

Comox Valley Physician **WELCOME PACKAGE**

:: LIVE :: WORK :: PLAY ::

*Orientation Information for
New Physicians to the Comox Valley*





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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.

Our Medical Community

In the community, as of 2016, there are 91 family physicians (permanent and locum) in 17 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 and two full time walk-in clinics.



Our Hospital

Acute care is provided at the Comox Valley Hospital operated by Island Health.

The hospital houses 153 acute care beds, including:

- 105 In Patient beds
- 8 Intensive Care beds
- 10 Telemetry
- 9 LDRP (Labour, Delivery, Recovery & Post-Partum) + Aboriginal Maternal Health
- 6 Pediatrics
- 11 Psychiatry, 4 PICU
- Additional rooms/bays/procedural spaces include:
 - 6 Operating Rooms
 - 18 Surgical Daycare
 - 13 Post-Anesthetic Recovery Rooms (PARR)
 - 5 procedure rooms
 - 7 Chemo
 - 7 Medical Daycare
 - 31 Emergency
 - University of British Columbia (UBC) Academic Teaching Space

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**

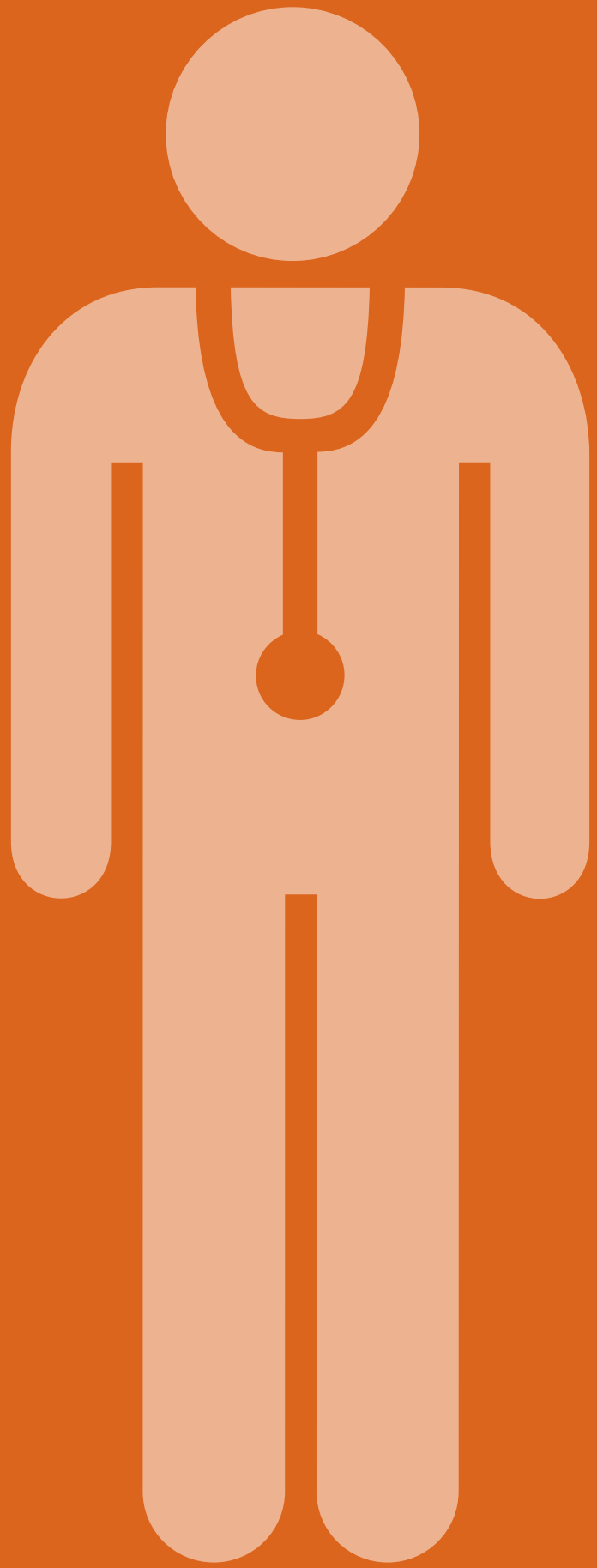
Benefits of Membership

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

- Free access to UpToDate
 - » Clinical Resource links relevant in our community
 - » Access to telephone interpretation services
- Greater impact on the organization of local and regional health services
- Shared efforts for recruitment, retention and locums.
- Enhanced professional collegiality
- Improved access to health authority and specialist services
- Discounted medical supplies from vendors including Henry Schein, Global Medco and Stevens.

