of services offered. 3045 Gibbins Road, Duncan
Phone: 250-746-4141
Website: www.viha.ca

Ladysmith Community Health Centre

Primary Care Family Practice Clinic; Drop-in Youth Clinic.; Urgent Care; Immunization & well-baby clinics. Public Health Nurses: 250-755-3342. 1111-4th Street, Ladysmith
Phone: 250-739-5777
Website: www.viha.ca

Silverfern Walk-in Clinic

160 Jubilee Street
Duncan,
Phone: 250-709-9600

Valleyview Treatment Centre Medical Walk-in Clinic

27-1400 Cowichan Bay Rd., Cobble Hill
Phone: 250-743-9395

Chemainus Health Care Centre - VIHA

9909 Esplanade Street
Phone: 250-246-3291
Website: www.viha.ca

Chemainus Health Unit

Early childhood development and family programs include: Good Food Box; CPNP; Mother Goose; Family Night; Nobody's Perfect; KL Parenting Program; Healthy Children Healthy Futures.

3945 - B Shell Beach Road, Ladysmith
Phone: 250-245-8551

H'ulh-etun Health Society

Community health, preventative programs, mental health, maternal child health, home and community care, environmental health assessments, out-of-town patient transportation.

8019 Chemainus Road
Phone: 250-246-9495

Website: www.hulhetun.ca
Halalt/Lyackson Health Unit
Phone: 250-246-2127

(Also see Malahat and Peneluket Health Units)

Lake Cowichan Kaatza Health Unit - VIHA

Public Health Nurse; Healthy Beginnings.

58 Cowichan Avenue
Phone: 250-749-6878
Website: www.viha.ca



Malahat Health Unit - H'ulh-etun Health Society

Community health and education programs.

1121 Jesken Drive, Mill Bay
Phone: 250-743-3900

Margaret Moss Health Unit - VIHA

Public health nurses provide prenatal and postnatal education, support and referrals. Breastfeeding clinic; immunization clinics; Healthy Beginnings drop-in for parents with infants and toddlers; hearing screening; Community Nutritionist; Child and Family Service Consultant. Prenatal Classes: (free) Healthy Pregnancy Relaxation and Breathing; Labour and Delivery; Prenatal in a Weekend. Virtual Tour of Cowichan District Hospital Maternity Unit; Carseat DVD; Childbirth; breastfeeding; newborn; infant brain development.

675 Canada Avenue
Phone: 250-709-3050
Website: www.viha.ca

Peneluket Health Unit - H'ulh-etun Health Society

Community health and education programs.

Kuper Island
Phone: 250-246-9885

Ts'ewulhtun Health Centre

Tse'ewulhtun Health Centre manages public health and communicable disease control for Cowichan Tribes. Birth registration.

Healthy Families Program:

immunization; health and disease information; helping with your doctor; Well Baby Clinic; dental health information; pre-kindergarten screening; school visits; hospital visits and liaison; home visits; prenatal education; breast feeding support; nutrition counselling; women's health; birth control and pregnancy testing; sexual health information (testing and treatment); Fetal Alcohol Spectrum Disorder (FASD) Support Group; community service referrals; environmental health referrals.

Child and Youth Program: Infant development (0-5 years); Child's Work/Play/Milestones; home visits; safety awareness and prevention; parenting support; developmental assessments; Mother's Morning Out; Parent Tot Activity Group; Treasure Box Reading; New Parents Group; referrals to other resources.

Dental Health Centre: Education and prevention; basic dental treatment; school outreach; pre- and post-natal dental care; counselling; referrals to other professionals.

5768 Allenby Road

Duncan, V9L 5J1

Phone: 250-746-6184

Website: www.cowichantribes.com/memberservices/Health

Having a Baby

Beautiful Birth

Prenatal classes; doula care; breastfeeding counsellor; mothering circles.

Phone: 250-597-2770

Website: www.beautifulbirth.ca

Belly Love

Yoga, massage and doula care.

Phone: 250-748-6080

Best Chance

Information for expected parents and families with babies and toddlers.

Website: www.bestchance.gov.bc.ca

Born Healthy Pre-natal Program

Nutrition education and counseling, free lunch, food vouchers, prenatal vitamins.

Ladysmith Resource Centre, 12 Buller St.

