

# Comox Valley Physician **WELCOME PACKAGE**

:: LIVE :: WORK :: PLAY ::

*Orientation Information for  
New Physicians to the Comox Valley*





## WELCOME TO THE COMOX VALLEY!

The following is information you may find useful as a new Family Physician (FP) in the Comox Valley. This information in this guide is divided into three sections: Live, Work, Play. Information in this handout was compiled with the help of local GPs for GPs.

### A little bit about the Valley...

The Comox Valley includes Courtenay, Comox (including a military base), Cumberland, the islands of Denman and Hornby, and a First Nations community. The population is estimated to grow from the current 63,895 to 87,185 (29%) by 2033, while the 75+ year old part of the population is estimated to grow at a much higher rate to 11,000 (94%) by 2033.

The Comox Valley is a destination community with one of the mildest climates in Canada offering year-round adventure from alpine skiing to deep sea diving, mountain biking to kilometers of shoreline for paddlers to explore. For more laid back activities, the Valley has year round festivals, a plethora of community events and plenty of live music.

In the community, as of 2015, there are 69 office-based physicians in 15 family practice clinics in the Comox Valley, including one clinic on the military base (which serves only military members), one clinic on Denman Island and one Island Health clinic on Hornby Island. There are also three walk-in clinics: one that offers evening and weekend hours only. The other two are full time walk-in.

Acute care is provided at St Joseph's General Hospital (SJGH), an affiliate hospital of Island Health and is operated by the Archdiocese of Victoria. The SJGH site currently houses a 116 bed acute care facility, and a 125 bed residential care facility. In 2018, the acute care services will transfer to the new hospital currently being built by the North Island Hospital Project. SJGH is exploring its future role, particularly in the areas of seniors' health. The Comox Valley Division of Family Practice is a member of the Future Role Task Force, and will continue to be actively involved in identifying the proposed future role of SJGH.



Aerial View of the town of Comox

## About the Comox Valley Division of Family Practice

The Comox Valley Division of Family Practice, formed in April 2011, is a local non-profit society of community-based primary care physicians.

The Division gives local physicians an opportunity to work collaboratively with Island Health, the GPSC, and the Ministry of Health to identify health care needs in the local community and develop solutions to meet those needs.

Our goals are:

- To promote innovation and excellence in primary care
- To build and sustain effective inter-professional relationships
- To focus on our community needs
- To focus on sustaining a healthy physician community

All local Family Doctors working in the Comox Valley, Denman and Hornby Islands are welcome to join. Visit the website to join [www.divisionsbc.ca/comox](http://www.divisionsbc.ca/comox)

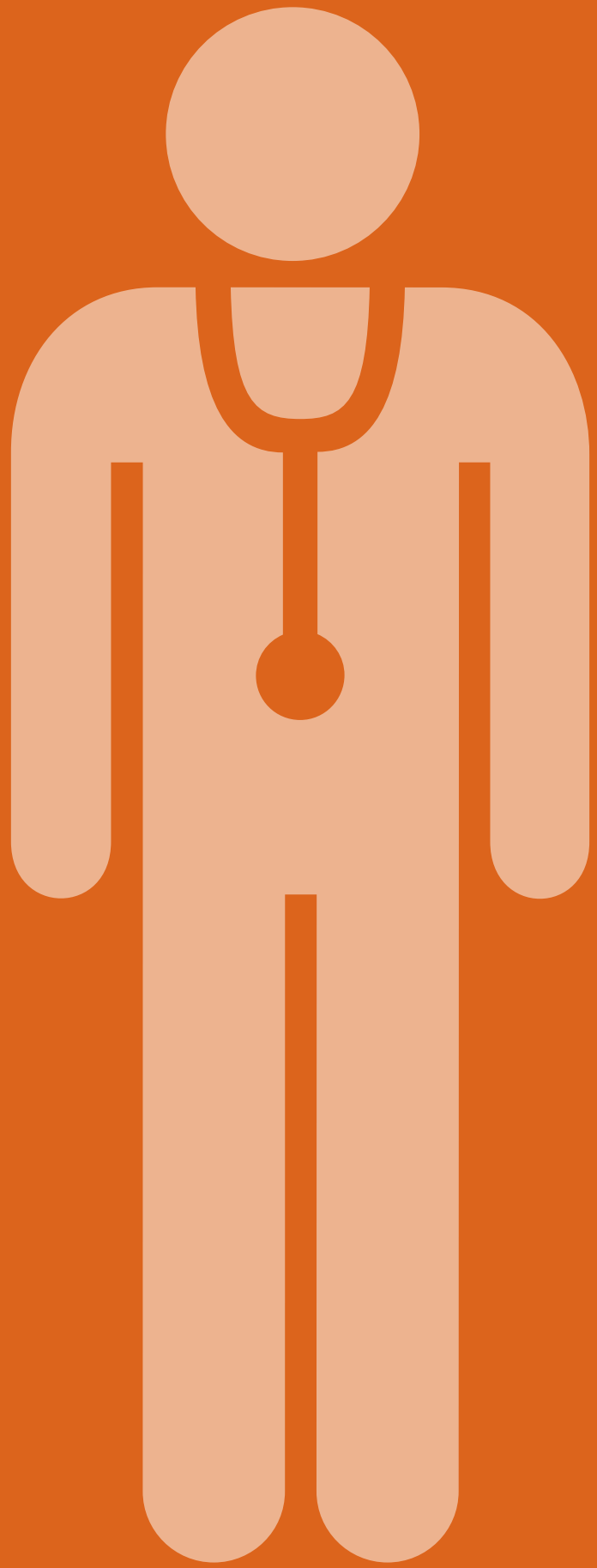
### Benefits of Membership

Being a member of a division offers a number of potential benefits, including:

- Discounted medical supplies from vendors including Henry Schein, Global Medco and Stevens.
- Greater impact on the organization of local and regional health services around a division practice area
- Improved access to health authority and specialist services
- Enhanced professional collegiality and access to physician health and wellness programs
- Shared efforts for recruitment, retention and locums.
- Support from colleagues in caring for complex or unattached patients
- Reliable assistance with duties historically falling to call groups, such as scheduling and meeting organization
- Strong financial and practice support for information technology programs and pilot projects.

The following is information you may find useful as a new Family Physician (FP) in the Comox Valley. This information is provided "by local GP's for GP's". It is not meant to be comprehensive, but will help you get started working in our community. We have included some local health resource information and community information for your convenience.

:: LIVE ::



**Comox Valley**  
**Division of Family Practice**  
A GPSC initiative



The Comox Valley is vibrant seaside region on the eastern coast of Vancouver Island and it may be one of the Island's best-kept secrets. Each community in the Comox Valley has its own unique personality. From the seaside tranquility of Comox to the growing City of Courtenay, from the quaint former boomtown of Cumberland to the idyllic rural areas that meander from Fanny Bay in the South to Black Creek in the North, every community has different strengths to offer.

## Real Estate

The Comox Valley is growing every year and has a strong local economy. From family homes and summer cottages, to acreages and waterfront estates Comox Valley has an abundance of affordable real estate choices.

<http://www.realtor.ca/>

## Schools

There is one English school board and one Francophone school board in the Comox Valley that offer education opportunities for children and youth ages 5-18 years old. The main public school board is School District 71. The School District offers both English education programs and French Immersion education programs. The School District operates 15 elementary schools, 2 junior secondary schools, 3 secondary schools and 1 secondary alternate program, in addition to several other district facilities.

There are a small number of private schools that can be found throughout the Comox Valley.

*Important to note:* School registration starts in early February. It is important to contact schools early, particularly if you are considering French Immersion, a Sports Academy, or you have a child with special needs.

### School District 71

(250) 334-5500 | <http://www.sd71.bc.ca>

School District 71 oversees all English public schools from kindergarten to grade 12, including Montessori Education, throughout the Comox Valley. French Immersion programs are available through some schools. Their website includes a listing of local schools and a district map. Go to their website to find a school near you.

