

# Guide to Youth Services in the Cowichan Region June 2016



**Cowichan  
Housing Association**

Planting the seeds that will grow our community.

**Our Vision is safe, affordable, culturally appropriate housing  
for everyone in the Cowichan Region.**

**[www.cowichanhousing.com](http://www.cowichanhousing.com)**

## Youth Homelessness

“Youth homelessness” refers to the situation and experience of young people between the ages of 13 and 24 who are living independently of parents and/or caregivers, but do not have the means or ability to acquire a stable, safe or consistent residence.

Youth homelessness is a complex social issue because as a society we have failed to provide young people and their families with the necessary and adequate supports that will enable them to move forward with their lives in a safe and planned way. In addition to experiencing economic deprivation and a lack of secure housing, many young people who are homeless lack the personal experience of living independently and at the same time may be in the throes of significant developmental (social, physical, emotional and cognitive) changes. As a result, they may not have the resources, resilience, education, social supports or life skills necessary to foster a safe and nurturing transition to adulthood and independence. Few young people choose to be homeless, nor wish to be defined by their homelessness, and the experience is generally negative and stressful.

Youth homelessness is the denial of basic human rights and once identified as such, it must be remedied. All young people have the right to the essentials of life, including adequate housing, food, safety, education and justice.

Homeless Hub - Youth

<http://homelesshub.ca/resource/canadian-definition-youth-homelessness>

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### Special Thanks to our Funders:



Employment & Social  
Development Canada -  
Homelessness  
Partnering Strategy

## Community Programs and Services

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### **Canadian Mental Health Association Cowichan Valley Branch Child and Youth Services**

250-746-5521

371 Festubert Street, Duncan

[www.cowichanvalley.cmha.bc.ca](http://www.cowichanvalley.cmha.bc.ca)

Provides a variety of mental health supports, counselling and programs for youth up to age 19. Some programs include counselling, disordered eating, sexual abuse intervention, Rainbows and Reclaim Your Health. (See also BikeWorks & ArtWorks – pg 5)

### **Community Options Society**

250-748-0232

554 Trunk Road, Duncan

[www.coscowichan.ca](http://www.coscowichan.ca)

Provides free counselling and various outreach and support services for youth age 13-19 and their families in the Cowichan Valley. Some of the programs include: Individual and Family Counselling, Wellness Group for Youth, School Workshop, Parenting courses and Parent drop-in and a Leadership and Resiliency program in Duncan, Chemainus and Lake Cowichan high schools.

### **Cowichan Green Community**

250-748-8506

360 Duncan Street, Duncan

[www.cowichangreencommunity.org/community-action/kinpark-youth-urban-farm/](http://www.cowichangreencommunity.org/community-action/kinpark-youth-urban-farm/)

A variety of programs and workshops to help youth learn to grow food and their leadership skills. KinPark Family Drop-in Centre has many free programs and events such as cooking classes and after school activities.

### **Cowichan Housing Association**

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

250-746-1004 – Ext. 240

Provides Residential-Tenancy information to tenants and landlords including the facilitation of RentSmart and RentReady courses. RentReady-Youth is a 3-hour workshop specifically for youth to teach them how to find and maintain good rental housing, effective communication, conflict resolution, budgeting and finances, pest and fire prevention, and the rights and responsibilities of landlords and tenants under the Residential Tenancy Act.

### **Cowichan Intercultural Society**

250-748-3112

[www.cis-iwc.org/youth/](http://www.cis-iwc.org/youth/)

The Multicultural Youth Leadership Group is a drop-in program where youth engage in topics important to them and provide helpful services back to the community. Meets on Wednesday afternoons September to June.

The Compassionate Leaders Project is a school-based program that cultivates leadership skills in youth. Can offer cross-cultural training programs by request of school staff.

### **Cowichan Neighbourhood House**

250-246-3203

9806 Willow Street, Chemainus

[www.cnha.ca](http://www.cnha.ca)

Youth drop-in center – Mon-Fri: 3-5pm

Youth tutoring Wed: 3:30-4:30 (phone first)

Hosts youth drop-in nights – Fri and Sat.

Offers various workshops for youth including Hip Hop, Baking, Teen Depression and Suicide Prevention.

