

# COMOX VALLEY RESOURCE GUIDE FOR ADULTS WITH DIVERSE ABILITIES

Assembled by L'Arche Comox Valley  
100-1465 Grieve Avenue  
Courtenay, BC V9N 2W1  
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[www.larchecomoxvalley.org](http://www.larchecomoxvalley.org)

January 2023



Greetings from L'Arche Comox Valley!

The development of this Resource Guide began with the awareness that while there are many - and varied! - resources for adults with diverse abilities in the Comox Valley, they can be hard to find. We are pleased this publication has found its way to you, and hope that you will find it useful.

This document is updated on an annual basis in January. If the copy you are holding is more than a year old, contact our office for an updated version. If you are a service provider and you are not listed, or wish to update your information, please do the same.

L'Arche CV Office  
250.334.8320

# COMOX VALLEY RESOURCE GUIDE FOR ADULTS WITH DIVERSE ABILITIES

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## HOUSING



Supporting valued lives in communities for adults with developmental disabilities from Victoria to Campbell River, including personalized support options for individuals living in the Comox Valley.

202-321 Festubert St  
Duncan, BC V9L 3T1  
250.727.3891  
office@beconnectedsupport.ca  
www.beconnectedsupport.ca

**Carmichael Enterprises  
Residential Programs Ltd.**





Carmichael residential programs offer support to individuals with a variety of needs while improving social and daily living skills in order to build the confidence necessary to live more independently within the community.




2221C McGarrigle Road  
Nanaimo, BC V9S 4M4  
250.585.2889  
www.carmichaelenterprises.ca



Communitas Supportive Care Society is a faith-based, registered charity providing care in communities across British Columbia to those living with disabilities. As a part of our mission, we provide services ranging from 24-hour residential care to skills-based day programs to respite care for families. At Communitas, we support and empower people of all abilities, from all walks of life, faith, social standing, race, orientation, or ethnicity.

1423 16<sup>th</sup> Ave. Unit A  
Campbell River, BC  
250.286.1487  
northisland@Communitascare.com  
www.CommunitasCare.com

 <p>COMMUNITY LIVING BRITISH COLUMBIA</p>	<p>Community Living BC is the provincial crown corporation that funds supports and services to adults (19+) with developmental disabilities, as well as individuals who have a diagnosis of Autism Spectrum Disorder (ASD) or Fetal Alcohol Spectrum Disorder.</p>	<p>Community Living BC 107-1742 Cliffe Avenue Courtenay, BC. V9N 2K8 250.334.1370 <a href="http://www.communitylivingbc.ca">www.communitylivingbc.ca</a></p>
 <p>Future Focus PROGRAM SERVICES INC</p>	<p>Our goal is to make a positive, growth-oriented difference in the lives of the people we serve. We support individuals in both residential and day program settings, with four programs between Courtenay and Campbell River.</p>	<p>Future Focus Program Services 385 Cedar Street Campbell River, BC V9W 2B2 250.850.1012 <a href="http://futurefocusprogramservices.ca">futurefocusprogramservices.ca</a></p>
 <p>kardel</p>	<p>Kardel Consulting Services, Inc. Kardel's mission is to help people with developmental disabilities have a good life and to respect their personal choices. In the Comox Valley they offer home sharing through CLBC referral.</p>	<p>1A-2440 Rosewall Crescent Courtenay, BC V9N 8R9 250-338-6557 <a href="mailto:hscourtenay@kardel87.com">hscourtenay@kardel87.com</a> <a href="http://www.kardelcares.ca">www.kardelcares.ca</a></p>
 <p>JUBILEE HOUSE L'ARCHE® COMOX VALLEY</p>	<p>Jubilee House is a home for four adults with developmental disabilities, and four assistants who live with them in Courtenay. It is operated by L'Arche Comox Valley.</p>	<p>100-1465 Grieve Ave. Courtenay, BC V9N 2W1 250.334.8320 <a href="mailto:office@larchecomoxvalley.org">office@larchecomoxvalley.org</a> <a href="http://www.larchecomoxvalley.org">www.larchecomoxvalley.org</a></p>