### Conseil scolaire francophone de la Colombie-Britannique (CSF) - School District 93

(604) 214-2600 or toll free 1-888-715-2200 | <http://www.csf.bc.ca>

Conseil scolaire francophone de la Colombie-Britannique oversees all French schools from kindergarten to grade 12 throughout the province of British Columbia. They have one school located in Comox called Au-coeur-de-l'île.

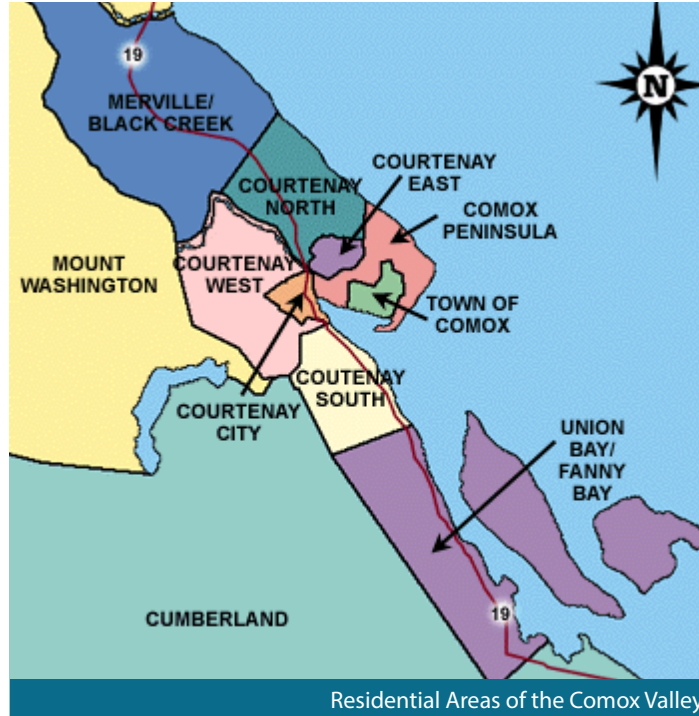
### Au Coeur de l'île Comox

(250) 339-1848 | <http://aucoeurdelile.csf.bc.ca>

This is the only Francophone school in Comox. It offers education opportunities for children from kindergarten to grade 12.

**Please note** that this website is only available in French.

Go to the local yellow pages for a listing of private schools in the area [www.yellowpages.ca](http://www.yellowpages.ca) and search the keyword schools.



Residential Areas of the Comox Valley

### Waldorff Education: Saltwater School

(250) 871-7777 | <http://www.saltwaterschool.com/>

An independent school that has provided Waldorf inspired education since 2011. Saltwater school are proud members of the Association of Waldorf Schools of North America (AWSNA) and the Waldorf Early Childhood Association of North America (WECAN).

### Beachcombers Community School

<http://www.beachcombersschool.ca>

Beachcombers is a BC independent school that offers preschool to grade 8. It's regionally-inspired curriculum includes Coastal/BC children's literature, coastal ecology and sciences, water safety and coastal sports.

## Child Care

### Child Development Association

(250) 338-4288 | <http://www.cvcda.ca>

Has many programs and can help you find childcare and services for children, including children with special needs.

## Public Services

### Cable TV: Shaw Cable

(250) 334-0888 | <http://www.shaw.ca>

### Hydro: B.C. Hydro

1-800-224-9376 | <http://www.bchydro.com>

### Gas: Fortisbc

1-888-224-2710 | <http://www.fortisbc.com>

### Telephone: Telus (within BC)

(250) 310-2255 | [www.telus.com](http://www.telus.com)

### Water: Public Works

(250) 339-5410

### Garbage/Recycling: Comox Valley Regional District

(250) 334-6000

### Collection Inquiries-Emterra

(250) 336-8066

### Recycling Return Centre

(250) 339-0059

### Recycling Hotline

1-800-667-4321

## Recreation

For information about facilities, clubs and sports leagues in your area, please contact:

### Aquatic Center

(250) 334-2527 | <http://www.comoxvalleyrd.ca/EN/main/community/recreation/aquatic-centre.html>

### Sports Centre

(250) 334-9622 | <http://www.comoxvalleyrd.ca/EN/main/community/recreation/sports-centre.html>

### Special Needs Recreation

(250) 338-5371 | <http://www.courtenay.ca/EN/main/community/recreation/special-needs-recreation.html>

### Vancouver Island Regional Library - Comox Branch Library

(250) 339-2971 | <http://virl.bc.ca/>

For more community events and activities go to:

[www.comoxrecreation.com](http://www.comoxrecreation.com)

[www.city.courtenay.bc.ca](http://www.city.courtenay.bc.ca)

[www.whatsondigest.com](http://www.whatsondigest.com)

[www.comoxvalleyarts.org](http://www.comoxvalleyarts.org)

[www.discovercomoxvalley.com](http://www.discovercomoxvalley.com)

## Transportation

### BUS: Comox Valley Transit System

(250) 339-5453 | <http://bctransit.com/comox-valley/> to find maps and schedules.

### TAXI: Comox Valley Taxi Service

(250) 339-7955 | <http://www.comoxtaxi.com>,

## Shopping

Downtown Courtenay offers a boutique shopping district located on 5th Street with pedestrian friendly shops and specialty stores. You will find home décor, fashion, grocery stores, toys and games, sporting gear, artisan bakeries or any type of professional service. Also try the downtown businesses on Comox Avenue or head to Dunsmuir Avenue to shop the historic main street of Cumberland.

Big box stores are in Courtenay including Staples, Costco, Future Shop, Home Depot and Superstore.

### Downtown Courtenay Market Day

18 July 2015 | <http://courtenaymarketday.com/>

You'll find handmade, one-of-a-kind products along with some of the best deals from favourite downtown shops. The streets will be brimful with over 100 vendors; some of the Comox Valley's very best. There is something for everyone to do and enjoy!

### Farmers' Markets

<http://www.comoxvalleyfarmersmarket.com> | (250) 218-0321

Food is local and fresh. It is a great place to meet people and to bring your children. It is free to go. There is usually entertainment. See *Open April to October at two locations:*

- **Saturdays, 9:00am to 12:00pm**, 4836 Headquarters Rd across from Vanier High School
- **Wednesdays, 3:00pm to 6:00pm**, Comox Band Hall, 3320 Comox Rd

## Farmgate Sales

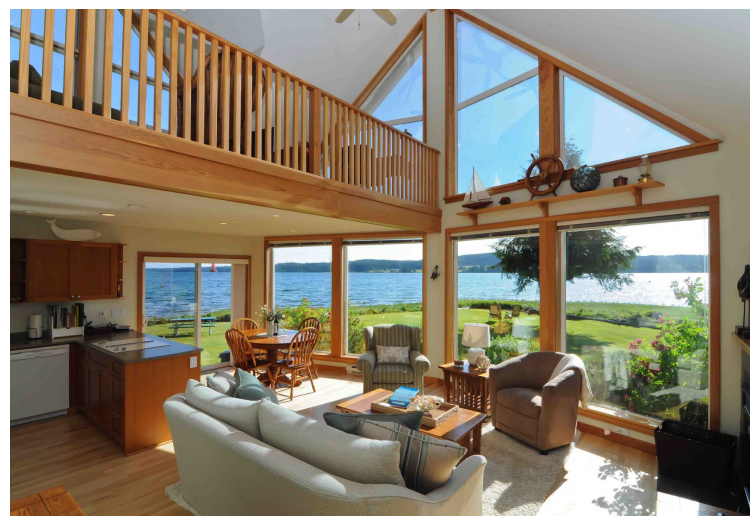
[www.discovercomoxvalley.com/.../GG2009\\_complete\\_WEB.pdf](http://www.discovercomoxvalley.com/.../GG2009_complete_WEB.pdf)

Many farms sell their products at their "gates." You can find them by driving down country roads, or you can find a list of farms in the Grower's Guide.

