

Cowichan Valley

Seniors' Directory

2026



SENIOR MEDIA

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250-420-8830



familytreehomes.ca



info@familytreehomes.ca

On behalf of the Cowichan Valley Regional District (CVRD) and its Board of Directors, I'm happy to welcome the Seniors 101 Directory to the Cowichan area.

The Cowichan area is a collection of unique communities, each with its own character and warmth. From bustling small town centers to quiet rural roads, what unites us is a shared spirit of care and connection.

Connecting seniors, their families, and caregivers with the services and supports they need helps make life in the Cowichan Valley a more vibrant, accessible, and healthy place to be. Whether you're retired or still working, a long-time resident or just visiting, we support a focus on community well-being for everyone.

No matter where you are on your journey, we hope you feel that you belong here. Thank you for being a part of our community.

Warm regards,
Kate Segall, Board Chair
Cowichan Valley Regional District

I would like to recognize that the CVRD is (we are) on the unceded territories of the Quw'utsun, Malahat, Ts'uubaa-asatx, Halalt, Penelakut, Stz'uminus, Lyackson, Pauquachin, Ditida



Sheila Leclerc
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www.coachsheila.ca

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Table of Contents

Important Phone Numbers	1
Information & Support Services	1
Activity Centres	4
Arts & Culture	5
Care Communities - Assisted & Independent	6
Care Communities - Long Term Care	7
Churches & Places of Faith & Worship.....	8
Delivery Services	10
Dentists, Denturists & Hygienists	11
Education & Life Long Learning	11
End of Life	12
Financial Services	13
Foot Care	16
Health Care Products & Services	16
Hearing Services	18
Home Care Services	20
Home Help	22
Legal Support	22
Lifestyle	23
Markets	24
Medical Alarms, Equipment & Supplies	25
Moving & Relocation	26
Optical Services	27
Pet Services	28
Pharmacies	28
Planned Giving	29
Real Estate Services	30
Renovations & Repairs	31
Service Clubs	31
Transportation	32
Travel & Vacations	33

Important Telephone Numbers

All Emergencies:	911
Health Advice (Nurse)	811
Non-Emergency Numbers:	
Ambulance	250-758-8181
Fire	
Duncan	250-746-5211
Ladysmith	250-254-6436
Lake Cowichan	250-749-3522
Cowichan Bay	250-743-7111
Shawnigan Lake	250-743-2042
Mill Bay	250-743-5563
Sahtlam	250-748-1242
Youbou	250-745-3414
Honeymoon Bay	250-749-6355
Police	
Duncan	250-748-5522
Cowichan	250-748-5522
Shawnigan	250-743-5514
MillBay	250-743-5514
Alcohol & Drug Information:	
	1-800-663-1441
Cowichan Valley Hospital:	
3045 Gibbons Road, Duncan	
	250-737-2030
Mental Health & Substance Use:	
	1-888-533-2273
Poison Control Line:	
	1-800-567-8911
Seniors Abuse & Information Line	
	1-866-437-1940
VictimLinkBC	1-800-563-0808
Vancouver Island Crisis Line:	
	1-800-494-3888

Information & Support Services

Aboriginal Crisis Line 1-800-588-8717 fnha.ca/wellness
Aboriginal Community Legal Worker-Legal Service Society 250-741-5447 legallaid.bc.ca
BC Farmers Market Nutrition Coupon Program 250-753-9393 bcfarmersmarket.org
BC Medical Services Plan (Pharmacare) 1-800-663-7100 www2.gov.bc.ca
BC Ombudsperson 1-800-567-3247 bcombudsperson.ca
BC Ministry of Poverty Reduction 1-866-866-0800 www2.gov.bc.ca/gov
Better at Home 250-754-3331 nflabc.org/programs
Better Meals 1-888-838-1888 bettermeals.ca
Canaidan Mental Health Association - Cowichan Branch 250-748-2402

Cowichan Family Caregivers
Support Society
250-597-0886
familycaregiverssupport.org