	<p>The IBC Suites is an apartment building with six suites for adults with disabilities who can live independently with some supports. It is an intentional community where tenants can choose their level of involvement. It is part of the <i>I Belong Centre</i>, and operated by L'Arche Comox Valley.</p>	<p>1465 Grieve Ave.  Courtenay, BC V9N 2W1  250.334.8320  office@larchecomoxvalley.org  www.larchecomoxvalley.org</p>
	<p>Milieu offers individuals a home that best matches their needs and preferences. All homes provide 24 hour a day support with professionally trained and skilled staff. The home environment reflects residents' personalities, tastes and interests as well as providing a positive environment to focus on lifelong learning, skill development and participation in the household and community.</p>	<p>545 England Ave.  Courtenay, BC, V9N 2N2  604.582.1811  www.milieu.ca  info@milieu.ca</p>
	<p>Valley Integration to Active Living Society provides services to those living in our community with mental and physical disabilities, or any other complex barriers. We offer individuals a chance to integrate and immerse themselves in our local community, while teaching the skills to help them grow in their everyday lives. VITALs supplies residential care, community inclusion, and home share services.</p>	<p>Valley Integration to Active Living Society  156-D Government Street  Duncan, BC V9L 1A2  250.748.5899  info@vitals.ca  www.vitals.ca/</p>
	<p><b>Do you know of another organization  that should be listed here?  Let us know!</b></p>	

## DAY PROGRAMS & EMPLOYMENT SKILLS TRAINING



Bridges is a supported employment cooperative. We focus on skills development in the areas of work readiness, social interaction, and community access. Participants in this program have the opportunity to work at assorted jobs in a team environment as well as enjoy recreational activities in our community.

663 McPhee Ave.  
Courtenay, BC  
250.338.0320  
bridgescontracting@gmail.com  
www.futurefocusprogramservices.ca

### Community Living Program (CLP)

CLP provides teaching and support in the area of self-care, community awareness, home living skills, recreation, academics, employment, and social maturity.

792 8th Street  
Courtenay, BC  
250.334.3222

### Community Living EmployAbility



CLBC funds employment agencies in communities to support adults with developmental disabilities to find and keep employment. A CLBC facilitator works with individuals to develop an employment plan and may provide employment supports.

Community Living BC  
107-1742 Cliffe Avenue  
Courtenay, BC. V9N 2K8  
250.334.1370  
www.communitylivingbc.ca





Options program provides a wide range of activities for participants, both at Options and in the community. Participation is based on individual service plans. Options helps plan for community activities that meet preferences and needs and provide supports and transportation to allow for participation in the chosen activities. On-site activities take place daily such as crafts, games, stretching and dancing.

495 Sixth Street  
Courtenay, BC V9N 2E7  
250.334.3532  
quest-options@beaufortassociation.ca  
www.beaufortassociation.ca

	<p>Harvest Home offers a weekday program assisting individuals to recognize their individual strengths, connect with their community and enjoy the calm, natural beauty of the Comox Valley. We strive to balance exercise, work, play, creativity, rest, community connections, and social skills while adapting to individuals interests and needs.</p>	<p>100-2435 Mansfield Drive Courtenay, BC harvesthomeprogram@gmail.com 250.650.3585</p>
<p><b>Munday's Individual Support Program</b></p>	<p>Provides individual support, outreach work, and also a residential home. Works in the Comox Valley.</p>	<p>2440 Rosewall Cres. 250.334.7846 albertmunday@gmail.com</p>
<p><b>Journey</b></p>	<p>Journey is a community-based day program that specializes in training and support to individuals with learning, behavioural or emotional difficulties. Journey provides full-time, part-time or one-on-one work doing trail maintenance and recycling.</p>	<p>Ste. 3B 2426 Rosewall Crescent Courtenay BC, V9N 8R9 250.338.5884 henz@shaw.ca</p>
<p><b>MORE THAN INCLUSION</b></p>	<p>More Than Inclusion is a community inclusion, person-centred program run by L'Arche Comox Valley out of the <i>I Belong Centre</i>.</p>	<p>100-1465 Grieve Ave. Courtenay, BC V9N 2W1 250.871.6288 svetlana@larchecomoxvalley.org www.larchecomoxvalley.org</p>
	<p>North Island College Department of Accessible Learning (DAL) offers a wide range of courses designed to develop employment and workplace readiness skills. Certificates offered include Practical Academics for the Workplace, Workplace Professionalism and Employment Transition. Please visit <a href="http://www.nic.bc.ca">www.nic.bc.ca</a> or phone or email for more details.</p>	<p>2300 Ryan Road, Courtenay, BC, V9N 8N6 250.334.5078 liz.girard@nic.bc.ca www.nic.bc.ca</p>