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. The housing market includes family homes and summer cottages, to acreages and waterfront estates Comox Valley has an abundance of affordable real estate choices.

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

Rental Information



Helpful hint: We have heard from physicians looking for accommodation that mentioning you are a physician looking for housing helps to secure a rental!

Comox Valley Division Short-term Rentals

These are listings for short-term rentals in the Comox Valley, however, the owners may be open to longer term rental. Please contact owners for more information.

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

CV Renters Facebook Group

Questions about renting, leasing, the roles and responsibilities of a tenancy agreement. You can post wanted ads, post available houses and shares if you are a real estate agent or home owner. You will find useful information and relevant topic discussions. Useful tenancy documents on the files page.

<https://www.facebook.com/groups/CVRenters/>

Craigslist - Comox Valley Apartment and House Rentals

<https://comoxvalley.craigslist.ca/search/apa>

Kijiji - Comox Valley Rentals

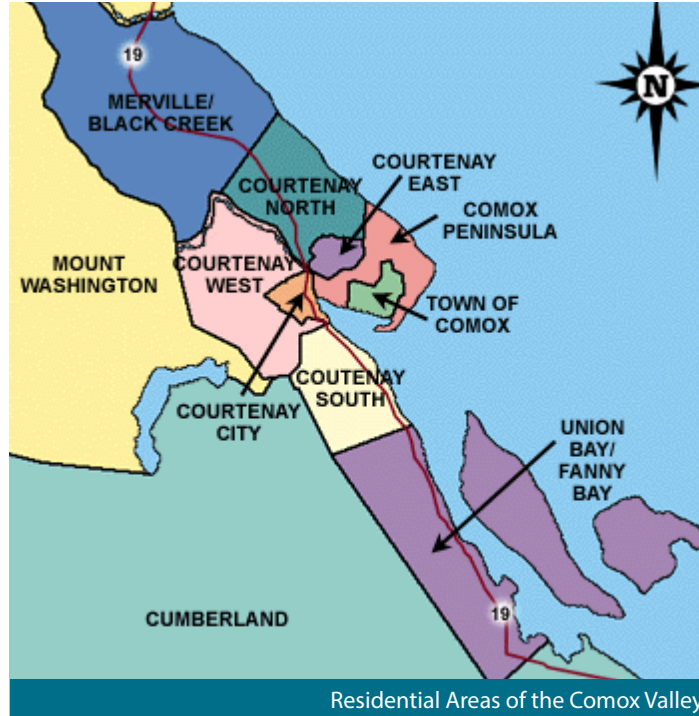
<http://www.kijiji.ca/b-house-rental/comox-valley-area/c4311700298>

UsedCourtenayComox - Comox Valley Rentals

<http://www.usedcourtenaycomox.com/classifieds/real-estate-rentals>

Schools

The main public school board is School District 71. The School District offers both English education programs and French Immersion education programs as well as a Distance Learning school for alternative models of education. 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 School District operates 15 elementary schools, 2 junior



Residential Areas of the Comox Valley

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 pure 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 and search the keyword schools.

Waldorph 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.

North Island Distance Education School (NIDES)

<http://www.navigatenides.com/>

Navigate (powered by NIDES) is a fully funded and accredited BC school operating within the Comox Valley School District No. 71 that offers distributed learning opportunities throughout BC.

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

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

www.city.courtenay.bc.ca

www.whatsondigest.com

www.comoxvalleyarts.org

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.