Cowichan Independent Living
250-746-3930
cvilrc.bc.ca

Cowichan Valley Hospice Society
250-701-4242

Cowichan Women Against
Violence Society
250-748-7000

Credit Counselling Society
1-888-527-8999
nomoredebts.org

Dietician (on call) **8-1-1**

Disability Parking Permits
cvilrc.bc.ca/parking-permits

Family Caregivers of BC
6-3318 Oak Street, Victoria
1-877-520-3267
familycaregiversbc.ca

Gambling Support BC
1-888-795-6111
gamblingsupportbc.ca

Hiiye'yu Lelum House of
Friendship Society
5462 Trans Canada Highway
Duncan
250-748-2242
hofduncan.org

Home & Community Care
250-739-5740
islandhealth.ca/our-services/
home-care-services

Income Tax Help (Salvation Army)
250-754-2621
salvationarmy.ca

Income Tax Help (Veteran Affairs)
1-866-522-2122
veterans.gc.ca

Island Integrated Counselling
#406 - 235 Bastion Street
250-716-8888
islandcommunitycounselling.com

Library (V.I. Regional Libraries)
2687 James Street, Duncan
250-746-7661
3044 Oak Street, Chemainus
250-246-0542
2720 Mill Bay Road, Mill Bay
250-743-5436
68 Renfrew Avenue,
Lake Cowichan
250-749-3431
virl.bc.ca

Meals on Wheels
250-753-6471
kiwanisvillage.ca

MLA - Debra Toporowski
Qwulti'stunaat MLA
Cowichan Valley
250-715-2792
debra.toporowski.mla@let.bc.ca

Prostate Support Group
100-394 Duncan Street, Duncan
250-743-6960

Red Cross Short Term
Loan Program
250-756-9363
redcross.ca

Seniors Abuse and
Information Line (SAIL)
1-866-437-1940
seniorsfirstbc.ca

Seniors First BC
604-336-5653
seniorsfirstbc.ca

Seniors OutReach Team (SORT)
250-755-3301

Senior Peer Counselling Program
250-754-3331
nflabc.org

Senior Well Program
250-753-0633

Service Canada (CPP/OAS)
1-800-277-9714
canada.ca

Society for Equity,
Inclusion and Advocacy
250-753-0633
seia.ca

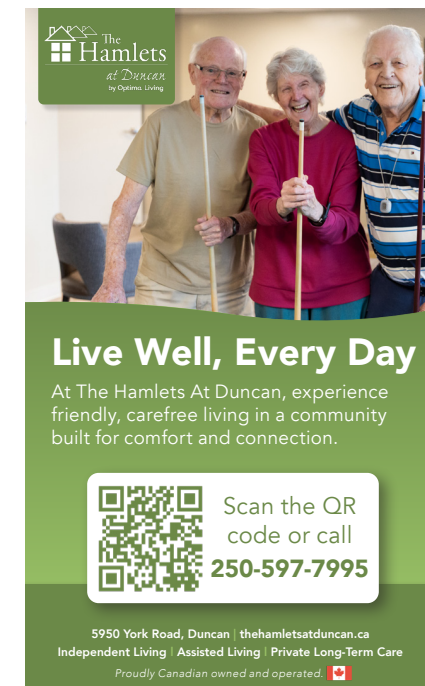
Tenant Resource
and Advisory Centre
1-800-665-1185
tenants.bc.ca

Therapeutic Activation
Program for Seniors (TAPS)
250-754-3331
nflabc.org/programs/taps

Tillicum Lelum Salish Lelum
Youth & Elder Housing
250-716-3438
tillicumlelum.ca

Vision Loss Rehabilitation
1-844-887-8572
visionlossrehab.ca

Wheels for Wellness
Transportation for residents
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250-338-0196
wheelsforwellness.com



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Activity Centres



Chemainus 55+ Activity Centre
9824 Willow Street, Chemainus
250-246-2111
chemainusseniors.org

Cowichan Community Centre
2687 James Street,
North Cowichan
250-748-7529
Email: tcentre@cvrd.bc.ca
cvrd.ca