Phone: 250-245-3079

Website: www.lrca.bc.ca

Brandee Descoteau Doula Services

Phone: 250-746-8737

Bumps'n Babes (Fitcamp)

Shawnigan Lake Community Centre

Phone: 250-743-1433

Website: www.cvrld.bc.ca

Cowichan Birthwise

Prenatal education: early pregnancy; Lamaze; HypnoBirthing; VBAC; Sibling preparation; Grandparents session; Cowichan District Hospital tour.

Registration and fee. See Web site for more information.

Phone: 250-748-8493

Website: www.cowichanbirthwise.ca

Cowichan Midwifery Group

Registered midwives serving the Cowichan Valley. Pregnancy and childbirth.

164 Station Street, Duncan

Phone: 250-709-2040

www.bcmidwives.com/cowichan.htm

Cowichan Childbirth

Childbirth preparation classes and doula services.

1109 Paradise Close, Cowichan Bay

Phone: 250-510-0805

Website: www.cowichanchildbirth.com

Doula Services Association

Locating a labour support person.
Phone: 1-604-515-5588

Embrace

Doula sessions, prenatal classes and baby massage.
Shawnigan Lake
Phone: 250-743-0877

FAS Action Team Society

The goals of the society are to: prevent Fetal Alcohol Spectrum Disorder in the community by promoting education and public awareness and working with others to advance intervention and prevention.
207 - 225 Canada Avenue, Duncan
Phone: 250-748-0236
Website: www.cvfasd.org

Fetal Alcohol Spectrum Key Worker - Hiiye'yu Lelum

Rose Gray is available to answer any questions you may have about preventing FAS. Support and resources.
106 - 5462 Trans Canada Highway
Phone: 250-748-2242

Fit 4 Two Prenatal and Post Natal Fitness

Fitness classes for prenatal and postnatal women; infant massage classes and stroller fitness classes offered at various locations throughout the Cowichan Valley.
Phone: 250-746-9576
Website: www.fit4two.ca

Healthiest Babies Possible/ Hiiye'yu Lelum House of Friendship

Pre-natal and postnatal health; parent and caregiver education drop-in group. Childcare and lunch provided. Food vouchers. Dad's group weekly.
106 - 5462 Trans Canada Highway
Phone: 250-748-2242

Island Child Magazine

Information on pregnancy and parenting.
Phone: 250-597-3352
Website: www.islandchildmag.com

Kerry Park Prenatal Yoga

Phone: 250-743-5922
Website: www.cvrtd.bc.ca

La Ronde Family Care

Child care, doula care and parent education.
Website: www.thebirthnest.ca

La Leche League

Mother-to-mother support for breastfeeding.
Phone: Jennifer 250-246-2663; Christy 250-746-1601; Sarah 250-701-0868
Website: www.lllc.ca

Lillian Bianchi

Pre- and post-natal yoga.
Phone: 250-746-0327
Website: www.namasteyoga.ca



Mid-Island Midwifery

Crofton to Nanaimo area
Phone: 250-246-4083

Margaret Moss Health Unit - VIHA

Public health nurses provide prenatal and postnatal education, support and referrals. Breastfeeding clinic; immunization & child health clinics; Healthy Beginnings drop-in for parents with infants and toddlers; hearing & vision screening; Community Nutritionist; Child and Family Service Consultant; postpartum depression group.

Prenatal Classes: (free) Healthy pregnancy relaxation and breathing; labour and delivery; virtual tour of Cowichan District Hospital Maternity Unit; carseat; DVD on childbirth, breastfeeding and infant brain development.

675 Canada Avenue
Phone: 250-709-3050
Website: www.viha.ca

Pancia Bella Maternity

53 Station Street, Duncan
Phone: 250-748-1143

The Billings Centre

Ovulation method to plan or prevent pregnancy.

369 Arbutus Avenue
Phone: 250-709-9091
Website: www.billingsmethod.com

The Birth Nest

A Mama to Mama Collective
www.thebirthnest.ca

Welcome Wagon

New Baby
Phone: 250-748-6740

Westcoast Moms

Online survival guide and info on filling out forms for new baby.

Website: www.westcoastmoms.ca

Healthy Home & Environment

Canadian Partnership for Children's Health and the Environment

www.healthyenvironmentforkids.ca

Chemainus Biodiversity Education Project

Halalt Nation and the University of Victoria Project on Ecological Governance.