<p><b>Project Inclusion</b></p>	<p>Project Inclusion is a group of adults with diverse abilities who work together to motivate and support each other to achieve their goals in employment, moving out, and other life skills. They are funded through CLBC and operate from the Comox Valley Child Development Association.</p>	<p>237 3<sup>rd</sup> Street  Courtenay, BC, V9N 1E1  250-897-5758  projectinclusion@gmail.com  www.projectinclusion.weebly.com</p>
 <p><b>QUEST</b>  Personal Development Program</p>	<p>Quest program supports individuals in the development of skills that promote independence and involvement in community life. Through individual service plans, we develop a sense of accomplishment. Through group projects, we practice our skills in cooperation, communication, teamwork and supporting each other in positive ways. The Pet Treat Bakery, a social enterprise, provides skill development in preparation for employment and volunteer opportunities.</p>	<p>495 Sixth Street  Courtenay, BC V9N 1K3  250.334.3532  bamh@gmail.com  www.beaufortassociation.ca</p>
 <p><b>Satori</b></p>	<p>Satori offers community inclusion supports that focus on employment, social and life skills based on individual needs.</p>	<p>310 Puntledge Rd.  Courtenay, BC  250.338.4482  jtowers.slr@gmail.com  www.satorilife.ca</p>



VICC provides services for people with DiversAbilities, guided by a holistic vision of the person, with respect for informed self-directed choice, and connection to community.

VICC engages with people to discover what they want for their lives. With a person-centred approach to all services, from employment to daily living supports.

VICC works to engage individuals in their community in any manner determined as a desired outcome by the person served and their support systems.

Employment & Personal Support Programs  
100B 2270 Cliff Ave. Courtenay, BC  
250.871.7201

viccemployment@gmail.com

Community Inclusion & Residential Services  
1351 McPhee Ave. Courtenay, BC  
250.338.7201

Administrative Services  
2435 Mansfield Dr Courtenay, BC  
vanislecc@yahoo.ca





www.vicommunityconnections.ca






WorkBC offers integrated and accessible services for people with diverse abilities to help them prepare, find, and keep sustainable employment through VIVRS. VIVRS provides vocational, life skill development and specialized employment services to residents of the Comox Valley who identify themselves as living with barriers to employment.

Delia Girard  
#303-576 England Ave.  
Courtenay, BC V9N 2N3  
250.334.3119  
delia@vivrs.ca  
www.vivrs.ca

**Do you know of another organization  
that should be listed here?  
Let us know!**

	<b>TRANSPORTATION</b>	
 <p><b>A Little Lift</b></p>	<p>Providing custom-tailored services for the people of the Comox Valley. Support assisted travel, companionship for outings and personal visits.</p>	<p>250.890.0636 loralee@alittlelift.ca www.alittlelift.ca</p>
<p><b>AIR CANADA</b> </p>	<p>Those requiring personal support to travel receive their support travel free.</p>	<p>1.888.247.2262 www.aircanada.com</p>
	<p>BC Transit provides a universal bus pass that allows for unlimited travel. The pass is available to seniors and persons with a disability on a restricted income.</p>	<p>1.888.866.0800 www.gov.bc.ca <i>(enter 'bus pass program disabilities' in the search box)</i></p>
	<p>BC Ferries offers discount fares for people with disabilities (passenger fares only). Apply for BC Ferries Disabled Status Identification (DSI).</p>	<p>1.888.223.3779 www.bcferrries.com/travel_planning/disabilities.html</p>
	<p>Comox Valley Better at Home is providing several essential services for older adults (65+) during the pandemic. Services include: meal delivery, grocery shopping and transportation to medical or health related appointments.</p>	<p>250.871.1165 kris@hornbydenmanhealth.com www.hornbydenmanhealth.com</p>

