



## HELP Locations - Vancouver Island/Sunshine Coast

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

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

	Contact	Hours of Operation
<p><b>Lake Cowichan</b>  Community Services Building  121 Point Ideal Road, PO Box 670  Lake Cowichan, BC V0R 2G0  <a href="#">Map &amp; driving directions»</a></p>	<p><b>T 250-749-6822</b>  F 250-749-6839</p>	<p>Mon, Tues, Thurs, Fri  8:30 am – 5:00 pm</p> <p>Wed  9:30am-5:00pm</p>
<p><b>Nanaimo</b>  #3-2525 McCullough Road  Nanaimo, BC V9S 4M9  <a href="#">Map &amp; driving directions»</a></p>	<p><b>T 250-756-9363</b>  F 250-756-9362</p>	<p>Mon – Fri  9:30 am – 4:30 pm</p>
<p><b>Port Alberni</b>  5100C Tebo Avenue  (Access to office from Craig Road)  Port Alberni, BC V9Y 5Y6  <a href="#">Map &amp; driving directions»</a></p>	<p><b>T 250-723-0557</b>  F 250-244-5109</p>	<p>Mon, Wed  9:00 am – 4:00 pm</p> <p>Fri  9:00 am – 12:00 pm  1:00 pm – 4:00 pm</p>
<p><b>Port Alice</b>  Seaview Activity Centre  901 Marine Drive, PO Box 445  Port Alice, BC V0N 2N0  <a href="#">Map &amp; driving directions»</a></p>	<p><b>T 250-284-3301</b>  F 250-284-6163</p>	<p>On call</p>
<p><b>Port Hardy</b>  Hardy Bay Senior Citizens Centre  9150 Granville Street  Port Hardy, BC V0N 2P0  <a href="#">Map &amp; driving directions»</a></p>	<p><b>T 250-949-7475</b>  F 250-949-2624</p>	<p>On call</p>
<p><b>Powell River</b>  Powell River Hospital  5000 Joyce Avenue  Powell River, BC V8A 5R3  <a href="#">Map &amp; driving directions»</a></p>	<p><b>T 604-485-3211</b>  <b>Ext. 4361</b>  F 604-485-3284</p>	<p>Wed, Fri  9:00 am – 12:00 pm  By appointment</p>

	Contact	Hours of Operation
<p><b>Salt Spring Island</b>  Lady Minto Gulf Islands Hospital  135 Crofton Road  Salt Spring Island, BC V8K 1E2  <a href="#">Map &amp; driving directions»</a></p>	<p><b>T 250-538-4834</b>  <b>F 250-537-4359</b></p>	<p>Returns  by shipping container  Saturday  12:00pm- 2:00pm</p> <p>Mon, Wed, Fri  10:00 am – 2:00 pm</p>
<p><b>Sayward</b>  Closed - please contact the Campbell River Office at <b>250-830-1150</b></p>		<p><b>CLOSED</b></p>
<p><b>Victoria</b>  909 Fairfield Road  Victoria, BC V9V 3A3  <a href="#">Map &amp; driving directions»</a></p>	<p><b>T 250-382-2043</b>  <b>F 250-382-3449</b></p>	<p>Mon – Fri  9:30 am – 4:30 pm</p>