**Cowichan Green
Community Society**
360 Duncan Street, Duncan,
250-748-8506
cowichangreencommunity.org

Cowichan Sportsplex
5847 Chesterfield Avenue,
Duncan
250-746-5682
cowichansportsplex.com

Cowichan Valley Recreation
175 Ingram Street, Duncan
250-746-2500
cvrd.ca/2049/Parks-Recreation

Crofton Community Centre
8104 Robert Street, Crofton
250-246-3009
croftoncommunitycentre.ca

Frank Jameson Community and Aquatic Centre

810 Sixth Avenue, Ladysmith
250-245-6424
ladysmith.ca

Kerry Park Recreation Centre

1035 Shawnigan/Mill Bay
Road, Mill Bay
250-743-5922
cvrd.ca

Ladysmith Seniors Centre

630 Second Avenue, Ladysmith
250-924-1924
ladysmithseniorscentre.ca

Mill Bay Community Hall

1035 Shawnigan/Mill Bay
Road, Mill Bay
250-743-5922
cvrd.ca

Shawnigan Lake

Community Centre
2804 Shawnigan Lake Road,
Shawnigan Lake
250-743-1433
cvrd.ca

Valley Seniors 55+ Activity Centre

198 Government Street, Duncan
250-746-4433
valley-seniors.org

Valley Health & Fitness

1-1400 Cowichan Bay Road
Cobble Hill
250-743-0511
valleyhealthandfitness.ca

Arts & Culture

Islands Folk Festival

1843 Tzouhalem Road, Duncan
250-748-3975
islandsfolkfestival.ca

Chemainus Theatre Festival

9737 Chemainus Road
250-246-9820
chemainustheatrefestival.ca

Cowichan

Performing Arts Centre
2687 James Street, Duncan
250-746-2722
cowichanpac.ca

Cowichan Community Centre

2687 James Street, Duncan
250-748-7529
cvrd.bc.ca

Cowichan Cricket & Sports Club

1722 Elford Road,
Shawnigan Lake
250-732-1709
cowichanccricket.com

Cowichan Sportsplex

5847 Chesterfield Avenue,
Duncan
250-746-5666
cowichansportsplex.com

Cowichan Valley Arts Council

2687 James Street, Duncan
250-746-1633
cowichanvalleyartscouncil.ca

Cowichan Valley Street Theatre Society

5878 York Road, Duncan

South Cowichan Lawn Tennis Club

2290 Cowichan Bay Road,
Duncan
250-746-7282
clubspark.ca/southcowichan

The Mercury Players Society

246 Ingram Street, Duncan
mercuryplayers.org

Laketown Ranch Music & Recreation Park

648-8811 Youbou Road,
Lake Cowichan
250-715-1600
aketownranch.com

Duncan Showroom

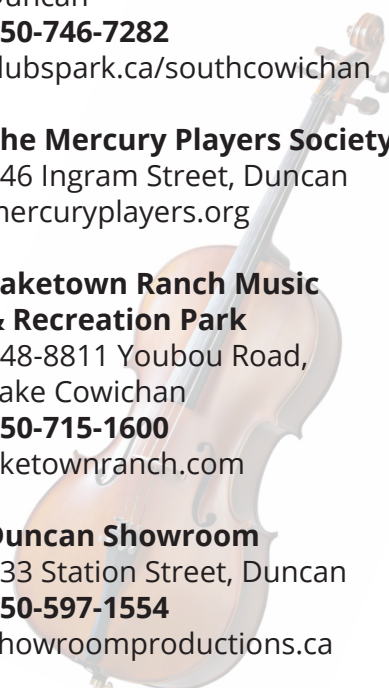
133 Station Street, Duncan
250-597-1554
showroomproductions.ca