Open April to October at two locations:

- **Saturdays, 9:00am to 1:00pm** Comox Valley Exhibition Grounds
- **Wednesdays, 9:00am to 12:30pm** Downtown Courtenay, 5th Street



Farmgate Sales

www.discovercomoxvalley.com/eat/growers-guide-map

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/>
- 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
- White Whale Restaurant/ Pub, 975 Comox Road, Courtenay
<http://whitewhalecourtenay.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

Community News, Arts and Culture

CV Collective

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

Comox Valley Hospital

101 Lerwick Road, Courtenay, BC

V9N 0B9

Phone: (250) 331-5900 ext. 65500

Website: http://www.viha.ca/locations/north_island_hospital_comox_valley.html

Site Director

Cathie Sturam

Administrative Support

Annette Moore

(250) 331-5900 ext. 65214

Site Medical Director & Chief of Staff

Dr. Phil Luke

Privileges & Credentialing

For full privileges:

Contact: Credentialing_Office@viha.ca

Visit VIHA website for more information:

http://www.viha.ca/physicians/medical_affairs/credentials/

For access to PowerChart only:

Contact: Lisa Schofield – MOApowerchart@viha.ca

What's where in the Hospital:

Level 0

- Administration
- Health Records
- Gym – Staff
- Food Services
- MDRD
- Morgue/ Autopsy

Level 1

- Central Registration
- Emergency Medicine & Overflow
- Outpatient Lab
- Rehabilitation
- Medical Imaging
- Wellness Centre
- Medical Daycare
- Cancer Care
- Diabetes Education
- Outpatient Nutrition
- Telehealth
- Wellness Outpatient
- Procedures
- Ophthalmology Clinic
- Ostomy
- Wound Care
- Adolescent Outreach Services
- North Island Eating Disorders
- Psychiatric Collaborative Care Clinic
- Geriatric Specialty Services
- Rocky Mountain Cafe

Level 2

- Obstetrics, Maternity, Pediatrics
- ICU
- Operation Rooms / Bookings
- Lab
- Bio-Medical Engineering
- Doctors' Lounge
- UBC Simulation Lab
- UBC Dept of Family Medicine – Strathcona Site

Level 3

- Medical / Surgical

Level 4

- MHSU – Inpatient
- Transitional Care Unit

Emergency Department

ER Physicians

- Jennifer Laurence, Lead Physician
- Albert Houlgrave
- Charles Huisamen
- Louise Young
- Patricia Murphy
- William Papenfus
- Esther Stubbs
- Davina Kraubner
- Louis Huisamen

Aboriginal Liaison Nurse

Laurel Anderson

CVH Laboratory

Open Mon – Fri – 630am – 5pm ; Saturday – 9am – 1pm ;

Sunday – closed

Medical Day Care Booking

Take Note

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

Medical Imaging

CT & x-ray scan

Nuclear Medicine

Ultrasound

Breast Imaging (booking)

Take Note

- Hospital Outpatient X-Ray hours [Monday to Friday 7:30 to 6:30pm](#) | [Saturdays 8:00-4:00pm](#) | [Closed Sundays and Holidays](#)
- Private MRI scanner (Comox Valley MRI)
- Public MRIs done in Comox Valley Hospital

Radiologists

- Valerie Astrope
- Kevin Irish
- Jennifer Waterhouse
- Stefan Kriegler
- Michael O'Reilly
- Grant Larsen

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.

Information Technology and Support

Island Health Intranet

Source for much hospital info, e.g. GP / House Doctor / Specialist call schedules, pharmacy information, etc. Login obtained through Medical Admin upon approval of hospital privileges. Access Intranet through Cerner "Powerchart" or through Internet Explorer while at the hospital.

<https://intranet.viha.ca/nihtransition/Pages/default.aspx>

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 Outpatient Services

Wellness Center, Comox Valley Hospital

Adult Group Therapy Program (AGTP)

The Adult Group Therapy Program (AGTP) is for adults 19 years of age and older. The AGTP serves those struggling with mood disorders, anxiety disorders, personality disorders, trauma, chronic pain, grief and loss and interpersonal difficulties. The AGTP is primarily a group program with 1:1 support offered as needed. The interdisciplinary team includes Nurses, Psychiatric Nurses, Social Workers, Occupational Therapists and Clinical Counsellors as well as a consulting Psychiatrist.