Phone: 250-416-0382

Website: www.polisproject.org/projects/biodiversityeducation

Cowichan Green Community

Car share and other green initiatives.

181 Station Street, Duncan

Phone: 250-748-8506

www.cowichangreencommunity.org



Cowichan Recyclists - Community Trailers Project

Local, not-for-profit project designed to make bicycle trailers accessible for everyone. Free.

Green transportation.

Phone: 250-732-3619

Website: www.cowichanrecyclists.com

Cowichan Action on Climate Change

Supporting lower carbon emissions.

Phone: 250-748-7954

Cowichan Bio-Diesel Co-op

Website: www.smellbetter.org

Cowichan Valley Regional District (CVRD)

Recycling and Waste Management

Phone: 250-746-2530

Peerless Road Recycling Drop-off Depot

10830 Peerless Road, Ladysmith

Bings Creek Solid Waste Management Complex and Free Store

3900 Drinkwater Road, Duncan

www.cvrld.bc.ca/index.aspx?NID=538

Meade Creek Recycling Drop-off Depot

8855 Youbou Road

www.cvrld.bc.ca/index.aspx?nid=78

Cowichan Valley Young Naturalists & Young Naturalist Clubs

Website: www.naturecowichan.net

Duncan Health Protection and Environmental Services - VIHA

4th Floor - 238 Government Street,
Duncan

Phone: 250-746-1414

Website: www.viha.ca

EcoAction Canada

Initiatives, grants, rebates and information.

Website: ecoaction.gc.ca

O.U.R. EcoVillage

Permaculture and natural building workshops and speakers.

Phone: 250-743-3067

Website: www.ourecoovillage.org

Sh'hwuykselu Streamkeepers

(Koksilah School)

Phone: 250-748-3138

Somenos Marsh Wildlife Society

Website: www.somenosmarsh.com

Safety – Community & Family

Emergencies 911

Cowichan Community Policing and Crime Prevention Program

Blockwatch; Speed Watch; Personal Safety Crime Prevention; Children and Computers; D.A.R.E.; Critical Incident Stress.

Duncan/N. Cowichan Office

3-149 Canada Ave.

Phone: 250-701-9145

Cowichan Bay Office

1721 E. Cowichan Bay Road

Phone: 250-701-0961

Chemainus Office

9847 Willow Street

Phone: 250-246-4382

www.members.shaw.ca/warmlandcops

Adventure Smart

Programs to educate outdoor enthusiasts.

Phone: 250-952-4913

Website: www.adventuresmart.ca

BCAA and ICBC Car Seat Regulations and Information

1-877-247-5551

Website: www.tsfbcaa.com/11.aspx
or www.icbc.com/road-safety/safer-drivers/child-seats

Child Find BC

Non-profit organization that delivers services to families whose children go missing unexpectedly.

Phone: 250-382-7311 or 1-88

www.childfindbc.com/index.html

Child/Parent First Aid

Island Savings Centre/North Cowichan Parks and Recreation

Phone: 250-746-3301

Cowichan Intercultural and Immigrant Aid Society

Safe Harbour Program. Inclusive Leadership.

101-255 Ingram Street, Duncan

Phone: 250-748-3112

www.cisduncan.ca

CVRD Public Safety Department

Personal safety; community preparedness; emergency planning; first responder services.

175 Ingram, Duncan

Phone: 250-746-2562

Website: www.cvrdep.bc.ca

First Nation's Community Policing

Phone: 250-746-5487 or 250-748-5522

First Nations' Emergency Services Society

Phone: 1-888-822-3388

Website: www.fness.bc.ca

Neighborhood Watch (Ladysmith)

Phone: 250-245-1118

North Cowichan Emergency Alert System

Information and Registration

Phone: 250-746-3106

Safety Station (BC Children's Hospital)

Website offers tips for making homes and the outdoors safer for babies, toddlers and pre-schoolers. Phone:

1-888-331-8100

www.bcchildrens.ca/KidsTeensFam/ChildSafety/SafetyStation

Somenos House

Free, confidential, emergency shelter and emotional support primarily for battered women and their children.

Phone: 250-743-8544

24-hour Crisis Line: 250-748-7273

Email: somenos@shaw.ca

cwav.org/somenos/indexsomenos.php

St. John Ambulance

Provides instruction in all levels of First Aid, including courses for the care of children and infants.