Cowichan Exhibition Park

7380 Trans-Canada Highway,
Duncan
250-748-0822
cowex.ca

The HUB at Cowichan Station

2375 Koksilah Road, Duncan
250-746-1794
cowichanstation.org



Assisted/Supported Living Communities



Biscay Manor

3034 Biscay Road, Duncan
250-746-4173
biscaymanor.ca

Dovehill Village

3326 Creegan Drive, Chemainus
250-889-1019
dovehillvillage.com

Evergreen Place

20 S Shore Road, Lake Cowichan
250-749-0190
evergreenplace.ca

Sherwood House

280 Government Street, Duncan
250-737-1458
sherwood-house.com

Wedgwood House

256 Government Street, Duncan
250-746-9808
novapacific.ca

Ts'i'ts'uwatul' Lelum Assisted Living

5755 Allenby Road, Duncan
250-597-2252

Independent Living Communities



Abbeyfield House Duncan

5905 Indian Road,
Duncan BC V9L 5L9
250-748-1352
abbeyfieldduncan.com

Arbutus Ridge Seaside Community

3600 Ratcliffe Road, Cobble Hill
250-743-0930
arbutusridge.ca

Biscay Manor
3034 Biscay Road, Duncan
250-746-4173
biscaymanor.ca

Dovehill Village
3326 Creegan Drive, Chemainus
250-889-1019
dovehillvillage.com

Evergreen Place
20 S Shore Road, Lake Cowichan
250-749-0190
evergreenplace.ca

The Hamlets at Duncan by Optima Living
5950 York Road, Duncan,
BC V9L 0H2
250-597-7995
thehamletsatduncan.ca

Long Term Care Communities

Cairnsmore Place

250 Cairnsmore Street, Duncan
250-709-3080
islandhealth.ca

Cerwydden Seniors Community

3243 Cowichan Lake Road,
Duncan
250-746-4432
parkplaceseniorsliving.com

Deertrail Cottage

1711 Escarpment Way, Duncan
250-746-9641
deertrailcottage.ca

Sunridge Place Seniors Community

361 Bundock Ave, Duncan
250-748-8048
parkplaceseniorsliving.com

The Hamlets at Duncan by Optima Living

5950 York Road, Duncan
250-597-7995
thehamletsatduncan.ca

Larosa Gardens

1211 Cloke Road,
Ladysmith
250-245-1016
larosagardens.ca

Ocean View Manor

468 Battie Drive, Ladysmith
250-245-2900

Oyster Harbour Seniors Community

1127 4th Avenue, Ladysmith
250-245-3318
parkplaceseniorsliving.com

Seabird Community

3449 Hallberg Road, Ladysmith
778-402-8600

Sherwood House Retirement Living

280 Government Street, Duncan
250-737-1458
sherwood-house.com

Wedgwood House

256 Government Street, Duncan
250-746-9808
novapacific.ca

Your Guide to the Products & Services for Seniors & their Families on Vancouver Island.