Adolescent Outpatient Services

Wellness Centre, Comox Valley Hospital

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

Contact Mental Health & Addictions Services - North Island, 941 England Ave, Courtenay, BC V9N 2N7,

A group program aimed at people 19 years and older to introduce individuals to 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.](#)

CLINICS IN THE COMOX VALLEY

Family Practice

Comox

Comox Medical Clinic (250) 339-3223

- Rick Potter-Cogan
- Michael Neufeld
- Doug Anderson
- Brad Harris
- Ed Howard
- Tsveta Nikova
- Maria Smit
- Dustin Falk
- Stephanie Slemko

Highland Medical Clinic (250) 890-0919

- Jennifer Cortez
- Daria Davyduke
- Carol Galway
- Patricia Johnson
- Glenn Kisman
- Trevor Shoesmith (Sports Med)
- Theresa Wilson
- Johann Nel

Sea Cove Medical Clinic (250) 339-5467

- David Brailey
- Eva Hemmerich
- Carol Ostry
- Bonnie Bagdan
- Jonathon Kerr

Town Circle Medical (250) 339-5780

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

White Wave Medical Clinic (250) 941-3344

- Genevieve Allen
- Daniel Lewis
- Annalaine Grobber

Courtenay

Cottage Medical (250) 338-1391

- Steve Matous
- Itta Winter
- Sara Sandwith

Courtenay Medical Associates (250) 334-4411

- Amitabh Bakshi
- Rachel McKenzie
- Janet Green
- Peter Gee
- Desmond Konway
- Nancy McFadden
- Jonathan Reggler
- Adam Thompson
- André Brais
- Graham Hatlelid

Crown Isle Clinic (250) 338 1333

- James Ingrey
- Stephen Burgess
- Sharmeen Mazaheri
- Charuka Maheswaran
- Karen Nishio
- Sand Russell-Atkinson
- Lucia Ma

Courtenay Medical Clinic (250) 334-2445

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

Health Connections Clinic - a team-based care clinic

(250) 331 8502 (Open Tues/Thurs 1-430pm)

- Jack Bryant
- Peter Moosbrugger
- Katie Barker
- Danielle Froese
- Suzanne Watters
- Bonnie Bagdan
- Eva Hemmerich
- Working with nurses at the Nursing Centre

Southwood Medical (250) 334-2212

- Laura Bell
- Kirsten Emmott
- Rishad Usmani
- Asmaa Abulkader

ValleyCare Medical (250) 331-0500

- Dana Burry
- Marcus Langhans
- Janice McLaughlin
- Stephen Nap
- Matt Robertson
- Tyler Falk
- Stuart Gray
- Marika Galik
- Lily Edelson

Cumberland

Dunsmuir Medical Clinic (250) 336-2208

- Mark Woldnik
- Stephen Fox
- Alsoon Brine

Denman

Denman Island Clinic (250) 335-2260

- Stephen Malthouse
- Ron Wilson

Hornby

Hornby Island Clinic (250) 335-3036

- Laura Chalfin

Walk-in Clinics

Washington Park Medical Clinic (250) 334-9241

Superstore Mall, Courtenay

Comox Valley Medical Clinic (250) 898-0202

Walmart, Courtenay

- Paul Herselman
- Megan Spring
- Louis Huisamen
- Rob Silcox

Other Family Physicians / Locums

- Dianne Bohonis
- Suzanne Watters
- Alfredo Tura
- Daniela Chifor
- Danielle Froese
- Don Fockler
- Peter Moosbrugger
- Shannon Jones
- Wai Ling Dan
- Christie Kimber
- Zeke Steve
- Janis McCallum
- Jessie Flear
- Maria Chow
- Nancy MacPherson
- Minnie Ho
- Shannon Marshall
- Jack Bryant
- Dave Jarman
- Tanya Austin

UBC Dept of Family Medicine

The Strathcona Site is our local Family Medicine Residency teaching site. The Strathcona Residency Site currently has Residents placed with preceptors in the Comox Valley and Campbell River and is involved in Comox Valley Hospital care.

Site Director : Dr. Peter Gee

Site Co-ordinator: Pam Blake. pam.blake@familymed.ubc.ca

LOCAL SPECIALISTS

Specialist On Call List

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

(need a VIHA log-on)

ANAESTHESIA

- Blake Richardson
- Stuart Holmes 250 702 6077
- Driftwood Dental
- Wayne Gornall 250 339 2242
- Johnathon Watson
- Andrew Cook
- Robert Lyall 250 702 7128

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

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 250 890 0632 Campbell River
- Kathryn Lanuke 250 339 7115
- David James
- Roy Minaar 250 850 1104
- Roger "Rocky" Moise 250 339 1002
- Leanne Wood 250 850 1104
- Willis T'ien 250 339 7115