<p><b>Seniors Wheels &amp; Care</b></p>	<p>Personalized transportation, transfer with anything involving wheelchairs, appointments, errands, homecare and more.</p>	<p>250.465.8714 cvccclub@gmail.com www.cvccclub.com</p>
<p><b>PWTransit Canada</b>  <b>handyDART</b></p>	<p>An accessible, door-to-door shared transit service for people with disabilities that prevent them from using regular transit without assistance. HandyDart picks you up at your door and drops you off at the door of your destination. Service 8am-4:30pm, Sunday-Friday; 8am-6pm, Saturdays.</p>	<p>HandyDart Client Registration Box 100 Lazo, BC V0R 2K0 250.339.5442 bctransit.com/comox-valley/riderinfo/handydart/register</p>
<p><b>WESTJET</b> </p>	<p>WestJet provides <i>One Person One Fare</i>, a program for those requiring a personal attendant to travel.</p>	<p>1.888.937.8538 www.westjet.com/en-ca/travel-info/special-needs/index</p>
<p></p>	<p>Wheels for Wellness provides transportation for out-of-town medical appointments, 60 km or more one way minimum (no internal Comox Valley transport).</p>	<p>1894 Bolt Ave. Comox, BC V9M 2J1 250.338.0196 info@wheelsforwellness.com www.wheelsforwellness.com</p>
<p style="text-align: center;"><b>Do you know of another organization that should be listed here? Let us know!</b></p>		


## HEALTH SERVICES



Customized care services for clients, patients and their families. Bayshore provides companionship, housekeeping, and meal preparation, and 24 hour care supported by a compliment of nursing staff. They can assist any short or long term need. Bayshore is one of the country's leading providers of home and community health care services and is a Canadian-owned company.



1.877.289.3997  
cswift@bayshore.ca  
www.bayshore.ca



 A Vidaris Company

CBI supports persons with complex developmental, mental health, and behavioural needs, with roots in positive behavioural support (PBS). The practice includes professionals in early childhood education, education, psychology and rehabilitation.

204 – 3970 Hastings Street  
Burnaby, BC V5C 6C1  
604-320-1960  
1-877-320-1960 (Toll Free)  
cbiconsultants.com

	<p>Formerly <i>WeCare</i>. Offers home healthcare personal support, nursing, homemaking, companionship, foot care, caregiver relief, accompanied visits, pediatric and live-in care.</p>	<p>103-780 Grant Avenue Courtenay, BC, V9N 2T3 250.334.8531 www.cbi.ca courtenay@cbi.ca</p>
<p><b>Developmental Disabilities Mental Health Team (DDMHT)</b></p>	<p>VIHA's DDMHT provides mental-health assessment and consultation for adults and youth 14 years and older, who have developmental disability and a co-existing mental-health issue, challenging behaviour and/or substance misuse.</p>	<p>203-3939 Quadra St Victoria, BC V8X 1J5 250.519.3519 www.viha.ca (enter <i>Developmental Disabilities Mental Health Team</i> in search box)</p>
<p><b>Health Connections Clinic</b></p> 	<p>The Health Connections Clinic uses a team-based approach to providing health care for those with a combination of medical and non-medical needs.</p>	<p>615 10th St Courtenay, BC 250.331.8574 www.viha.ca</p>
<p><b>Health Services for Community Living (HSCL)</b></p>	<p>HSCL provides professional consultation, care planning, education, advocacy and direct care to adults with developmental disabilities. Services include nursing, rehabilitation, nutrition, and dental hygiene.</p>	<p>104-1742 Cliffe Ave Courtenay, BC V9N 2K8 250.331.8574</p>

## SOCIAL & RECREATION

### Building Friendships

*Building Friendships* provides support to help people with developmental disabilities establish and maintain relationships in the community, working mainly one-to-one.

Lewis Centre, Courtenay  
Recreation  
250.338.5371  
bfriends@courtenay.ca  
www.courtenay.ca/recreation/building-friendships.html



The CV Therapeutic Riding Society provides therapeutic horseback riding for children and adults with complex needs.