Telephone: 250-246-1227

E-mail: seniors101@shaw.ca

SENIORS101.ca



Churches, Places
of Faith & Worship



Mill Bay

Jesus is Lord

1035 Shawnigan/Mill Bay Road
778-676-0527

Mill Bay Baptist Fellowship

2095 Dickson Road
250-929-1003

Saint Francis Xavier Parish

790 Kilmalu Road
250-743-1688

Sylvan United Church

985 Shawnigan-Mill Bay Road
250-743-4659

Shawnigan Lake

Shawnigan Alliance Church

1603 Wilmot Avenue
250-743-4454

Sylvan United Church

895 Mill Bay Road
250-743-4659

Cobble Hill

Cobble Hill Baptist Church

3791 Cobble Hill Road
250-743-2546

Saint John's Anglican Church

3295 Cobble Hill Road
250-743-3095

Duncan

Bethel Baptist Church

463 Ypres Street
250-746-7432

Cowichan Valley Islamic Society

5864 Indian Road, Duncan
250-597-7262
cowichanvalleyislamicsociety.ca

Calvary Chapel

103- 5855 York Street
778-678-2161

Christian Reformed Church

930 Trunk Road
250-748-2109

Duncan Pentecostal Church

931 Trunk Road
250-748-1423

Duncan SDA Church

3441 Gibbins Road
250-748-0110

Duncan United Church

246 Ingram Street
250-746-6043

Gurdwara Sahib Paldi

(Sikh Temple)
4955 Bains Mill Road, Duncan
250-246-3334
gurdwara-sahib-paldi.org

Newlife Church

1839 Tzouhalem Road
250-748-6521

Nichiren Buddha House

3437 Drinkwater Road
250-715-1976

Oasis City Church

3540 Auchinachie Road
250-746-8457

Saint Andrews Presbyterian

531 Herbert Street
250-746-7413

Staint Clare's Monastery

2382 Calais Road, Duncan
250-746-4045
poorclaresduncan.ca

**Saint Edward the Confessor
Catholic Church**

2085 Maple Bay Road
250-746-6831

**Saint John the Baptist
Anglican Church**

486 Jubilee Street
250-748-9712

Saint Peter Quamichan

5800 Church Road
250-746-6262

Valley Church

200 Cowichan Way
250-510-2677

Lake Cowichan

Lake Cowichan

Christian Fellowship

10 King George Street
250-749-6492

Chemainus

Calvary Baptist Church

3318 River Road
250-246-9121

Chemainus Pentecostal

9471 Chemainus Road
250-246-3810

Chemainus United Church

9814 Willow Street
250-246-3463

Saint Joseph's

9727 Elm Street
250-245-3414

**Saint Michael &
All Angels Anglican Church**

2858 Mill Street
250-246-4470

Ladysmith

Bethel Tabernacle

1149 4th Avenue
259-245-8221

First United Church
232 High Street
250-245-2183

Islamic Centre of Nanaimo
905 Hecate Street, Nanaimo
250-585-3532
thebcma.com

**Ladysmith Fellowship
Baptist Church**
381 Davis Road
250-245-5113

Saint Mary's Church
1135 4th Avenue
250-245-3414



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Delivery Services



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Meals on Wheels**
360 Duncan Street, Duncan
250-748-8506
cgcf.ca/meals-on-wheels

Cowichan Milk Company
250-710-4287
thefarmers@cowichanmilk.ca
cowichanmilk.ca

Heart to Home Meals
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1-844-812-1974
hearttohomemeals.ca

Denturists, Dentists & Hygienists



Beautiful Smiles Denture Clinic
371 Brae Rd #201, Duncan
250-748-3843
beautifulsmilesdenture.com

Duncan Dentures
100-321 Festubert Street, Duncan
250-746-6241
duncandentures.ca

Hilltop Dental
371 Brae Rd #202, Duncan
250-746-6533
cowichanvalleydental.com

Mill Bay Dental Health
308-2720 Mill Bay Road, Mill Bay
778-403-7606
millbaydentistry.com

**Pacific Pearl Dental
Hygiene Clinic**
12-740 First Avenue, Ladysmith
250-802-2812
pacificpearl.ca

Reflexions Dental
300-2640 Beverly Street, Duncan
250-748-1322
reflexionsdental.ca

Education, Coaching & Lifelong Learning



**Cowichan Family Caregivers
Support Society**
135 Third Street, Duncan
250-597-0886
familycaregiverssupport.org

Elder College
100 Jensen Avenue East, Parksville
250-248-2096
pq.viu.ca

**Ladysmith Resource
Centre Association**
630 2nd Avenue, Ladysmith
250-245-3079
lrca.ca

Vancouver Island Counselling
305-394 Duncan Street, Duncan
250-746-6900
vancouverislandcounselling.com/
staff/duncan-counsellors

**Vancouver Island University
Cowichan Campus**
2011 University Way, Duncan
250-746-3500
cowichan.viu.ca

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www.valleyhealthandfitness.ca

End of Life Services



Care Funeral Services

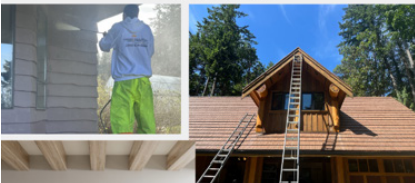
934 Goldstream Avenue, Victoria
250-391-9696
 carefuneral.com

Cowichan Cremation & Burial Services

235 Kenneth Street, Duncan
250-701-6753
 cowichancbs.com



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Cowichan Valley Crematorium

Cowichan Lake Road, Sahtlam
250-597-0474

Earth's Option Cremation & Burial Services Inc.