INTERNAL MEDICINE

- Pedro Camacho 250 339 1110 (Hematology, Anticoagulation issues)
- Trace Thomas (General) 250 339 9500
- Sam Kohen
- Sudhakar Dawadi (Respirology) 250 339 1110
- Leanne Gutierrez 250 339 7300
- Pierre Nel (Gastroenterology) (Endocrinology)

OBS/GYN

- Matthew Bagdan (250) 339 3114
- Chad Van Tongeren 250 339 3114
- Tracy Rodgers 250 871 7373

OPHTHALMOLOGY

- Peter Claasen 250 703 2055
- Glen Hoar 250 890 0089
- Elizabeth "Libby" Cornock 250 890 0089
- Steve Shaver 250 334 4030
- Sadhana Kulkarni

ORTHOPEDIC SURGERY

- Kirk Sundby 250 941 0080
- Jacobus "Koos" Van Sittert 250 890 3361
- Tom Woods

PATHOLOGY Results: (250) 890-3700 Bookings: (250) 890-3029

- Chris Bellamy
- Stephanie Giobbe
- Wayne Donn

PEDIATRICS

- Natalie Aird (250) 339 5254
- Jan Theron (250) 941 0042

PSYCHIATRY (250) 339-1495

- Carol Coxon 250 890 3712 (Peds/adolescent)
- Lauren Lupton (Peds/ Adolescent)
- Natasha Frolic (Geriatric Psychiatry)
- Stephan Schovanek (Geriatric Psychiatry)
- Carl Graves
- Kevin Whetter
- Stuart Lamon
- Rob Countess
- Frank Wernicke
- Jeff Barber 250 331 9200

RADIOLOGY/ MEDICAL IMAGING (250) 339-1400

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

UROLOGY (250) 338 7763

- Aaron Clark
- Jeffrey Zorn
- William Tinmouth

OUT OF TOWN SPECIALISTS

CARDIOLOGY (Victoria)

Western Cardiology Associates (250) 595-1551

DERMATOLOGY (Victoria)

Gordon Telford (Eczema Clinic) 250-595-3424

ENDOCRINOLOGY (Campbell River)

Randolph Lee 250-923-4049

MEDICAL GENETICS CLINIC

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

NEPHROLOGY (Nanaimo)

- Rachel Carson (250) 591-1895
- Alison Croome (250) 591-1898
- Anthony Booth (250) 753-6288 (holds clinics in Cumberland - GP may request this site on referral letter)

NEUROLOGY

- Kimberley Waterman (Nanaimo) (250) 591-2490
- Peter Boulton (Victoria/Comox) (778) 265-6533

NEUROSURGERY (Victoria)

- Richard Reid (250) 383-3638
- John Sun (250) 391-7850
- Stephen Hentschell (250) 383-3638

ORAL SURGERY / MAXILLOFACIAL (Nanaimo)

Robert Sorochan (250) 753-6671

PEDIATRIC CARDIOLOGY (Vancouver)

Marion Tipple (604) 875-3233

PEDIATRIC ORTHOPEDIC DOCTOR (Victoria - travels to Courtenay)

Brent Weatherhead (250) 940-4444

PHYSIATRY / REHAB (Nanaimo)

- Tim Deutscher 250-741-0755
- Andrew Willmott
- John Hawkeswood (778) 441-2880

PLASTIC SURGERY (Campbell River)

- Peter Fowler (250) 287-8077
- Peter Olesen (250) 287-8077
- Robin Evans (250) 830-0053

RHEUMATOLOGY (Nanaimo)

- Maqbool Sheriff (250) 754-8012
- Nicole Baur (250) 591-4293
- Alison Kydd (250) 591-4293

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) (250) 595-2820

BC Thoracic Surgery

- Gary Dewar
- John Samphire

VASCULAR SURGERY (Victoria) (250) 220-8931

- James Dooner
- Peter Kueschler
- Shung Lee

Full contact info available on College Website

www.cops.bc under "find a physician"