## Restaurants

There are many great restaurants in the Comox Valley. Here are some of our favorites:

- Atlas Cafe International, Vegetarian 250 6th St  
<http://atlascafe.ca/>
- Locals Restaurant, International, Seafood, Vegetarian, 1760 Riverside Ln. <http://www.localscomoxvalley.com/>
- Black Finn Pub, 132 Port Augusta Street Comox, BC  
<http://www.blackfinpub.com/>
- Ichiban Sushi - Asian, Japanese, Seafood 932 Fitzgerald Ave  
<http://ichiban.coltonhornstein.com/>
- Sehmi Japanese Restaurant 1320 Cliffe Avenue  
<http://www.sehmicourtenay.ca>
- Early Bird Cafe, American, Breakfast 307 4th Street
- Maple Pho Noodle House, Chinese, Vietnamese, Pho 468 29th St
- Hana Korean Restaurant, Asian, Korean 168 5th Ave
- Delicados Courtenay, international, Mexican, Vegetarian 180A 5th St <http://delicados-deli.com/>
- Common Ground, American, Vegetarian, International 596 5 St <http://www.newsprout.ca>
- Bisque, Seafood, Steakhouse 307 14th St (at Cliffe)  
<http://www.bisquerestaurant.ca/>
- Saigon Noodle House, Vietnamese 2401 Cliffe Ave #8
- Domo Japan, Japanese 209 - 444 Lerwick Rd  
<http://www.domojapan.ca>





## Weather

The Comox Valley enjoys temperate weather year round: summer temperatures average 22C (72F) and rarely reach 30C (86F), while winter temperatures rarely fall below freezing. Although annual precipitation averages 1,179mm (46.42 in), almost 80% of this falls between October and March, mainly as rain rather than snow. The result is dry, sunny summers, and mild, wet winters.

## Local Media

**Local FM radio stations: CKLR 97.3 | CFCP 98.9**

### Comox Valley Echo

(250) 334-4722 | <http://www.comoxvalleyecho.com/>

### Comox Valley Record

(250) 338-5811 | <http://www.comoxvalleyrecord.com/>

### Comox Valley Business Gazette

<http://www.businessgazette.ca/CV/index.html>

### Island Word

[www.islandword.com](http://www.islandword.com)

Community News, Arts and Culture

### CV Collective

[www.cvcollective.ca](http://www.cvcollective.ca) | <https://www.facebook.com/CVCollectiveMag>

Free lifestyle magazine covering arts, culture, sport and recreation focused in and around the Comox Valley

## Newcomer Groups

### Comox Valley Newcomers Club

<http://www.cvnewcomers.net>

A social club open to women who have resided in the Comox Valley for less than two years. Monthly meetings offer interesting topics and speakers as well as opportunities to sign up for activities and meet other women new to the area.

### Volunteer Comox Valley

(250) 334-8063 | <http://www.volunteercomoxvalley.ca/>

Volunteer Comox Valley helps connect people of all ages with volunteer opportunities in the area. Their website also includes a volunteer directory where you can search for current volunteer opportunities available in the local area. You can also register as a volunteer on the website.



:: WORK ::



## ACUTE CARE INFORMATION

### St. Joseph's General Hospital

2137 Comox Avenue,

Comox, BC V9M 1P2

**Phone:** (250) 339-2242

**Website:** <http://www.sjghcomox.ca/>

#### Medical Director

Dr. Robert Angus

#### Medical Administrative Assistant

Brooke De Maiffe

[MedAdmin@sjghcomox.ca](mailto:MedAdmin@sjghcomox.ca)

#### Privileges & Credentialing

Nancy Haugen [nancy.haugen@viha.ca](mailto:nancy.haugen@viha.ca)

\* A hospital locum orientation package is available from Medical Administration

### Hospital Directory:

#### 1st Floor

- Admitting
- Pharmacy
- Chemotherapy
- Doctors' Lounge
- Emergency
- Endoscopy
- First Floor Inpt Unit
- Lab
- Medical Day Care
- Medical Imaging
- OR
- Overflow 1 and 2
- Surgical Day Care

#### 2nd Floor

- Transitional Care Unit for Alternate Level of Care (ALC) patients
- Maternity/OB/Gyn - Labour and Delivery Unit

#### 3rd Floor

- ICU
- Medical / Surgical

#### Basement

- Cafeteria
- Psychiatry
- UBC Dept of Family Medicine – Strathcona Site

### Clinics

- Chemotherapy Clinic
- Colposcopy Clinic
- Orthopedic Cast Clinic

### Aboriginal Liaison Nurse

Laurel Anderson

### SJGH Laboratory

**Open Mon – Fri - 0730–1800; Saturday - 0900–1500**

#### Take Note

For outpatient IV treatments, transfusions, etc. FP needs to fill out the MDC form. Signed consent form required for blood transfusions.

### Emergency Department

When referring a patient to Emergency, a phone call to the Triage Nurse is recommended. If the patient is critical, speak directly with the ERP. Patients may have to wait up to several hours according to Triage Level.

#### ER Physicians

- Phil Luke
- Albert Houlgrave
- Charles Huisamen
- Louis Huisamen
- Louise Young
- Paul Herselman
- Patricia Murphy
- William Papenfus
- Jennifer Laurence
- Scott Tancon

### Diagnostic Imaging (250) 339-1420 ext. 5

CT scan

CT Radiologist

Nuclear Medicine

Ultrasound

Doctor's Office private booking line

Screening Mammography X-ray

#### Take Note

- DEXAs done in Campbell River or Nanaimo.
- SJGH Outpatient X-Ray service [open Mon-Fri 0730-1830; Sat – 0730-1630](#)
- There is an in-hospital IntelPACS image viewing system.
- Private MRI scanner (Comox Valley MRI)
- Public MRIs done in SJGH

#### Radiologists

- Valerie Astrope
- Stef Kriegler,
- Grant Larsen
- Dave McKeown
- Michael O'Reilly
- William Thompson (Nuc Med)

### Rehabilitation

#### Hospital Physiotherapy/Occupational Therapy

- Order "REHAB TO ASSESS" for inpatients. This will allow the team to assess patient's therapy needs and assist with discharge planning.
- OT is available for patients with arthritis, CTS, tendinitis and tendon injuries, walker boots, braces and splinting etc. (not for spine or knee braces – use community orthotist)
- Outpatient physio available for knee and hip replacements
- Outpatient OT available for hands and stroke treatment
- **Post-stroke Rehab Unit** - is in Nanaimo Regional General Hospital. Complete Referral form.



## Nutritional Services (250) 890-3022

- Diabetes Education Clinic 307A – 14th St Courtenay (250) 339-1568 Fax referral to (250) 890-3008
- Heart Health Nutrition Clinic

## SJGH Administrative Services Available:

### Cerner

SJGH implemented the Cerner “Powerchart” integrated Clinical Information System in Oct 2011. You need to apply for passwords and orientation for Powerchart. This includes access to the SJGH Intranet and UpToDate™.

## Information Technology and Support

### Hospital Intranet

Source for much hospital info, eg GP / House Doctor /Specialist call schedules, pharmacy information, etc. Accessed through PowerChart. Need to obtain login.

### Pharmanet

Provincial medication database administered by MoHS. Lists all patient medications dispensed by BC Pharmacies.

### Psychiatry

Includes both in-patient and out-patient services and has a strong liaison with Island Health Mental Health and Substance Use (MHSU) Services in the community. Include psychiatrists specializing in geriatric, adult and child and adolescent care as well as general practitioners with sub-specialties in psychiatry.

### PICU (Psychiatric Intensive Care Unit)

For patients detained under the Mental Health Act in secure conditions, who are in an acutely disturbed phase of a serious mental disorder which does not allow safe management in a general open acute ward. St. Joseph's General Hospital has a policy in place for admitting patients into the PICU and this is available on the ward.