4392 West Shore Parkway, Victoria
778-440-8500
 earthsoption.com

Evergreen Cremation Centre

19 Gatacre Street, Ladysmith
250-924-8484
 evergreencremationcentre.com

First Memorial Funeral Services

373 Brae Road, Duncan
250-748-2134

Sands Funeral Chapel

187 Trunk Road, Duncan
250-746-5212
 arbormemorial.ca

H.W. Wallace Cremation & Burial Centre

2853 Roberts Road, Duncan
250-701-0001
 hwwallacecbc.com

Telford Funeral & Cremation Centre

112 French Street, Ladysmith
250-245-5553

Evergreen Cremation Centre

17 Gatacre Street, Ladysmith
250-924-8484

Financial Support



Cowichan Independent Living Resource Centre

531 Canada Avenue, Duncan
250-746-3930
 cvilrc.bc.ca

BeConnected Support Services

202-321 Festubert Street, Duncan
250-748-3858
 beconnectedsupport.ca

GenEdge Financial | Assante Financial Management Ltd.

1-2939 Boys Road, Duncan
778-455-2526
 genedgefinancial.com

Income Supports for Seniors

seniorsadvocatebc.ca/
 income-supports

Valley Seniors Organization of Duncan

198 Government Street, Duncan
250-746-4433
 valley-seniors.info

Wealth In Place Inc.

202-55 Canada Avenue, Duncan
250-856-1023
 wealthinplace.ca



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Foot Care



Cowichan Valley Foot Care Clinic
2101 Calais Road, Duncan
250-516-1065
cowichanvalleyfootcare.com

Digits Medical Mobile Foot Care
4-9739 Willow Street, Chemainus
250-709-1306

Dr. M. Feist - Podiatrist
208-225 Canada Avenue, Duncan
250-597-7300

Longevity Foot Care
103-255 Ingram Street, Duncan
250-929-3206
longevityfootcare.com

Purely Wellness
Sarah Michaluk – RN, BN,
MScCH, MSc, RTC, DCP
101-15 Canada Avenue, Duncan
250-748-0053
purelywellness.com

Vancouver Island Foot Care Nurses
Contact for mobile visits.
250-986-3668
vifcn.ca

Health Care Products & Services



Alderlea Medical Clinic
101-330 Festubert St, Duncan
250-748-9000
alderleamedical.com

BC PharmaCare Plan
Plans to help pay for prescription medications, medical devices and supplies, and pharmacy services.
1-800-663-7100

Carebridge Clinic
160 Jubilee Street, Duncan
250-746-4102
pathwaysmedicalcare.ca

Chemainus Chiropractic Clinic
105-9844 Croft Street, Chemainus
250-246-4011
chemainuschiropractic.com

Coleman Clinic
186 Kenneth Street, Duncan
250-746-4102
pathwaysmedicalcare.ca

Cowichan Valley Holistic Centre
416 Jubilee Street, Duncan
250-748-4722

Cowichan Seniors Outpatient Clinic
71 Government Street, Duncan
1-877-734-4101

Mill Bay Family Chiropractic
355-2720 Mill Bay Road, Mill Bay
250-743-3264
millbayfamilychiropractic.com

Shexun Sun'ts'a' Clinic (Cowichan Tribes Health)
121 Ingram Street, Duncan
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190-4th Street, Duncan
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soulcomfortsheepskin.com

Violet Wild
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amplifon.com

Beltone Hearing Care Centre

106-435 Trunk Road, Duncan
778-410-2166
beltonecan.com/locations/bc/duncan

Connect Hearing

107-2763 Beverly Street, Duncan
250-748-6232
clinics.connecthearing.ca/bc

Ears To You Mobile Hearing Clinic

250-619-5746
earstoyou.ca

HearingLife

161 Trunk Road, Duncan
250-597-7477
hearinglife.ca

Hearing Care Clinic

100-3292 Cowichan Lake
Road, Duncan
250-597-5009

136-2720 Mill Bay Road,
Mill Bay
250-929-4468

106-9844 Croft Street,
Chemainus
250-246-3405

hearingcareclinic.ca

Island Deaf + Hard of Hearing Centre

301-3960 Quadra Street,
Victoria
250-592-8144

102-6588 Applecross Road,
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250-753-0999
idhhc.ca

