



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

	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 9:00 am – 12:00 pm 1:00 pm – 4:00 pm Wed, Fri 9:00 am – 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 250-284-6163</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>		<p>CLOSED</p>
<p>Victoria 909 Fairfield Road Victoria, BC V9V 3A3 Map & driving directions»</p>	<p>T 250-382-2043 1-800-565-8000 F 250-382-3449</p>	<p>Mon – Fri 9:30 am – 4:30 pm</p>