### Adult Day Therapy

This program is for adults 19 years of age and over who are finding challenges of life overwhelming. People work with issues such as depression, anxiety, trauma recovery, stress, low self-esteem, grief, relationship difficulties, regulating emotions and challenges with addictions. The program is designed to provide new and valuable coping skills. The therapeutic team includes registered nurses and or registered psychiatric nurses as well as consulting psychiatrists.

## Adolescent Outpatient Services

This service provides individual and family therapy, as well as education, to prevent or shorten admission of adolescents to the Inpatient Psychiatric Unit. It is intended for clients 14 to 18 years of age requiring assessment and treatment of psychiatric disorders such as depression, anxiety disorders, eating disorders or thought disorders. The service can provide psycho-education, counseling and therapy to adolescents and their families. The therapeutic team includes registered nurses and or registered psychiatric nurses as well as consulting psychiatrists. This service also offers a six session stress and depression management group in conjunction with the Ministry for Children and Families.

## Addiction Services

A group program aimed at people 19 years and older to introduce individuals to our services and supports is available.

### Take Note

**There is a hospital policy regarding**  
Avoiding Dangerous Abbreviations.

**Blood Transfusions** - Signed consent form required.

**Post-stroke Rehab Unit is in Nanaimo Regional General Hospital.** Complete Referral form.

### Discharge Planning –

A Discharge Support Team is available at SJGH

Hospital Clinical Order Sets exist for:

- Alcohol Withdrawal
- Bridging Anticoagulation
- Chest Pain protocol
- DVT prophylaxis
- Insulin Orders
- Nicotine Replacement
- Palliative orders
- Sepsis
- Etc

These can be accessed through [SJGH Intranet at connect.sjgh.ca](https://connect.sjgh.ca)

- Obtain a username and password first.
- Find under Forms>Clinical Order Sets

## COMMUNITY RESOURCES

**AMBULANCE** services. Local 911 service. 911 response fee is \$50, if transported, fee is \$80.

### AUDIOLOGY Services

- Island Health Pediatric Audiology Clinic  
(250) 339-6543 / (250) 338-6555
- Connect Hearing (Courtenay) (250) 338-7978
- Beltone (Comox) (250) 339-1180, (Courtenay) (250) 334-4044
- Gordon Hearing (Comox) (250) 941-8378

**BCCA - British Columbia Cancer Agency** - Vancouver Island Centre (Victoria) 1-800-670-3322

### CHILD AND YOUTH SERVICES

- Child / Adolescent Psychiatry (Dr Lupton, Dr Coxon)
- Child and Youth Mental Health Intake. Patient / families may self-refer. (250) 334 5820
- Comox Valley Child Development Association  
<https://valleychild.ca/>
- Comox Valley Family Services  
<http://comoxvalleyfamilyservices.com/resources.html>

CDA Infant Development Program –includes:

- Speech and Language Development assessments.
- Physical Therapy, OT programs (250) 338 4288
- Autism programs

**COMMUNITY MEDICINE** Medical Officer of Health - Charmaine Enns

### COMOX BAY CARE SOCIETY

Operates the Care-A-Van, a volunteer-run mobile health clinic serving the homeless. Provide nursing, GP, dental, denture, pharmacy and optometry services. [careavan@telus.net](mailto:careavan@telus.net)

### COMOX VALLEY SOCIAL PLANNING SOCIETY

<http://cvsocialplanning.ca/>

**CONTINUING MEDICAL EDUCATION** locally is sponsored by VIHA and the Division.

### CV TRANSITION SOCIETY

**Lilli House Shelter:** Safe shelter, counselling and support for female victims of abuse and their children. Provide Detox and Supportive Recovery for women.

Access via Crisis Line – (250) 338-1227

### EVERYWOMAN'S HEALTH CENTRE

#210-2525 Commercial Drive, Vancouver, - [www.ewhc.ca](http://www.ewhc.ca)  
(604) 322-6692

### HAND CLINIC

Campbell River Hospital - provides treatment and splints for hand and upper extremity injuries including WorkSafeBC Hand Program.

### HEAD INJURY ASSOCIATION (250) 339-9225

### HEART FUNCTION CLINIC

Assistance with management of CHF

Campbell River (250) 850-2193 fax (250) 850-2935

### HOME CARE

- St. Joseph's Extended Care*  
2137 Comox Ave. Comox (250) 338-5453
- Home and Community Care Services (Island Health)*  
941 England Ave, Courtenay (250) 331-8530  
Central Intake Fax  
(Private Doctor's Lines)  
Central Intake fax line  
<http://www.viha.ca/hcc>  
*Includes:*
  - Home Nursing care, Long Term Care Assessments, Rehab Services, Social Work
  - Home Support assists with personal care - dressing, bathing, showering, grooming, hygiene, medication assistance. Does not cover meal preparation or housecleaning

*Private Home Care Companies*

- Nurse Next Door – Courtenay – (250) 336-8606
- OmniCare for People at Home – (250) 890-7535
- We Care – Courtenay – 1-888-334-8531

### HOSPICE

Comox Valley Hospice Society [www.comoxhospice.com](http://www.comoxhospice.com)  
(250) 339-5533

- Supports individuals/families with end-of-life issues.
- A Hospice and Palliative Care Unit is planned for the hospital.

### JOB SHOP Community Services Directory

Get connected to the wealth of resources and services in the Comox Valley. Comprehensive- Social Health Determinant Focused Resources  
<http://www.thejobshop.ca/csdirectory.php>

### LABS

- SJGH Laboratory  
Mon-Fri 0730-1800, Sat 0900- 1500
- St Joseph's Courtenay Lab (at Cliffe & 14th) Mon-Fri - 0730-1700
- Cumberland Health Centre  
2696 Windermere Ave - Mon-Fri - 0730-1100
- Lifelabs  
12-1599 Cliffe Ave, Courtenay  
Mon-Fri - 0730-1600, Sat 0730-1130

### LANGUAGE SERVICES

For telephone-based language interpretation, Provincial Language Services: 1-888-603-5087. Comox Valley physician access code: 3560.  
Service provided by CV Division of Family Practice on pilot basis until December 2015.

## LUSH VALLEY FOOD ACTION SOCIETY

<http://www.lushvalley.org/>

## MASSAGE THERAPY / ACUPUNCTURE *See page 16*

## MATERNITY / MIDWIFERY

Primary Care Obstetric Services. This group of Family Doctors in the Comox Valley provide prenatal, labour and delivery care. They accept referrals from primary care physicians in the community. They are happy to provide care starting in the first trimester. (See Town Circle, Highland Medical Clinic, or Courtenay Medical Associates).

- "Right from the Start" Program  
Island Health Public Health program for pregnant women, new mom's, babies and children.  
Visit <http://www.rightfromthestart.viha.ca> to register

## MIDWIFERY

- Comox Valley Midwifery (250) 338-4810
- Plum Midwifery (250) 890-0832

## MEAL ASSISTANCE

- Meals on Wheels (250) 339-2625,
- Valley Home Meals - (250) 331-8522

## MEDICAL EQUIPMENT

- Red Cross Loan Cupboard - crutches, canes etc. (250) 334-1557
- The Home Medical Shop - (250) 338-0903  
*Crutches / braces may be rented from some community pharmacies*

## MENTAL HEALTH AND SUBSTANCE USE

- Comox Valley Mental Health and Substance Use (Island Health)- 941C England Ave, Courtenay V9N 2N7, phone 331-8524, fax 331-8525
- *Services include:*
  - ACSS (Adult Community Support Services) for adults with severe, chronic mental illness.
  - Adult Day Therapy Program(SJGH), Changeways, Mindfulness groups
  - ASTAT Team (e.g. Short Term Acute Counselling) Can facilitate urgent psychiatry assessments
- Crisis Line (Public) 1-888-494-3888
- SAIN - Substance Abuse Intervention Nurse, SJGH. Assists with arranging Detox. Pager (250) 703-9102.