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58-1400 Cowichan Bay Road,
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Email: info@trimlightvanisle.ca
trimlightvanisle.ca

Legal Support



Aboriginal Community Legal Worker-Legal Services Society

200 Cowichan Way, Duncan
250-748-1160
lss.bc.ca/legal_aid

Cory Towriss Law Corporation

225 Canada Avenue, Duncan
250-597-7717
corytowrisslaw.ca

Cowichan Independent Living Resource Centre

531 Canada Avenue, Duncan
250-746-3930
cvilrc.bc.ca

Cynthia A. Murphy Cowichan Valley Law

202 East 55 Canada Avenue,
Duncan
250-746-9557

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2877 Mill Street, Chemainus
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Chemainus Theatre

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www.cowex.ca/pickleball

Cowichan Valley Recreation
175 Ingram Street, Duncan
250-746-2500
cvrd.ca/2049/Parks-Recreation

Duncan Curling Club
3191 Sherman Road,
North Cowichan
250-748-9313
duncancurling.com

Kerry Park Curling Centre
1035 Shawnigan Lake
Mill Bay Road, Mill Bay
250-709-9583
kerryparkcurlingcentre.ca

Providence Farm
1843 Tzouhalem Road, Duncan
250-746-4204
providence.bc.ca

Sage Lingerie
101-2876 Mill Street, Chemainus
236-800-9331

Markets



Annie's Family Farm
3204 Drinkwater Road, Duncan
604-537-6452

Chemainus Wednesday Market
9799 Waterwheel Crescent,
Chemainus
250-246-2036
chemainuswednesdaymarket.com

Cowichan Valley Meat Market
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Deerholme Farm
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Duncan Farmers' Market
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250-732-1723
duncanfarmersmarket.ca

Great Greens Farm Market
4485 Trans Canada Highway,
250-597-7733
greatgreens.ca

Henry Farms Grass Fed Beef
1995 Bartlett Road,
Cowichan Bay
250-748-0574
henryandjonesgrassfedbeef.com

Lockwood Farms
3805 Cobble Hill Road,
Cobble Hill
250-710-4769
lockwoodfarms.ca

The Old Farm Market
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250-748-7141
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Sweet Meadows Market
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**Valley Roots Farm
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Motion (Motion Specialties/ Motion Canada)

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motioncares.ca

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Cobble Hill Optometrist**
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250-743-8899
myeyecare.ca

EagleView Optometry
159 Trunk Road, Duncan
250-597-1910
eagleviewduncan.com

Diamond Eyecare Optical
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diamondeyecare.ca

FYidoctors - Ladysmith
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250-245-2020
fyidoctors.com

Specsavers Duncan
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Highway, Duncan
236-800-5332
specsavers.ca

Provincial Resources

- Get connected to community resources
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- Legal & Advocacy assistance:
www.seniorsfirstbc.ca
- Housing Supports & Rental Subsidies:
www.bchousing.org



**Debra Toporowski -
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Cowichan Valley

250.715.2792



Debra.Toporowski.mla@leg.bc.ca

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www.chemainusanglican.ca



**Saint John the
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www.stjohnsduncan.ca

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Duncan
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store.petvalu.ca

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Duncan Cat Clinic
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778-455-2287
duncancatclinic.com

Elderdog Canada
elderdogvictoriadr@gmail.com
elderdog.ca

**Pacific Animal
Wellness Services**
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mainus
250-246-8729
pawsrehab.ca

**The Curious K9 Crew
Dog Walking Services**
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Budget Pharmacy
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Mill Bay
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285 Craig Street, Duncan
250-748-5252

101B-3055 Oak Street,
Chemainus
250-324-4488

441 1st Avenue, Ladysmith
250-245-3113

Rexall
9762 Willow Street,
Chemainus
250-246-3821
rexall.ca

Planned Giving



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250-390-2525
bccf.com/welcome