Street: 205-169 Craig Street, Duncan

Phone: 1-866-321-2651



Food

Cowichan Green Community

Food security programs such as Kinsmen Park Community Garden and Fruit Save.

181 Station Street, Duncan

Phone: 250-748-8506

www.cowichangreencommunity.org

Cowichan Community Kitchens

Groups meet twice a month to cook meals for their families. Learn food preparation skills and socialize in a supportive environment.

Phone: 250-748-2242 Ext. 134

www.cowichancommunitykitchens.org

CMS Food Bank Society

Food hampers for families living in Cobble Hill, Mill Bay and Shawnigan Lake.

2740 Lashburn Road, Mill Bay

Phone: 250-743-5242

Good Food Box (Smun'eem Daycare)

Nutritious food for expecting moms.

Kuper Island

Phone: 250-246-2321

Website: www.penelakut.ca/education

Cowichan Valley Basket Society

Soup, sandwiches - Monday-Saturday 10am-4pm.

5810 Garden Street, Duncan

Phone: 250-746-1566

Farm Markets

(see Family Activities)

Chemainus Harvest House Foodbank

United Church, 9814 Willow Street (Fridays)

Phone: 250-246-3455

Emergency: 250-246-9060

Crofton Harvest House Foodbank

All Saints Church, Mondays

Ladysmith Community Cooking Group

Phone: 250-245-3079

Ladysmith Food Bank

Hampers may contain baby and cleaning supplies as well as food.

Phone: 250-245-3079

Website: www.lrca.bc.ca

Ladysmith Good Food Box

721 1st Avenue

Phone: 250-245-3079

Website: www.lrca.bc.ca/food_box.asp

Lake Cowichan Food Bank

Register at Cowichan Lake Community Services.

Christian Fellowship Church

57 King George Street

Phone: 250-749-6822

www.cowichanlakefoodbank.org

Salvation Army - Salmart Care and Share Centre

Every morning there is food available.

Emergency food program, food

vouchers. 280 Trans Canada Hwy

Duncan, V9L 3P9

Phone: 250-746-7032

Website: www.salvationarmy.ca

The Sassy Lion Thrift Store

Free bread is donated by Westfalian Bakery.

146 Kenneth Street, Duncan

Phone: 250-746-4495

Community Dinner (Lake

Cowichan Christian Fellowship Church)

Supper on the third Sunday on each month.

57 King George Street

Community Supper (Duncan Christian Reformed Church)
Supper on fourth Saturday of each month
930 Trunk Road, Duncan
Phone: 250-748-2122

Community Supper (Duncan Pentecostal Church)
Supper on second Saturday of each month.
931 Trunk Road, Duncan
Phone: 250-748-1432

Loaves and Fishes Community Supper (Duncan United Church)
Dinner third Sunday monthly.
246 Ingram Street
Phone: 250-746-6043

Open Door
Open to club members through Duncan Mental Health.
Phone: 250-748-5588

Community Nutritionist – Margaret Moss
Community nutritionist
675 Canada Avenue, Duncan
Phone: 250-709-3050
Email: christy.thomson@viha.ca
Website: www.viha.ca

Good Food Box (Warmland House)
If you eat, you can order a box of delicious, nutritious fruits and vegetables at the lowest possible prices.
2579 Lewis Street, Duncan
Phone: 250-715-1132

Stuff

Anglican Church Thrift Store
Wednesdays
70 Cowichan Way, Lake Cowichan
Phone: 250-749-3466

Bibles for Mission Thrift Shop
7-5845 Trans Canada Highway,
Duncan
Phone: 250-746-7462

Cowichan Valley Recycle
Locally owned and operated source for recycling and gifting of items you no longer need.
Email: cvrecycle@yahoo.ca
Website: www.cvrecycle.ca

CVRD Bings Creek Free Store
3900 Drinkwater Road, Duncan
www.cvrdbc.ca/index.aspx?nid=538



Duncan United Church Thrift Store

(Friday mornings)
246 Ingram Street, Duncan
Phone: 250-746-6043

The Eco Store

Planet conscious products from personal to household use.
277 Craig Street, Duncan
Phone: 250-709-8668
Shawnigan Lake Village
Phone: 250-929-2900
Website: www.theecostore.ca

Free Store – Old Chemainus Fire Hall

Clothing, tools, household goods and furniture.
Recycle Days Local Market.
Cowichan Neighbourhood House Association
9796 Willow Street
Phone: 250-246-3203
Website: www.cnha.ca