**Cowichan Tribes: Family & Child Services**

250-746-1002

5766 Allenby Road, Duncan

[www.cowichantribes.com/member-services/children-and-families/](http://www.cowichantribes.com/member-services/children-and-families/)

Their focus is on the precious gifts of children, families, elders and community while respecting tradition. They strive to support culturally appropriate ancillary services for children in care designed to address the well-being of children and families receiving services from Lalum'utul' Smun'eem.

**Cowichan Valley Regional District:  
Youth Outreach**

250-746-3417

Island Savings Centre

2687 James Street, Duncan

Provides recreation programs and a free youth drop-in centre. Offers safe, supervised environments; provides resource information; supports existing community organizations. Some programs that are available through the youth outreach program include Youth Corner Drop-In, Youth Sports and Movie Nights.

**Youth Corner Drop-In Centre**

Mon - Wed: 3:15-5:30 pm

Thurs: 3:15-8:30 pm

Fri: 3:15-9:00 pm

Also open during lunch for Cowichan High School. Provides a safe space for kids to be in after school hours: pool table, video games and movies.

**Cowichan Women Against Violence Society**

250-748-7000

#103 – 255 Ingram Street, Duncan

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

Provides a range of programs addressing interpersonal violence including violence in relationships and sexualized abuse and assault. A Homelessness Outreach Worker

works with adults, but this includes young women age 19 and up.

**Safer Futures**

[www.cwav.org/safer\\_futures](http://www.cwav.org/safer_futures)

Safer Futures is a Community Development Program under Cowichan Women Against Violence Society with some programs/activities focused on youth. A current project they are just finishing is surveying youth in the community about youth-friendly spaces (Safe Use Cowichan).

**Growing Together Child and Parent Society**

250-748-9754

490 Cairnsmore Street, Duncan

[www.growingtogether.ca/](http://www.growingtogether.ca/)

Offers Young Parent Program providing quality child care for infants to 3 years and mentorship for young parents returning to school to finish their basic education. Some community spaces may be available as well as special needs support with funding/referral from supported child development.

**Hiiye'yu Lelum - House of Friendship  
Youth Inclusion Project**

250-748-2242

#106 – 5462 Trans-Canada Highway, Duncan

The Youth Inclusion Project (YIP) is a crime prevention program that provides pro-social activities to youth in the Cowichan communities. YIP facilitates programming for youth considered at-risk for criminal behaviour and needing extra assistance. Aim to provide youth with fun, supportive and socially positive activities in hopes of deter them from the criminal scene.

**Inclusive Leadership Co-operative**

250-746-6141

[www.inclusiveleadershipco-op.org/](http://www.inclusiveleadershipco-op.org/)

Provides workshops and training that is intergenerational but with a strong focus on mentoring youth leadership and creating inclusive community. Draws on principles of compassionate communication and many tools for building relationships and conflict resolution.

**Kwam Kwum Tthun Shqwaluwun  
Cowichan Tribes Youth Centre**

250-746-0607  
5526 River Road, Duncan  
[www.cowichantribes.com/member-services/health/youth-services/](http://www.cowichantribes.com/member-services/health/youth-services/)  
Tue/Wed: 3-8pm; Thu: 3-9pm;  
Fri: 3-11pm; Sat: 3-11pm.

Provides a safe and positive environment for Cowichan Tribes youth to hang out, have fun and learn. Youth are able to participate in community event planning, join Youth groups, study and interact with other youth.

**Ts'ewulhtun Health Centre  
Kwun'atsustul Services ("hand in hand")  
Youth Counselling**

778-422-3122  
200 Cowichan Way, Duncan  
[www.cowichantribes.com/member-services/health/counselling/](http://www.cowichantribes.com/member-services/health/counselling/)

Youth counselling services includes individual counselling, suicide prevention, teen peer support groups and community projects.

**U-Fix It BikeWorks and ArtWorks**

250-746-5512  
51 Trunk Road, Duncan  
[www.cowichanvalley.cmha.bc.ca/how-we-can-help/housing-income](http://www.cowichanvalley.cmha.bc.ca/how-we-can-help/housing-income)  
Tue-Fri: 2:30pm-5:30pm; Sat: 12-4pm

Sponsored by Canadian Mental Health, this youth outreach and drop-in centre is open to all youth.