Canadian Red Cross
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Lake Cowichan
250-749-6822

**Chemainus
Health Care Foundation**
Box 462, Chemainus
Email: CHCF@gmail.com
chemainushealthcarefoundation.ca

**Chemainus
Theatre Foundation**
Bag 1000, Chemainus
250-246-9800 - ext. 724
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Children's Health Foundation
345 Wale Road
250- 940-4950
islandkidsfirst.com

**Cowichan District Hospital
Foundation**
7233 Trans-Canada Highway
250-701-0399
cdhfoundation.ca

Cowichan Green Community Foundation

360 Duncan Street, Duncan
1-236-844-2229
cgcf.ca/contact

Cowichan Therapeutic Riding Association

1843 Tzouhalem Road, Duncan
250-746-1028
ctra.ca

Help Fill A Dream Foundation

1720 McTavish Road,
North Saanich
250-382-3135
helpfilladream.com

Intercultural Society

321 Saint Julien Street, Duncan
250-748-3112
cowichanintercultural.org

Salvation Army

280 Trans-Canada Highway
250-746-8669
cowichanvalleysa.ca

United Way

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Volunteer Cowichan

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cowichanfinebuilding.com

Sonshine Girls Painting

Interior & Exterior
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sonshinegirlspainting.com

TVI Home Services

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info@trimlightvanisle.ca
trimlightvanisle.ca

VIP Property Restorations Ltd.

2984 Boys Road, Duncan
250-252-1847
vippropertyrestorations.ca

Service Clubs

Clements Centre

5856 Clements Street, Duncan
250-746-4135
clementscentre.org

Cowichan Green Community Foundation

2431 Beverly Street, Duncan
250-748-8506
cgcf.ca

Cowichan Lake District Seniors' Association

55 Coronation Street
Lake Cowichan
250-749-6121
E: seniors@islandnet.com

Cowichan Lake Recreation

311 South Shore Road
Lake Cowichan
250-749-6742

Duncan Kiwanis Club

355 Day Road, Duncan
250-748-4135
kiwanisclubofduncan.weebly.com

Ladysmith Resources Centre Association

630 Second Avenue, Ladysmith
250-245-3079
lrca.ca

Ladysmith Rotary

314 Buller Street, Ladysmith
250-245-8078
ladysmithrotary.org

Rotary Club of Duncan
4955 Trans Canada Highway
duncanrotary.org

Rotary South Cowichan
260-2720 Mill Bay Road
Mill Bay
southcowichanrotary.org

Shawnigan Lake Rotary EcoClub
E: ShawniganRotaryEcoClub@gmail.com
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bcfconnector.com

BC Transit Cowichan Valley Regional Transit System
5271 Boal Rd, Duncan
250-746-9899
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250-382-2328
careandcompanygroup.ca

Cowichan Valley Taxi (CVTS)
5885 Trans-Canada Highway
250-746-4444
cowichanvalleytaxi.com

Driving Miss Daisy
250-597-0828
drivingmissdaisy.ca

Health Connections (Medical Travel Assistance)
3045 Gibbins Rd, Duncan
250-737-2030
islandhealth.ca

Hired Son - Senior Transportation Services
250-300-7733
hiredson.ca

This Rides 4 You
4061 Cambria Road, Duncan
250-732-5898
thisrides4u.ca

Volunteer Cowichan Better at Home
3-149 Canada Avenue, Duncan
250-748-2133
volunteercowichan.bc.ca

Travel & Vacations



Bradley Travels & Tours
104-1760 Shawnigan/Mill Bay Road, Shawnigan Lake
250-929-4422

Chemainus Chamber of Commerce & Visitor Centre
#102-9799 Waterwheel Crescent
250-737-3368

Cowichan Regional Visitor Centre
2896 Drinkwater Rd, Duncan
250-746-4636

EV & Co. Travel & Tours Services
763 Watson St, Duncan
604-807-7568

Marlin Travel
17-370 Davis Road, Ladysmith
250-245-7114

Twofiveo Tour Company
250-900-1914
E: info@twofiveotourco.com

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