COMOX VALLEY DIVISION OF FAMILY PRACTICE INITIATIVES

CENTRAL REFERRAL MECHANISM

The CRM assists patients with complex needs and/or age 70+ in finding a family physician. Patients referred may be frail elderly in the community/in care, moms and babies, people with MHSU challenges and/or complex physical and medical needs. Referrals can be made from community agencies, the emergency department, as well as walk-in clinics and DOD doctors to a dedicated administrator, who matches patients with Physicians who are accepting patients in our community. If you have availability to take new patients, please email crm.comoxvalley@divisionsbc.ca

DOCTOR OF THE DAY PROGRAM

The Division of Family practice supports the Doctor of the Day program (Unassigned Inpatient Program) at the Comox Valley Hospital. If you would like more information about the Doctor of the Day program, please contact Dr. Steve Matous at ssnwi@shaw.ca

PHYSICIAN SEEKING LOCUMS LIST

Share your locum coverage requests through a bi-weekly mail out to local and out-of-town locums. To share your dates with the list fill out this online form <https://surveys.divisionsbc.ca/Comox-Valley-Locum-Coverage-Request-Form.aspx>

RECRUITMENT, RETENTION OR SUCCESSION SERVICES

Please contact Catherine Browne, Comox Valley Physician Recruitment Coordinator at cbrowne@divisionsbc.ca

MENTAL HEALTH AND SUBSTANCE USE (MHSU) SUPPORT IN PRIMARY CARE

In partnership with Island Health, the Division supports the role of the MHSU Health Consultant in primary care clinics. Through referral, a masters-level MHSU Health Consultant provides in-clinic coordinated care to moderate/ complex MHSU patients through consultation with primary care providers, brief treatment interventions, and connections to resources as needed. Currently, seven clinics have this service in our community: Southwood Medical, Courtenay Medical Associates, Crown Isle Medical Clinic, Highland Family Practice, Comox Medical Clinic, Town Circle Medical and Sea Cove Medical. For more information on this service, please contact Catherine Browne, Project Coordinator at cbrowne@divisionsbc.ca.

COMMUNITY RESOURCES

For more information on available community resources, visit the Division's website <https://divisionsbc.ca/comox/mydashboard> (login required) or <https://divisionsbc.ca/comox/resources> (public)

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

COMOX VALLEY SOCIAL PLANNING SOCIETY

<http://cvsocialplanning.ca/>

CONTINUING MEDICAL EDUCATION locally is sponsored by Island Health 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
(604)322-6692

HAND CLINIC (250) 850.2664

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 (250) 331 8569. (Private Doctor's Lines)
Central Intake fax line 1-877-754-2967
<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
(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

- Laboratory (250) 339-1451
Mon-Fri 0730-1800, Sat 0900- 1500
- St Joseph's Courtenay Lab (at Cliffe & 14th) (250) 890-3042
Mon-Fri - 0730-1700
- Cumberland Health Centre (250) 331-8510
2696 Windermere Ave - Mon-Fri - 0730-1100
- Lifelabs (250) 334-4745
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.

LUSH VALLEY FOOD ACTION SOCIETY

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

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

COMOX VALLEY MENTAL HEALTH AND SUBSTANCE USE

(ISLAND HEALTH) 941C England Ave, Courtenay V9N 2N7.

Phone (250) 331-8524; fax (250) 331-8525. Serves adults aged 19 and above.

Services Include:

- **Intake – assessment; consultation;** connection of individuals with the most appropriate service MHSU team or community resource; connection to crisis services (accessed via St. Joseph's Hospital).
- **Substance Use Outpatient Treatment** - individual and group forms of support and treatment; education, support and treatment for clients and families; linking clients to other appropriate services.
- **Substance Use Outreach (ICMT)** - an inter-disciplinary, outreach team that practices from a harm reduction, strengths based philosophy and partners with individuals who are actively using substances.
- **Withdrawal Management Service (formally SAIN)** – withdrawal management (social detoxification); screening and assessment; brief intervention. Contact via phone: 250-339-1573 or pager: 250-703-9102 (during office hours only).
- **ACSS** – case management for adults with severe and persistent mental illness.
- **ASTAT** – short term individual therapy; group psycho-education; psychiatric assessment; connecting individuals to other appropriate services.

Please see also Adult Group Therapy Program on page 9.