## NORTH ISLAND LIVER SERVICE (NILS) / POSITIVE WELLNESS

### NORTH ISLAND 1 877 215-7005

- Provides information and treatment services to patients with chronic liver disease eg Hep C.

## NURSING - CV NURSING CENTER (250) 331 8502

VIHA services include

- Pain Assessment and Management Service
- Eating Disorders
- Health Library
- Support Groups, etc

## NUTRITION

SJGH Dietician Services. Fax form to (250) 339 1439.

Phone (250) 890 3022.

## OPT - OPTIONS FOR SEXUAL HEALTH

961 England Avenue, Courtenay (250) 331-8572

Drop-In clinics Tues 6-8 pm, Thurs 4-6 pm

Services include reduced cost contraception, emergency contraception, pregnancy tests, education, options counseling and referrals, HIV, STI testing, Hep B immunization, PAPs, physical exams  
<http://www.optionsforsexualhealth.org>

## ORTHOTICS / FOOT CARE

*includes spine / knee braces and foot orthoses*

- BD Mitchell - Comox (250) 339 2262
- SOS Orthotics - Comox (250) 339 5852.

*Foot Care*

- Feet First (250) 338 1702, (250) 335 2349.
- This Little Piggy Foot Care Services (250) 792 3885
- Happy Soles Foot and Nail Care  
Paul Kurucz, Podologist (250) 871 2279 or (250) 871 6484

## PHARMACIES - *See page 14*

## PHARMACARE PHYSICIANS LINE FOR SPECIAL AUTHORITY

1-877-657-1188

## PHYSIOTHERAPY - *See page 16*

## PRENATAL CLASSES (PUBLIC HEALTH NURSING) (250) 331-8520

## PSYCHOLOGISTS /COUNSELLING (PRIVATE)

- Strathcona Counseling - Courtenay (250) 338-0311
- Grunberg-Patterson Counseling - Comox (250) 339-3269
- Pacific Therapy and Counselling - Courtenay (250) 338-2700

## PUBLIC HEALTH

- Comox Valley Health Unit (250) 331-8520  
961 England Avenue, Courtenay, V9N 2N7  
Offer routine immunizations and Prenatal Classes

## QUITNOW SERVICES - Smoking Cessation program

<http://www.quitnow.ca> 1-877-455-2233

## SALVATION ARMY SHELTER

Pidcock House, 632 Pidcock Ave, Courtenay (250) 338-2533



## SENIORS SERVICES

- **Island Health Geriatric Outreach Program** (250) 339-1440  
Geriatric Psychiatry and Geriatric Medical services are available through this program. The team assists with seniors with:
  - Complex medical or psychiatric problems.
  - Cognitive / functional assessments of seniors in their homes.
  - Assistance is provided with the management of seniors with dementia or behavioural symptoms.
  - Facilitate transition to Assisted Living, Residential Care/ Complex Care
  - Arrange Respite Care for easing caregiver burden.
  - **A Seniors Health Referral form (VIHA) must be faxed to (250) 339-1529.**
- **Extended Care Unit (ECU) at SJGH "The Views"**  
Two units :
  - EagleView (250) 339-1556
  - OceanView (250) 339-1514
- **Glacier View Lodge - Complex Care Facility**  
2450 Back Rd, Courtenay, BC (250) 338-1451
- **Comox Valley Seniors Village**  
4640 Headquarters Road, Courtenay, BC  
1st flr (250) 331 1183 #1902  
2nd flr (250) 331 4113 #1902
- **Senior Peer Counseling** (250) 334-9917
- **Evergreen Seniors Club**  
411 Anderton Ave Courtenay, BC V9N 6C6 (250) 338-1000  
*For ages 55+ years, \$20 annual fee. Under the direction of the Courtenay Recreational Association, the club provides a wide range of activities and programs at the Florence Filberg Centre in downtown Courtenay.*
- **Lifeline** (250) 338-4255
- **HandiDart service** (for patients not capable of using public transit) (250) 339-5442

## SLEEP APNEA - OVERNIGHT OXIMETRY/CPAP

- Pacific Sleep Care [www.pacificsleepcare.ca](http://www.pacificsleepcare.ca) (250) 334-0789

## SPEECH PATHOLOGY

- Island Health Pediatric Speech Services (250) 338-6555
- Cathy Silversides (250) 792-3466

## TRAVEL MEDICINE

- Travel Medicine & Vaccination Centre  
[www.tmvc.com](http://www.tmvc.com) | (250) 244 1044

## TRANSITION TOWN

<http://transitiontownvcv.org/>

## UBC DEPT OF FAMILY MEDICINE

The Strathcona Site is our local Family Medicine Residency teaching site. We currently have 6 Residents placed with preceptors in our community and involved in SJGH hospital care.

**Site Director :** Dr. Peter Gee.

**Site Co-ordinator:** Pam Blake. [pam.blake@familymed.ubc.ca](mailto:pam.blake@familymed.ubc.ca)

## VANCOUVER ISLAND COMMUNITY CONNECTIONS

Online directory of services for people with developmental disabilities (Community Living BC, The Job Shop, Triumph Vocational Services, Community Living Resource Centre) – <http://www.vicc.cc>

## WORKSAFE BC

- Courtenay office (250) 334-8701 <http://www.worksafebc.com>

## WOUND CARE

- Nursing clinic is available through Home and Community Care referral

## CLINICS IN THE COMOX VALLEY

### Family Practice

#### Comox

##### Comox Medical Clinic (250) 339-3223

- |  |                                  |
|--|----------------------------------|
| • Rick Potter-Cogan                              | • Brad Harris                    |
| • Michael Neufeld                                | • Ed Howard                      |
| • Barb Fehlau (Pain Management, Palliative Care) | • Tanya Austin (Permanent Locum) |
| • Doug Anderson                                  |                                  |

##### Highland Medical Clinic (250) 890-0919

- |                    |                                 |
|--------------------|---------------------------------|
| • Jennifer Cortez  | • Trevor Shoesmith (Sports Med) |
| • Daria Davyduke   | • Theresa Wilson                |
| • Carol Galway     |                                 |
| • Patricia Johnson |                                 |

##### Sea Cove Medical Clinic (250) 339-5467

- |                 |                  |
|-----------------|------------------|
| • David Brailey | • Bonnie Bagdan  |
| • Eva Hemmerich | • Johnathon Kerr |
| • Carol Ostry   |                  |

##### Town Circle Medical (250) 339-5780

- |                |                 |
|----------------|-----------------|
| • Lissa Bensen | • Dan Wainberg  |
| • Erin Gregory | • Colin Bullock |

##### White Wave Medical Clinic (250) 941-3344

- |                   |                |
|-------------------|----------------|
| • Genevieve Allen | • Daniel Lewis |
|-------------------|----------------|

#### Courtenay

##### Cottage Medical (Courtenay) (250) 338-1391

- |                |                 |
|----------------|-----------------|
| • Steve Matous | • Itta Winter   |
| • Sue Hunter   | • Sara Sandwith |

##### Courtenay Medical Associates (250) 334-4411

- |                              |                     |
|------------------------------|---------------------|
| • Amitabh Bakshi             | • Nancy McFadden    |
| • Maria Chow                 | • Johnathan Reggler |
| • Janet Green                | • Adam Thompson     |
| • Des Conway (Dive Medicine) |                     |

#### Crown Isle Clinic (250) 338 1333

- James Ingrey
- Stephen Burgess
- Sharmeen Mazaheri
- Charuka Maheswaran
- Sue Booth
- Karen Nishio

#### Courtenay Medical Clinic (250) 334-2445

- Wayne Crowe (Circumcisions, Vasectomies)
- Tanja Daws
- David Kenny (Locum, Dive Medicine)
- Olga Lamykina
- John Law (Dive Medicine, Aviation Medicine, Marine Medicals)
- Kevin Swanson

