



HELP Locations - Vancouver Island/Sunshine Coast

These volunteer-operated sites are normally open at the posted hours except on statutory holidays and long weekends.

	Contact	Hours of Operation
<p>Campbell River Quinsam Professional Building Suite 140, 520 Second Avenue Campbell River, BC V9W 6G2 Map & driving directions»</p>	<p>T 250-830-1150 F 250-830-1198</p>	<p>Mon, Wed, Thurs, Fri 10:00 am – 1:00 pm</p>
<p>Courtenay 10 - 2683 Moray Ave. Courtenay, BC V9N 8M9 Map & driving directions»</p>	<p>T 250-334-1557 F 250-334-3974</p>	<p>Mon, Tues, Thurs, Fri 9:30 am – 1:00 pm</p> <p>Wed 9:30 am – 4:00 pm</p>
<p>Duncan 3287B Cowichan Lake Road Duncan, BC V9L 4C1 Map & driving directions»</p>	<p>T 250-748-2111 F 250-746-5461</p>	<p>Mon - Fri 9:00 am – 4:00 pm</p>
<p>Ladysmith Ladysmith Comm.Health Cen. 1111 Fourth Avenue, PO Box 10 Ladysmith, BC V9G 1A8 Map & driving directions»</p>	<p>T 250-245-9791 F 250-245-1292</p>	<p>Mon - Fri By appointment</p>

	Contact	Hours of Operation
<p>Lake Cowichan Community Services Building 121 Point Ideal Road, PO Box 670 Lake Cowichan, BC V0R 2G0 Map & driving directions»</p>	<p>T 250-749-6822 F 250-749-6839</p>	<p>Mon, Tues, Thurs, Fri 8:30 am – 5:00 pm</p> <p>Wed 9:30am-5:00pm</p>
<p>Nanaimo #3-2525 McCullough Road Nanaimo, BC V9S 4M9 Map & driving directions»</p>	<p>T 250-756-9363 F 250-756-9362</p>	<p>Mon – Fri 9:30 am – 4:30 pm</p>
<p>Port Alberni 5100C Tebo Avenue (Access to office from Craig Road) Port Alberni, BC V9Y 5Y6 Map & driving directions»</p>	<p>T 250-723-0557 F 250-244-5109</p>	<p>Mon, Wed 9:00 am – 4:00 pm</p> <p>Fri 9:00 am – 12:00 pm 1:00 pm – 4:00 pm</p>
<p>Port Alice Seaview Activity Centre 901 Marine Drive, PO Box 445 Port Alice, BC V0N 2N0 Map & driving directions»</p>	<p>T 250-284-3301 F 250-926-1859</p>	<p>On call</p>
<p>Port Hardy Hardy Bay Senior Citizens Centre 9150 Granville Street Port Hardy, BC V0N 2P0 Map & driving directions»</p>	<p>T 250-949-7475 F 250-949-2624</p>	<p>On call</p>
<p>Powell River Powell River Hospital 5000 Joyce Avenue Powell River, BC V8A 5R3 Map & driving directions»</p>	<p>T 604-485-3211 Ext. 4361 F 604-485-3284</p>	<p>Wed, Fri 9:00 am – 12:00 pm By appointment</p>

	Contact	Hours of Operation
<p>Salt Spring Island Lady Minto Gulf Islands Hospital 135 Crofton Road Salt Spring Island, BC V8K 1E2 Map & driving directions»</p>	<p>T 250-538-4834 F 250-537-4359</p>	<p>Returns by shipping container Saturday 12:00pm- 2:00pm</p> <p>Mon, Wed, Fri 10:00 am – 2:00 pm</p>
<p>Sayward Closed - please contact the Campbell River Office at 250-830-1150</p>		CLOSED
<p>Victoria 909 Fairfield Road Victoria, BC V8V 3A3 Map & driving directions»</p>	<p>T 250-382-2043 F 250-382-3449</p>	<p>Mon – Fri 9:30 am – 4:30 pm</p>