4839 Headquarters Road  
Courtenay, B.C.  
250.338.1968  
cvtrs@telus.net  
www.cvtrs.com

### Friendship Project




The Friendship Project focuses on facilitating meaningful opportunities to develop safe, caring, and supportive relationships through social gatherings, workshops and friendship circles.

250.702.0405  
thefriendshipproject@gmail.com  
friendshipproject.weebly.com



At the L'Arche Comox Valley *I Belong Centre* people with all levels of ability have the opportunity to discover their individual and hidden talents through creative and social activities. Activity Guide is available.

100-1465 Grieve Avenue  
Courtenay, BC, V9N 2W1  
250.871.6288  
herve@larchecomoxvalley.org

 <p><b>WACHIA Y</b> Friendship Centre</p>	<p>Wachiay Friendship Centre is a community hub for Indigenous and non-Indigenous people to come together and share friendship, knowledge, traditions and learn from one another. Our programs include: Daycare, Early Childhood; FASD/FAE family supports; Youth &amp; Elders scheduled activities; After school youth programs; Homeless Outreach and Housing supports; Income Tax; Legal Advocacy (Family &amp; Poverty Law); Legal Aid; WorkBC employment centre; Youth 20/20 Volunteer project; Wachiay Studio screen printing &amp; art design classes &amp; commercial textile printing; podcasting &amp; multimedia AV content creation in our SOTA facilities; One Tribe Youth Art Collective; bicycle repair and much more.</p>	<p>1625 McPhee Ave. Courtenay, BC V9N 3A6 250.338.7793 info@wachiay.com www.wachiay.org</p>
<p><b>Courtenay Recreation Adapted &amp; Inclusive Programs</b></p>	<p>Adapted &amp; Inclusive Programs offers a variety of fitness, art, and social activities for individuals of all ages with diverse needs and abilities. We are a resource for information on recreation for individuals with disabilities and support networking and advocacy around accessibility issues.</p>	<p>Lewis Center 489 Old Island Highway Courtenay, B.C. V9N 3P5 250.338.5371 lmcgrath@courtenay.ca</p>
 <p><b>Special Olympics</b></p>	<p>Special Olympics is a global organization that provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with developmental disabilities.</p>	<p>250.897.1828 localcoordinator@cvso.ca www.cvso.ca</p>
	<p>Vancouver Island Adaptive Snowsports provides nationally certified snowsports instruction to people with physical challenges and/or developmental disabilities.</p>	<p>PO Box 3556 Courtenay, BC V9N 6Z8 250.334.5755 adaptive@mountwashington.ca www.visasweb.ca</p>



## ADVOCACY



The mission of the Family Support Institute of BC is to strengthen, connect and build communities and resources with families of people with disabilities in BC.

227 6th Street  
New Westminster, BC V3L 3A5  
604.245.1012  
[familysupportbc.com](http://familysupportbc.com)



Supports people with all disabilities to live with dignity, independence and as equal and full participants in the community. Offer direct services, community partnerships, advocacy, research and publications.

605 Robson St.  
Vancouver, BC, V6B 5J3  
1.800.663.1278  
[www.disabilityalliancebc.org](http://www.disabilityalliancebc.org)



Inclusion BC is a non-profit provincial organization that advocates for the rights and opportunities of people with intellectual disabilities and their families. It is a federation of members that include people with intellectual disabilities, their families and agencies that serve them.

227 Sixth St.  
New Westminster, BC V3L 3A5  
1.604.777.9100  
[info@inclusionbc.org](mailto:info@inclusionbc.org)  
[www.inclusionbc.org](http://www.inclusionbc.org)





Nidus is currently the only community-based resource in Canada devoted to personal planning. It is the expert on Representation Agreements, which are a legal model for supported decision-making.

1440 West 12th Avenue  
Vancouver, BC V6H 1M8  
[info@nidus.ca](mailto:info@nidus.ca)  
[www.nidus.ca](http://www.nidus.ca)



The Public Guardian and Trustee has a unique statutory role to protect the interests of British Columbians who lack legal capacity to protect their own interests.