Crisis Line (Public) 1-888-494-3888

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
- Health Connections Clinic (See page 13 - Clinics)

NUTRITION

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 18

PHARMACARE PHYSICIANS LINE FOR SPECIAL AUTHORITY

1-877-657-1188

PHYSIOTHERAPY - See page 19

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

ROYAL CANADIAN AIR FORCE RESOURCE CENTRE - COMOX

<http://www.familynavigator.ca/index.php/bases/content/comox>

The Comox MFRC provides information to families with special needs & responsibilities on what is available in the community. This website lists resources related to a variety of special needs and disabilities issues.

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 "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 (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 | (250) 244 1044

TRANSITION TOWN

<http://transitiontownncv.org/>

THE F.O.R.C.E CHILD, YOUTH & FAMILY MENTAL HEALTH AND SUBSTANCE USE SERVICES ORIENTATION GUIDE

<http://www.forcesociety.com/resources>

Families now have access to an important information guide to child and youth mental health services in their area. Island Health has partnered with the FORCE Society for Kids' Mental Health to publish the "Orientation to Child, Youth & Family Mental Health and Substance Use Services".

VALLEY CHILD

<https://valleychild.ca/>

- The new Early Years project connects parents, caregivers and service providers in the Comox Valley with tools and resources to help kids find success. It's put together by local early years specialists.

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

<http://www.worksafebc.com>

- Courtenay office (250) 334-8701

WOUND CARE

- Nursing clinic is available through Home and Community Care referral

COMMUNITY PHARMACIES

Receive Pharmacy Communication Tip Sheet!

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:
Urgent Issues	
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.
Non-Urgent Issues	
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) By calling Pharmacare, 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 Pharmacare 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
- **Comox Rexall** – (250) 339-2235
- **Shoppers Drug Mart** – (250) 890-9327

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
Physician direct (250) 703-2395 (Offers 24 hour BP testing.)
- **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

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"*

To access this algorithm and resources you must be a member of the Comox Valley Division of Family Practice. The toolkit can be found at <https://divisionsbc.ca/comox/mentalhealth> (Division login required)

****Physician Direct Line numbers have been removed to protect privacy. For a complete version, please visit the members login section of the Comox Valley Division of Family Practice <https://divisionsbc.ca/comox/recruitmentresources> (login required)**

****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 www.shoppershealthcareportal.org**

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) 898-0202
- Serenity Acupuncture (Hsiu-Chen Lin) – (250) 871 8899, cell 334 7657