**BikeWorks**

Provides opportunities to learn about bike repairs and ongoing maintenance plus through sweat equity, youth can earn credit for their own set of wheels.

**ArtWorks**

Youth have the opportunity to participate in a variety of group and individual arts and craft projects.

**Vancouver Island Regional Library (VIRL)**

Cowichan Branch: 2687 James Street  
(in Island Savings Centre)  
250-746-7661  
[www.virl.bc.ca](http://www.virl.bc.ca)

There are 5 branches of VIRL in the Cowichan Valley: South Cowichan, Cowichan (Duncan), Chemainus, Ladysmith and Cowichan Lake. Youth can borrow, for free, resources such as DVD's, books and magazine; get internet access for face-booking and messaging; and receive confidential help finding information. The library is considered a Safe Harbour location. They also offer programs geared for youth and youth groups. For example, Safe Youth Cowichan and a Gay Straight Alliance/Queer Straight Alliance.

**Government Services**

**Ministry of Children and Family Development**

[www.gov.bc.ca/mcf](http://www.gov.bc.ca/mcf)

The Ministry of Children and Family Development (MCFD) funds a range of programs and services for children and youth with special needs and their families. Services and supports are intended to promote children's healthy development, maximize quality of life, assist families in their role as primary caregivers and support full participation in community life.

They also have legal and court resources for youth aged 12 to 17 who are involved with the justice system.

## **Island Health**

### **Assertive Community Treatment (ACT)**

[www.viha.ca/mhas/locations/nanaimo/act\\_nanaimo.htm](http://www.viha.ca/mhas/locations/nanaimo/act_nanaimo.htm)

Offers rehabilitation support for adults with complex recovery needs ranging from chemical dependency or serious mental illness or co-occurring disorders and significant impairment in functioning. Services delivered by a group of mental health staff from a variety of disciplines, who work as a team and provide the majority of treatment services. ACT services are individually tailored to the needs of each client. Teams are mobile and deliver services in the community.

**Intake Line:** 250-739-5710

### **Discovery Youth and Family Services**

[www.viha.ca/youth-substance-use/discovery.htm](http://www.viha.ca/youth-substance-use/discovery.htm)

Assists youth and/or their families to reduce the harms associated with substance use and related issues. Services are free and available to anyone in the community who is directly or indirectly negatively impacted by substance use. Serve:

- Youth 13 to 19 who have concerns about alcohol or other drug use
- Families/caregivers who are concerned about a youth using alcohol or other drugs
- Any support person who is worried about a youth's use of alcohol or other drugs
- Youth who are worried about someone else's use of alcohol or other drugs

### **Cowichan Valley Area**

250-737-2029

#103 – 360 Duncan Street, Duncan

Hours by Appointment.

### **Ladysmith Area**

250-739-5790

1111 – 4th Avenue, Ladysmith

Hours by Appointment.

### **Harm Reduction**

[www.viha.ca/mho/disease/harm\\_reduction.htm](http://www.viha.ca/mho/disease/harm_reduction.htm)

Harm reduction is a strategy to encourage people to make choices to reduce risks of long-term health problems. An example of a harm reduction strategy is the distribution of needles to reduce the risk of HIV and Hepatitis B/C infections. Harm reduction services include: free and confidential safer sex and drug use supplies, HIV testing, referral, and overdose prevention! Mobile Health Outreach team provides harm reduction supplies, information and referral on a confidential basis in the Cowichan Lake, Duncan, and Ladysmith areas.

### **Mobile Outreach Hours:**

Cowichan Lake, Cowichan: Tue: 3-8 pm

Ladysmith: Fri: 4:30-9:30 pm; Sat: 4:30-9:30

You can leave a confidential voice mail message for call back at:

Toll Free: 1-844-482-4239

For more Information on what harm reduction entails see:

[www.healthlinkbc.ca/healthfiles/hfile102a.stm](http://www.healthlinkbc.ca/healthfiles/hfile102a.stm)

### **Youth and Substance Use**

[www.viha.ca/youth-substance-use/](http://www.viha.ca/youth-substance-use/)

Youth prevention focused services around alcohol, marijuana, and tobacco.