Good Neighbor Thrifty Store

5825 York Street, Duncan
Phone: 250-748-1613

Hospital Auxiliaries Thrift Store

79 Station Street, Duncan
Phone: 250-597-1428

Indigo Children Consignment

Consignment store for toys, clothes, car seats, furniture, maternity wear.
131 Station Street, Duncan
Phone: 250-709-2042
436 First Avenue, Ladysmith
Phone: 250-245-2042

Izzy and Ollie'z Children's Consignment

104 South Shore Road
Lake Cowichan
Phone: 250-74-3229



Jumpstart – September & December

School supplies and gift shopping program.
New Life Church
1839 Tzouhalem Road, Duncan
Phone: 250-748-6521 to register.

Kinderbeez Children's Consignment

Children's consignment store with brand name clothing, costumes, furniture, accessories, toys, books, games and maternity wear.
110-2755 Beverly Street, Duncan
Phone: 250-748-2345
Email: kinderbeez@shaw.ca

Parents Unite Garage Sale (Island Saving Centre)

Phone: 250-748-7529

Salvation Army

Thrift store for clothing and household goods.
855 Shawnigan-Mill Bay Road
Phone: 250-743-2123
Website: www.salvationarmy.ca

Salmart Care and Share Centre

Thrift store clothing and household goods. Every morning food is available for those in need and bread is always available. There is also an emergency food program, food vouchers and a Christmas hamper program. Family Services 746-8669, addictions referrals, pastoral or chaplaincy services and counseling, family tracing pro-bono legal aid.

280 Trans-Canada Highway, Duncan
Phone: 250-746-7032

The Sassy Lion Thrift Store

Free bread is also available to those in need, donated by Westfalian Bakery. 164 Kenneth Street, Duncan
Phone: 250-746-4495

The Green Store

181 Station Street, Duncan
Phone: 250-748-8506
www.cowichangreencommunity.org

United Church (Lake Cowichan) Thrift Store

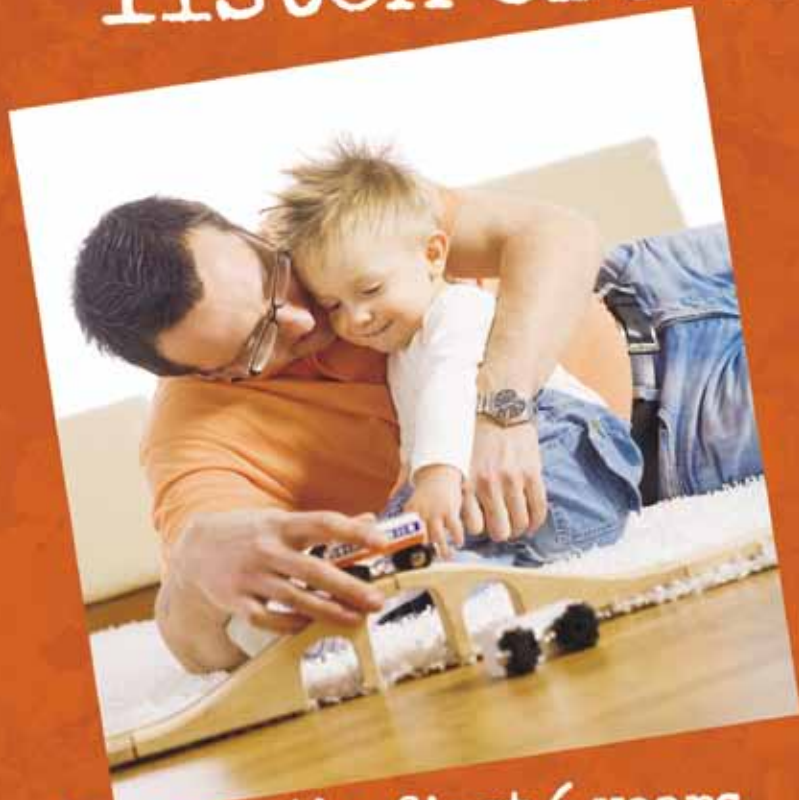
Thursdays
Phone: 250-749-3771

Wings II Thrift Boutique

Women in Need Growing Stronger
193 Station Street, Duncan
Phone: 250-746-9906



listen early,
listen often



because the first 6 years
are so important

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