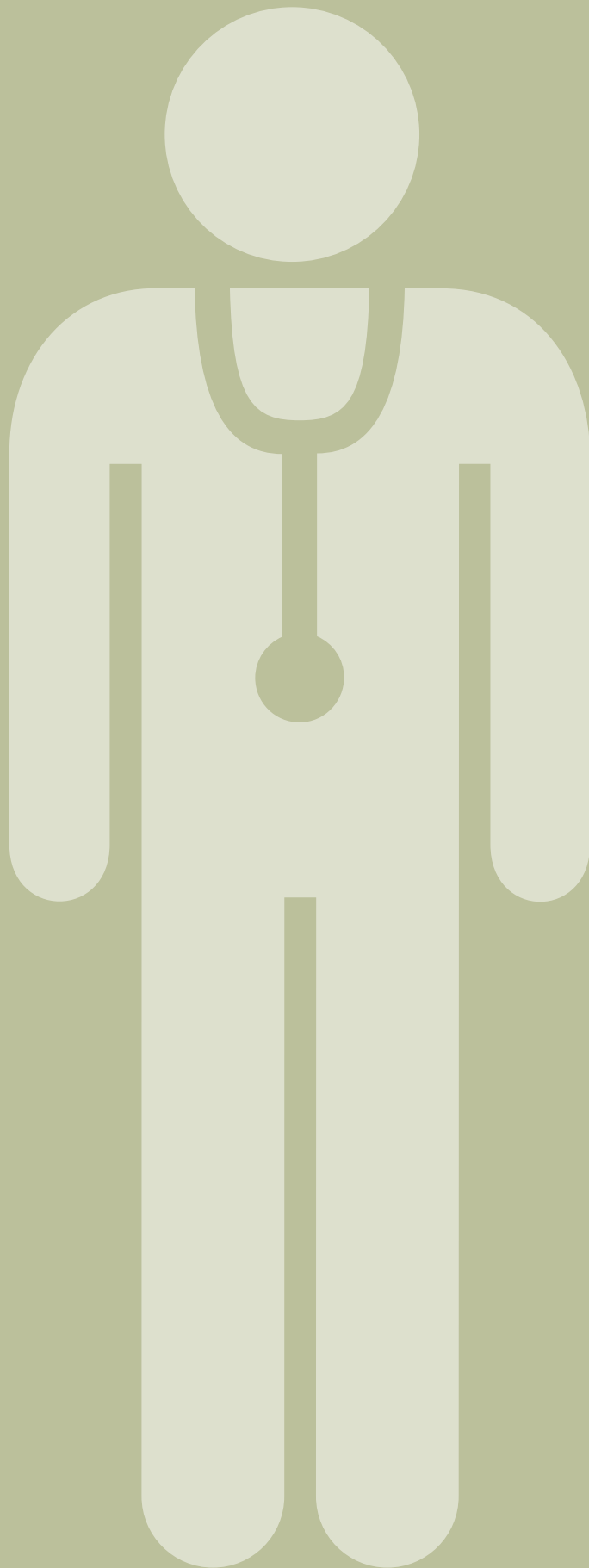
Psychiatrist

- Dr. Tanya Wulff - practicing part-time in Comox, accepting non-urgent referrals of children, adolescents and adults for assessment and treatment planning. Have over 25 years experience with child and youth consultations for Vancouver Coastal Mental Health Services and 30 years of private practice experience in Vancouver.
Please fax referrals to 1 604 222-2045 or phone 1 604 222-2083 for further information.

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 considerable 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>

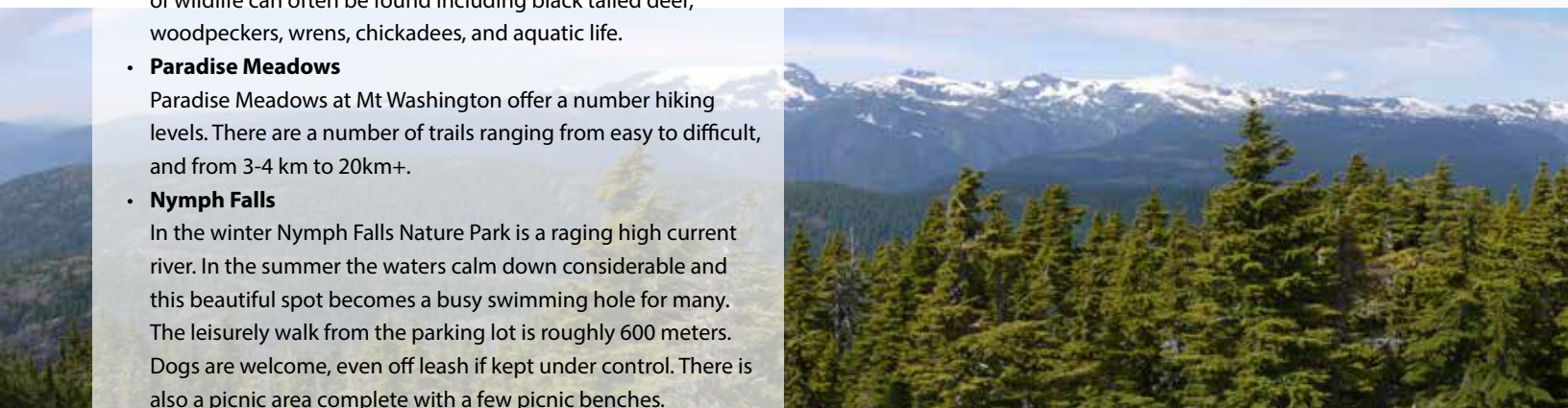
A website with all you need to know about Mountain biking in the Valley.

- **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

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

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.



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/>

:: CONTACT US ::

For Division administration, committee involvement or general enquiries :

Janet Brydon, Executive Director
jbrydon@divisionsbc.ca

Judy Darby, Executive Assistant
jdarby@divisionsbc.ca

For recruitment, retention or community support:

Catherine Browne, Recruitment Coordinator
comoxvalleyrecruitment@divisionsbc.ca

Visit our website at: <http://www.divisionsbc.ca/comox/>

If you are a member of the Comox Valley Division of Family Practice visit the Members section for more information and resources.

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