## Youth Housing and Emergency Services

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### **Somenos House**

250-748-8544 (24 hours a day)

Confidential emergency shelter and support services for women (with or without children) experiencing, or at risk of abuse or violence. If there is an “emancipated” young adult or a young mom, their criteria would be: if at risk of abuse by intimate partner, and they can cope with the communal living environment of a shelter for woman and the rules therein, then the age of a mom isn’t really limited. They do check for MCFD involvement when under 19. It is a case-by-case process.

### **Warmland House, Emergency Shelter Canadian Mental Health Association Cowichan Valley Branch**

250-715-1132

2579 Lewis Street, Duncan

Warmland is an emergency shelter open to people 19 and older. They have 30 emergency shelter beds and 24 transitional housing units. Residents have access to meals and showers. Some in-house weekly services include nurse practitioner and mental health and addictions counsellor.

## **Outside of Cowichan Valley**

### **Friendship Lelum**

#### **Aboriginal Youth Safe House - Nanaimo**

250-753-8266, Nanaimo

[www.tillicumlelum.ca/programs/p16-friendship.html](http://www.tillicumlelum.ca/programs/p16-friendship.html)

Short-term emergency housing for youth (12-18) who are experiencing stressful situations.

### **Kiwanis Emergency Youth Shelter (KEYS)**

250-386-8282

2117 Vancouver Street, Victoria

Open 24/7

A 10-bed facility providing emergency housing for youth aged 13-18 who are in crisis and have no safe housing alternatives. KEYS offers up to a 7-night stay depending on need, as well as counselling and other services. Operated by the Youth Empowerment Society (YES).

### **Out of the Rain Youth Night Shelter**

250-748-8544 (24 hours a day)

Beacon Community Services

Available between October 15 and April 15 and open between 9pm until 8am. Thirty spaces for youth aged 15-25. The shelter rotates among host sites in the community in an effort to maximize community resources to meet the needs of homeless youth.

### **Threshold Housing Society – Transitional Housing for Youth**

250-383-8830

[www.thresholdhousing.ca/](http://www.thresholdhousing.ca/)

Threshold Housing Society is committed to creating a safe and stable home environment for vulnerable youth by offering acceptance, transitional housing, life skills and opportunities to realize their potential and ultimately — hope for the future. Housing for young women and young men.

## Other Resources and Links

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### Crisis Lines BC

[www.crisislines.bc.ca/](http://www.crisislines.bc.ca/)

**Vancouver Island Crisis Line**                      **1-888-494-3888**

**Gay and Lesbian Resource Line**                      **1-800-566-1170**

**Kids Help Phone (24/7)**                                      **1-800-668-6868**

Live Chat is open in BC from 3pm to 11pm

[Kidshelpphone.ca](http://Kidshelpphone.ca)

Website has helpful info on many youth-related topics (e.g., bullying, abuse, dating).

### Youth Online Crisis Centre

**Phone Line (24/7)**    **1-866-661-3311**

[Youthinbc.com](http://Youthinbc.com) – online chat available from noon to 1am daily.

Website has helpful info on many topics.

**Suicide Prevention**    **1-800SUICIDE (1-800-784-2433)**

**Youth Homeless Hub**    [www.homelesshub.ca/youthhomelessness](http://www.homelesshub.ca/youthhomelessness)

## Park Bylaws

### **Cowichan Valley Regional District (CVRD) Park Bylaw:**

*No person shall use a Park for the purpose of camping, tenting, or overnight accommodation except by written permission of the CVRD or as authorized by a Park permit.*

### **City of Duncan – Bylaw Enforcement**

250-746-6126, [www.duncan.ca/duncan\\_city\\_hall/duncan\\_bylaws.htm](http://www.duncan.ca/duncan_city_hall/duncan_bylaws.htm)

### **District of North Cowichan – Bylaw Enforcement**

250-746-3100, [www.northcowichan.ca/forms/bylaws.aspx](http://www.northcowichan.ca/forms/bylaws.aspx)

### **North Cowichan Parks Regulation Bylaw:**

*No person may camp, tent, or otherwise make overnight accommodation with or without equipment or vehicles, or remain between the hours of 10:00pm and 5:00am within a municipal park, beach or access area.*

Call 250-746-3100 to inquire about belongings that have been removed or to ask other bylaw questions.