#### Southwood Medical (250) 334-2212

- Laura Bell
- Kirsten Emmott
- Tammy Williams

#### ValleyCare Medical (250) 331-0500

- Dana Burry
- Marcus Langhans
- Janice McLaughlin
- Stephen Nap
- Matt Robertson

#### Cumberland

##### Dunsmuir Medical Clinic (250) 336-2208

- Mark Woldnik
- Marie-clare Hopwood
- Sand Russell-Atkinson

#### Denman

##### Denman Island Clinic (250) 335-2260

- Stephen Malthouse
- Doreen Tetz
- Donald Wilson

#### Hornby

##### Hornby Island Clinic (250) 335-3036

- Laura Chalfin
- John Chapman

#### Walk-in Clinics

##### Comox Valley Medical Clinic (250) 898-0202

(Courtenay) Open 9am-9pm daily

- Katie Barker
- Shannon Jones

##### Washington Park Medical Clinic (250) 334-9241

Superstore Mall, Courtenay

- Paul Herselman
- John Fitzpatrick
- Megan Spring
- Don Fockler
- Rob Silcox

#### Other Family Physicians / Locums

- Tanya Austin
- Dianne Bohonis
- Don Blacklock
- Suzanne Watters
- Alfredo Tura
- Daniela Chifor
- Danielle Froese
- Don Fockler
- John.D. Fitzpatrick
- Marika Galik
- Peter Moosbrugger
- Robert Silcox
- Shannon Jones
- Wai Ling Dan
- Shannon Marshall
- Jack Bryant
- Dave Scruton
- Dave Jarman

## SPECIALIST OFFICES

#### Specialist On Call List

<https://medicalaffairs.viha.ca/ocall/BrowseSchedules/>

(need a VIHA log-on)

#### ANAESTHESIA

- Blake Richardson
- Johnathon Watson
- Stuart Holmes
- Robert Lyall
- Wayne Gornall
- Andrew Cook

#### COMMUNITY MEDICINE (Medical Officer of Health)

- Charmaine Enns (250) 331-8591

#### DENTAL MAXILLOFACIAL SURGERY

- A. Conradi (250) 890-0055

#### DERMATOLOGY

- Donald Jenkins (250) 334-4172

#### EMERGENCY MEDICINE (SJGH)

- Phil Luke
- Albert Houlgrave
- Charles Huisamen
- Louis Huisamen
- Louise Young
- Paul Herselman
- Patricia Murphy
- William Papenfus
- Jennifer Lawrence
- Scott Tancon

#### ENT

- Lodewyk De Jager (250) 338-1314
- Charles H. Van Rooy (Campbell River) (250) 830-0707

#### INTAL – Internal Medical Advice Line

1-877-370-8699

Advice on your patients, what tests to order (Int Med., Nephrology, Endocrine, GI, Oncology, Hematology)

#### FP/ GERIATRIC MEDICINE

- Malcolm Man-Son-Hing (through Seniors Health referral)

#### GENERAL SURGERY

- Nick Kimberley
- Kathryn Lanuke
- Roger "Rocky" Moise
- Willis T'ien
- Campbell River
- David James
- Roy Minaar
- Leanne Wood

#### INTERNAL MEDICINE

- Saren Azer
- Pedro Camacho (Hematology, Anticoagulation issues)
- Sudhakar Dawadi (Respirology)
- Pierre Nel (Gastroenterology)
- J. J. Simice (General)
- Trace Thomas (General)
- Sam Kohen
- Leanne Gutierrez (Endocrinology)

## OBS/GYN

- Matthew Bagdan
- Tracey Rodgers
- Chad Van Tongeren

## OPHTHALMOLOGY

- Peter Claasen
- Elizabeth "Libby" Cornock
- Glen Hoar
- Steve Shaver
- Sadhana Kulkarni

## ORTHOPEDIC SURGERY

- Kirk Sundby
- Jacobus "Koos" Van Sittert
- Tom Woods

## PATHOLOGY

- Chris Bellamy
- Wayne Donn

## PEDIATRICS

- Natalie Aird
- Jan Theron

## PSYCHIATRY

- Jeff Barber
- Carol Coxon (Peds/ adolescent)
- Natasha Frolic (Geriatric Psychiatry)
- Carl Graves
- Stuart Lamon
- Lauren Lupton (Peds/ Adolescent)
- Stephan Schovaneck (Geriatric Psychiatry)
- Frank Wernicke
- Kevin Whetter

## RADIOLOGY/ MEDICAL IMAGING

- Valerie Astrope
- Grant Larsen
- Dave McKeown
- Michael O'Reilly
- Stef Kriegler
- Nivmand Khorrami-Arani

## UROLOGY

- Aaron Clark
- William Tinmouth
- Jeffrey Zorn

## Out of Town Specialists

### CARDIOLOGY (Victoria)

Western Cardiology Associates

### DERMATOLOGY (Victoria)

Gordon Telford (Eczema Clinic)

### ENDOCRINOLOGY (Campbell River)

Randolph Lee

### MEDICAL GENETICS CLINIC

Victoria Gen'l Hospital (250) 727-4461 Fax (250) 727-4295

## NEPHROLOGY (Nanaimo)

- Rachel Carson
- Alison Croome
- Anthony Booth (holds clinics in Cumberland - GP may request this site on referral letter)

## NEUROLOGY (Nanaimo)

Kimberley Waterman

## NEUROSURGERY (Victoria)

- Richard Reid
- John Sun
- Stephen Hentschell

## ORAL SURGERY / MAXILLOFACIAL (Nanaimo)

Robert Sorochan (250) 753-6671

## PEDIATRIC CARDIOLOGY (Nanaimo)

Marion Tipple

## PEDIATRIC ORTHOPEDIC DOCTOR

(Victoria - travels to Courtenay)

Brent Weatherhead

## PHYSIATRY / REHAB (Nanaimo)

- Tim Deutscher
- Andrew Willmott
- John Hawkeswood

## PLASTIC SURGERY (Campbell River)

- Peter Fowler
- Peter Olesen
- Robin Evans

## RHEUMATOLOGY (Nanaimo)

- Maqbool Sheriff
- Nicole Baur
- Alison Kidd

## STROKE RAPID ASSESSMENT UNIT (SRAU) (Victoria)

(250) 727-4056

Acute assessment for TIA's/ mild stroke.

Referral required.

Open M-F 08:00-18:00

## THORACIC SURGERY (Victoria)

BC Thoracic Surgery

- Gary Dewar
- John Samphire

## VASCULAR SURGERY (Victoria)

- James Dooner
- Shung Lee
- Peter Kueschler

Full contact info available on College Website  
www.cops.bc under "find a physician"



## COMMUNITY PHARMACIES

To reduce the amount of faxes with pharmacies visit the **Member Resources section** of the Division website

<https://www.divisionsbc.ca/comox>

Complete the Physician Profile for Pharmacy Communication to ensure you get the info you need, in the format of your choice.

| When:   | Strategies to avoid unnecessary faxes:  |
|---|---|
| <b>Urgent Issues</b>  |   |
| Pharmacist needs clarification for urgent prescription errors /clarifications | Physicians can ensure personalized preferences are followed by completing the Physician Communication Profile. Pharmacists will tailor communication to the preferences you identify on the profile.                                      |
| <b>Non-Urgent Issues</b>  |   |
| Prescriptions are available in different strengths                            | Helpful if physician includes all strengths/doses on prescription   |
| Physician discontinues a prescription   | Handwritten notes from physicians are required by pharmacists for discontinued prescriptions  |
| Homebound/Palliative Patients   | Notify pharmacist   |
| Physician completes Narcotics prescription                                    | Pharmacists can support the patient counselling process if physicians Provide copy of narcotics contract to pharmacist (with patient approval)<br>By calling Pharmicare, patients can be restricted to specific pharmacy to prevent abuse |
| Physician requires Prescription Changes                                       | Clarification faxes will be prevented if physician indicates that it is a change on prescription and identifies urgent prescription changes   |
| Recall Intervals  | Specify recall intervals (e.g. 30 vs 90 days)   |
| Special Authority (SA)  | Potential to access Pharmicare and Blue Cross - Call 1 800 663-7100 to request copy of Special Authority Status   |