700-808 West Hastings Street  
Vancouver, B.C. V6C 3L3  
1.604.660.4444  
[www.trustee.bc.ca/Pages/default.aspx](http://www.trustee.bc.ca/Pages/default.aspx)

<p><b>Self-Advocate Liaison Project Vancouver Island Community Connections</b></p>	<p>Promotes self-advocacy skills and voices issues that are important to people with developmental disabilities with a primary focus of promoting employment.</p>	<p>110B Cliff Ave. Courtenay, BC 250.871.7201 viccemployment@gmail.com</p>
 <p><b>Together is better</b> Services to Adults with Developmental Disabilities (STADD) <a href="http://www.gov.bc.ca/adultdevelopmentaldisabilityservices">www.gov.bc.ca/adultdevelopmentaldisabilityservices</a></p>	<p>Services to Adults with Developmental Disabilities (STADD) offers Navigator services for eligible youth with developmental disabilities, Autism Spectrum Disorder (ASD), Fetal Alcohol Spectrum Disorder (FASD), and their families. STADD Navigators act as the primary point of contact for youth and their families in helping them plan for their future, supporting access to government and community supports &amp; services through the transition period of 16-24 years old.</p>	<p>#207-1978 Cliffe Ave. Courtenay, BC V9N 2L1 250.218.5056 stadd_support@gov.bc.ca <a href="http://www.gov.bc.ca/adultdevelopmentaldisabilityservices">www.gov.bc.ca/adultdevelopmentaldisabilityservices</a></p>
 <p><i>live. love. thrive.</i> <b>Vancouver Island Down Syndrome Society</b></p>	<p>The mission of the Vancouver Island Down Syndrome Society is to provide support, information and opportunities for children and adults with Down Syndrome, their parents, siblings, and professionals.</p>	<p>Comox, BC info@vidownsyndrome.ca 250.230.7665</p>

**Do you know of another organization that  
should be listed here?  
Let us know!**

## OTHER SUPPORT SERVICES

COMOX VALLEY  
Child Development Association



The Comox Valley Child Development Association provides a variety of programs and services to support children and their families.

237 3<sup>rd</sup> St.  
Courtenay  
250.338.4288  
[www.cvcda.ca/](http://www.cvcda.ca/)

**Comox Military Family  
Resource Centre**

Provide family counselling and assistance navigating healthcare system as well as programs and workshops for families of military members.

1575 Military Row  
Lazo, BC  
250.339.8290  
[www.CAFconnection.ca](http://www.CAFconnection.ca)





Provides services in the CV to women and children who have experienced violence. Programs and services support self-awareness, self-reliance and self-esteem.

625 England Ave.  
Courtenay BC  
250.897.0511  
[transitionsociety@gmail.com](mailto:transitionsociety@gmail.com)  
[www.cvts.ca/](http://www.cvts.ca/)



The Immigrant Welcome Centre is a registered non-profit society that offers settlement support services, English language classes (Language Instruction for Newcomers to Canada), and social groups and programs to help newcomers to Canada make connections in their new communities. We envision a North Island region that embraces diversity and inclusivity, and where newcomers feel welcome, safe, and respected.

407A 5th Street  
Courtenay, BC V9N 1J7  
250.338.6359  
[www.ImmigrantWelcome.ca](http://www.ImmigrantWelcome.ca)  
[admin@immigrantwelcome.ca](mailto:admin@immigrantwelcome.ca)

	<p>Vela is a non-profit society that provides information and mentoring to individuals with disabilities and their trusted others to take greater control of his/her life by exploring ideas and options that can lead to customized, inclusive and creative supports and services. This can be done is forming a Microboard™ and/or accessing Individualized Funding.</p>	<p>1.604.539.2488  <a href="mailto:info@velacanada.org">info@velacanada.org</a>  <a href="http://www.velacanada.org">www.velacanada.org</a></p>
	<p>YANA is a community organization offering help to Co-mox Valley families who need to travel to access medical treatment for their children. YANA improves access to healthcare by providing travel funding and accommodation.</p>	<p>#102 -2456 Rosewall Crescent  Courtenay, BC V9N 8R9  250.871.0343  <a href="mailto:info@yanacomoxvalley.com">info@yanacomoxvalley.com</a>  <a href="http://www.yanacomoxvalley.com">www.yanacomoxvalley.com</a></p>