### Pharmacies & Direct Lines

#### Comox

- **Drug Store at John's Independent Grocer** – (250) 339-6626
- **Medicine Shoppe** – (250) 339-5050 /
- **Comox Pharmasave** - (250) 339-9879 /  
(Provide support for ostomy and mastectomy patients.)
- **Comox Rexall** – (250) 339-2235 /
- **Shoppers Drug Mart** – (250) 890-9327 /

- **Courtenay Rexall** – (250) 334-2481 /
- **Superstore** – (250) 334-6935 /
- **Walmart Pharmacy** – (250) 898-8955 /
- **People's Pharmacy** - (250) 334-9311 /
- **Courtenay Pharmacy** – (250) 871-8405 /
- **Thrifty's** – (250) 331-5101 /
- **Marigold Natural Pharmacy** – (250) 338-9623
- **Shoppers Drug Mart** – (250) 334-3134 /  
open 8am to midnight 7 days a week

#### Cumberland

- **Cumberland Pharmacy** (250) 331-8510

#### Oyster River

- **Bridge Pharmacy** 1-778-420-4311 /

#### Courtenay

- **Costco Pharmacy** – (250) 331-8700 /
- **Living Room Pharmacy** – (250) 338-5665 /
- **London Drugs** – (250) 703-2838 /  
(Offers 24 hour BP testing.)

*\*\*Note – Shoppers Health Care Portal provides access to several useful web tools for doctors – DrugCoverage, Best Practices BMJ, LexiComp, patient handouts etc – requires registering at <http://www.shoppershealthcareportal.org>*

### Safe Opioid Prescribing Algorithm

A community-wide algorithm that supports the safe and effective management protocol of chronic non-cancer pain through optimal opioid prescribing practices. Utilizes a protocol with pharmacies for the prescription of opioids by faxing a treatment agreement to pharmacies with the focus of “one pharmacy, one physician, one patient”

## EXTENDED HEALTH SERVICES

### Massage Therapy

#### Comox

- BodyWorx - (250) 339-5540
- Bowyer Massage Clinic – (250) 339-3444
- Coastal Physiotherapy – (250) 890-9142
- Comox Valley Therapeutic Massage – (250) 339-9912
- Guthrie Acupuncture – (250) 339-3394
- Harbourview Therapeutic Massage – (250) 339-2233

#### Courtenay

- Brenda Hall - (250) 334-8854
- Comox Valley Acupuncture - (250) 334-3630
- Jennifer Crichton – (250) 218-3065  
Rehabilitation in Motion (RIM) - (250) 334-9670
- Joanie Chestnut - (250) 331-0994  
Summit Massage - (250) 897-3431
- W Studio Massage Therapy Clinic - (250) 792-3575

#### Cumberland

- Integral Balance - (250) 336-8284

### Physiotherapy

#### Comox

- Ascent Physiotherapy – (250) 339-1039  
Manual/Manipulative Therapy
- BodyWorx Physiotherapy – (250) 339-5540
- Coastal Physiotherapy and Sports Rehabilitation –  
(250) 890-9142 ( Vestibular Rehab, Acupuncture, Manual/Manipulative therapy, Pelvic Floor Rehabilitation)
- Comox Physiotherapy (250) 339-6221. Vestibular Rehab, Pelvic Floor Rehabilitation, Physio for breast cancer recovery

#### Courtenay

- Courtenay Physiotherapy - (250) 338-8754  
Offers Vestibular Rehab (BPPV, balance problems, falls) David da Silva – (250) 338-8121
- Gentle Hands (Jennifer Bird) – (250) 897-0010
- The Joint - (250) 331-1200
- Rehabilitation in Motion (RIM) – (250) 334-9670  
Member of WorkSafeBC network of providers for structured rehab programs. Massage therapy available.

### Acupuncture

#### Comox

- BodyWorx Physiotherapy – (250) 339-5540
- Coastal Physiotherapy and Sports Rehabilitation  
(250) 890-9142
- Guthrie Acupuncture

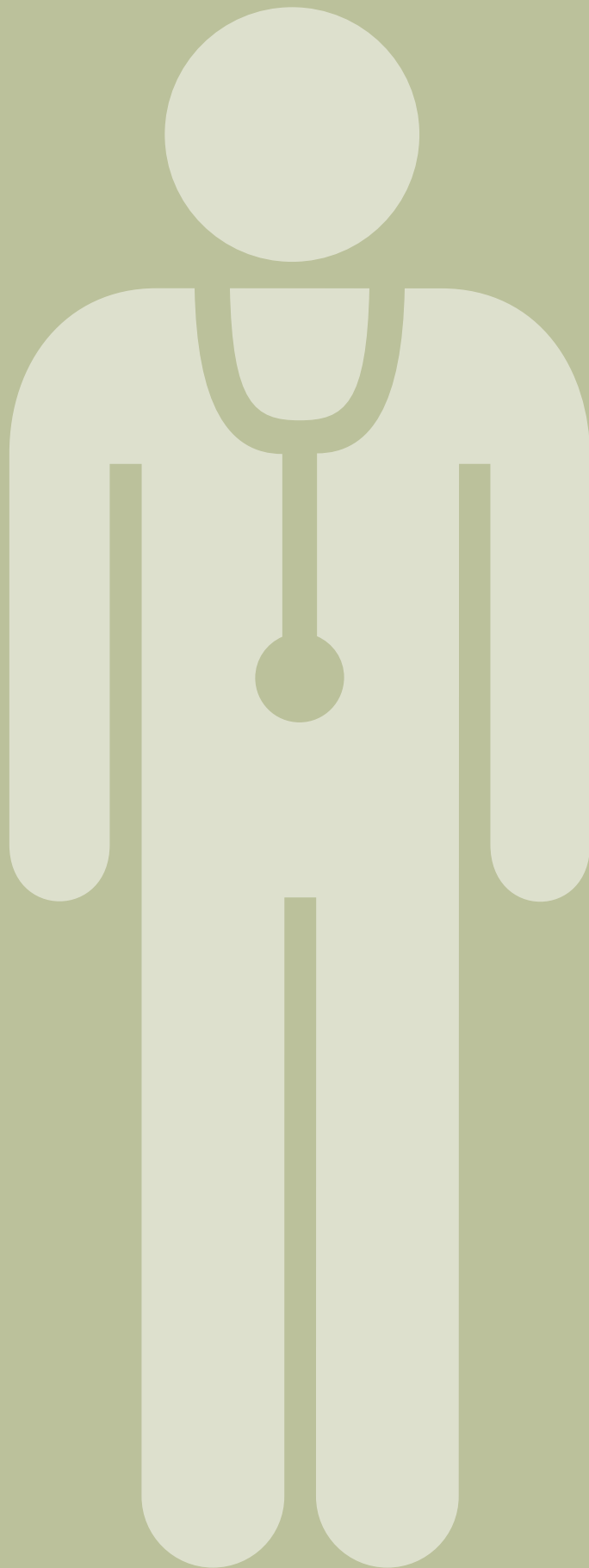
#### Courtenay

- Dr. Barb Fehlau – Acupuncture, prolotherapy (250) 339 3223
- Serenity Acupuncture (Hsiu-Chen Lin) – (250) 871 8899,  
cell (250) 334 7657

### Psychologists/Counselling (Private)

- Strathcona Counselling – Courtenay (250) 338 0311
- Grunberg – Patterson Counselling – Comox (250) 339 3269
- Pacific Therapy and Counselling - Courtenay (250) 338-2700

:: PLAY ::





## THINGS TO DO IN THE COMOX VALLEY

### Hikes and Trails

- **Seal Bay Regional Nature Park**

There are a number of trails at Seal Bay park. The trail to the beach is moderate with a considerable slope. The hill seems quite tame when going down, but on your way back up you will notice the long gradual incline. From the parking lot to the beach the main trail is somewhere around 1km each way.

- **MacDonald Wood**

Located just minutes from central Comox, MacDonald Wood Nature Park is a 9 acre conservation area ideal for a nice stroll in the woods. The trails are well groomed and lead from the corner of Balmoral and Croteau Rd down to the shoreline.

- **Number 6 Mine**

Located in Cumberland with Access from Dunsmuir Ave, Derwent Ave, and First Street, the #6 Mine Memorial Park contains a short 0.5 km dirt / stone & brick trail. This park was originally owned by the Union Coal Company which opened back in 1898.

- **Rotary Riverside Trail**

The Rotary Riverside trail travels alongside the Puntledge River. The trail is around a km long and does contain some stairs.

- **Wildwood Interpretive Forest**

Wildwood Forest is a large 682 acre nature park located between Burns & Piercy Roads. Trails connect with Piercy, Wildwood, Forest Hill, and Burns Rd. This park is a terrific place for a hike, mountain bike, or walk. The trails vary including active logging roads and an old rail grade.

- **Northeast Woods**

The Northeast Woods Conservation Area can be accessed from Noel Ave, Guthrie Road, Cape Lazo School, and Lazo Marsh Conservation Area. The short 1.5 km loop is part of a much larger trail system. This area has a rare ecosystem including second grown and mixed forest, meadows, wetlands, wildlife, and native trees, all located just minutes from downtown Comox.

- **One Spot Trail**

Located North West of Courtenay, One Spot Trail is a 2nd growth forest containing a variety of tree types. A large variety of wildlife can often be found including black tailed deer, woodpeckers, wrens, chickadees, and aquatic life.

- **Paradise Meadows**

Paradise Meadows at Mt Washington offer a number hiking levels. There are a number of trails ranging from easy to difficult, and from 3-4 km to 20km+.

- **Nymph Falls**

In the winter Nymph Falls Nature Park is a raging high current river. In the summer the waters calm down considerably and this beautiful spot becomes a busy swimming hole for many. The leisurely walk from the parking lot is roughly 600 meters. Dogs are welcome, even off leash if kept under control. There is also a picnic area complete with a few picnic benches.



THINGS TO DO

### Mountain Biking

Anyone that loves to ride bicycles knows that living in Comox Valley is a lucky place to live. From technical downhill to comfortable cross-country trails and beach cruising, there are options for everyone.

Here are some websites with more information on trails and clubs:

- **CV MTB** <http://cvmtb.com>

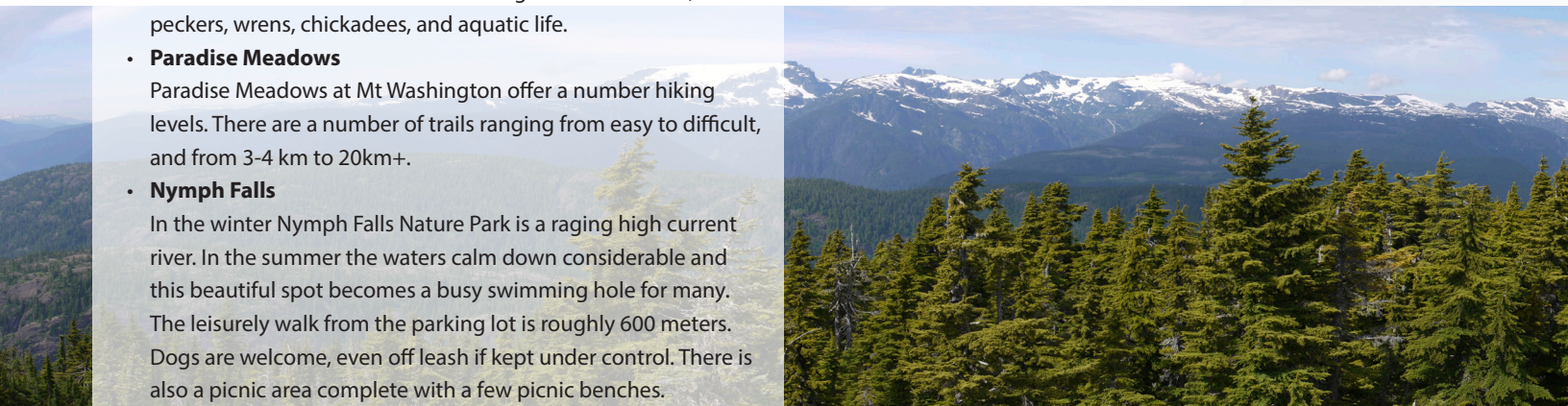
A website with all you need to know about Mountain biking in the Valley.

- **United Riders of Cumberland (UROC)** - <http://www.unitedridersofcumberland.com/>

Non-Profit Society that promotes and supports the local Mountain Bike Community in the Comox Valley. Holds Women's riding group - Wednesday night rides - all levels of experience welcome!

- **Comox Valley Cycling Club** - <http://comoxvalleycycleclub.ca/>

Non-profit cycling club located in the Comox Valley with the main focus of encouraging participation in the sport of Road Cycling through sanctioned road-races and time trials throughout the year and with an emphasis on Junior rider development.



## Skiing

Mount Washington Alpine Resort is located a half-hours drive from Courtenay and Comox. It offers world class downhill skiing and snowboarding, cross country skiing, snow shoeing, and snow tubing.

### Mount Washington Alpine Resort

<https://www.mountwashington.ca/>

## Kayaking

### Comox Valley Paddlers

<http://comoxvalleypaddlers.ca/>

The Comox Valley Paddlers Club brings together people who share an interest in paddling and outdoor recreation. All levels of paddlers welcome.

### Comox Valley Kayaks & Canoes

<http://www.comoxvalleykayaks.com>

Whether you are a beginner, an expert, or somewhere in between, they have the expertise to help you get on the water - with a lesson, a boat rental, or a boat purchase.

## Sailing

### Comox Bay Sailing Club

<http://comoxbaysailingclub.ca/>

A not for profit organization that promotes competitive and recreational sailing in dinghies and keelboats in the Comox Valley. The Comox Bay Sailing Club operates an all ages Sail Canada certified sailing school that is active throughout the spring, summer and fall.

## Social Clubs

### Comox Valley Sports and Social Club

The Comox Valley Sports & Social Club offers adults a variety of recreational sports leagues, tournaments and social events that get people out of the house and having fun.

<http://www.comoxvalleysports.ca/>



## Visit a local Vineyard

- **40 Knots** <http://www.40knotswinery.com/>  
Cellar Tasting Lounge Hours: Tuesday to Sundays & Holidays  
11:30 a.m. to 5:30 p.m.
- **Beaufort Winery** <http://www.beaufortwines.ca>  
Thursdays – Saturdays from noon till 5 (May 14th - Aug 29th).



## Performing Arts

### Sid Williams Theatre

250.338.2430 | <http://sidwilliamstheatre.com>

### Dance Companies

- Pantuso  
<http://www.pantusodance.com/>
- Valley Dance  
<http://www.valleydancecentre.ca/>
- Laurie Tinkler School of Dance  
<http://www.laurietinkler.com/>
- Triple Heat Dance  
<http://tripleheatdance.com/>

### Adult Choirs in Comox Valley

- Celebration Singers  
<http://www.celebrationsingers.ca/>
- Just in Time Vocal Jazz Choirs  
<http://www.justintimevocaljazz.ca/>
- Letz Sing  
<http://www.letsing.com/>
- Choral Valley  
<http://www.choralvalley.ca/>
- Island Voices Chamber Choir  
<http://www.islandvoiceschamberchoir.bc.ca/>