

City of Port Alberni – Community Resources

ACTIVITIES
The Bread of Life Centre The Bread of Life Centre Alberni.ca 250-723-4049 Movie night -Thursdays 6:30pm Crafts - Tuesdays 1:00pm-2:30pm
CMHA Clubhouse CMHA Port Alberni Branch
PASS Teaching Kitchen - Port Alberni Shelter Society
Sage Haven Society Community Resource Drop In Centre – Sage Haven Society 250-736-0705
The Salvation Army The Salvation Army - Alberni Valley Corps Community & Family Services (250) 723-6913
CLOTHING
Canadian Mental Health Association 3178 2nd Ave – Mon – Fri; 8:30am – 4:30pm 250-724-7199
Foundry Port Alberni https://foundrybc.ca/port Alberni/
Port Alberni Shelter Society Clothing - Port Alberni Shelter Society 250-7223-6511
Sage Haven Society Community Resource Drop In Centre – Sage Haven Society 250-736-0705
The Salvation Army – Thrift Store The Salvation Army - Alberni Valley Corps Thrift Store – Location and Hours (250) 723-6977
FOOD SERVICES
The Bread of Life Centre The Bread of Life Centre Alberni.ca https://www.facebook.com/breadoflifecentre/ 250-723-4049 "The Bread of Life exists to serve the needs of the poor and the homeless, treating all people with dignity and respect. To encourage people, to help facilitate their social, personal and spiritual growth". The Bread of Life was started in 1983. It is a charitable organization operated by The Salvation Army, Alberni Valley Ministries. Meals are provided 7 days a week: breakfast 9:00am-10:30am, lunch 12:00pm-1:30pm & dinner 5:00pm-6:30pm. They serve approximately 200 guests each day. Upon request, personal hygiene items & incontinence supplies may be available.
CMHA Clubhouse CMHA Port Alberni Branch Food Matters CMHA Port Alberni Branch 250-724-3663
Foundry Port Alberni https://foundrybc.ca/port Alberni/
KUU-US Crisis Line Society - Port Alberni and West Coast 250-723-2323 Ext 227

PASS Food recovery & distribution - Port Alberni Shelter Society 250-723-6511
Quu'asa Wellness Program – Nuu-chah-nulth Tribal Council Teechuktl Mental Health Nuu-Chah-Nulth Tribal Council
The Gleaning Project (Food Security) The Gleaning Project Alberni Valley Food Security Society
The Salvation Army – 4835 Argyle St https://albernivalleysa.ca/community-food-bank/ 250-723-6319
HOUSING & SHELTER
211 British Columbia Home - Homepage - 211 British Columbia
The Bread of Life The Bread of Life Centre Alberni.ca 250-723-4049 25 bed shelter -7 days a week, 9:00pm-7:30am
CMHA Housing CMHA Port Alberni Branch 250-724-7199
KUU-US Putting Hope Back Into Home KUU-US Crisis Line Society 250-723-2323 Ext 226
PASS – Our Home on Eighth (Maitland Shelter) Our Home on Eighth - Port Alberni Shelter Society 250-723-6511
Sage Haven Society Transition House – Sage Haven Society 250-724-2223 or text 250-206-1011 Second Stage Housing 250-736-2465
The Port Alberni Friendship Centre – Walyaqil Shelter and Supportive Housing Program Walyaqil Shelter and Supportive Housing Program – Port Alberni Friendship Center The Port Alberni Friendship Centre – Walyaqil Tiny Home Village Walyaqil Tiny Home Village – Port Alberni Friendship Center 250-723-8281
MEDICAL (INDIGENOUS and METIS)
The Bread of Life Centre The Bread of Life Centre Alberni.ca 250-723-4049 Wednesday clinics: Ministry and CMHA 10:30am-12:00pm, Island Health 11:00am-1:00pm
FNHA First Nations Virtual Doctor of the Day
Health Outreach Program (HOP) 202-4152 Redford St – outreach public health services, sexual health testing and support, infectious disease testing and harm reduction support 250-731-1322
Hope for Wellness Home - Hope for Wellness Helpline
Island Health Indigenous Health Services Island Health

Metis Nation BC Mental Health & Harm Reduction MNBC
Nuu-chah-nulth Tribal Council https://nuuchahnulth.org/programs-services 250-724-3939
Poison Control Centre 1-800-567-8911
West Coast General Hospital 250-731-1370
MENTAL WELLNESS SUPPORTS
ADAPS (Alberni Drug & Alcohol Prevention Services) Youth and Family Services HOME ADAPS
Alcoholics Anonymous Have a problem with alcohol? There is a solution. Alcoholics Anonymous
Battered Women's Helpline and Support Services Battered Women's Support Services - BWSS
Canadian Resource Centre for Victims of Crime Canadian Resource Centre for Victims of Crime CRCVC Survivor Centre
CMHA Crisis Resources CMHA Port Alberni Branch 310-6789 250-800-3806
Crisis Intervention and Suicide Prevention Centre of British Columbia 1-800-SUICIDE
Foundry Port Alberni https://foundrybc.ca/portalberni/
Kackaamin Family Development Centre Website feedback Kackaamin Family Development Centre
Kids Help Phone Get support with these mental health resources - Kids Help Phone
KUU-US Crisis Line Society - Wellbriety Red Road to Recovery haahuupa KUU-US Crisis Line Society 250-723-2323 Ext 227 Admin Crisis Line 250-723-4050 or 1-800-588-8717 Metis Crisis Line 1-833-638-4722 https://www.kuu-uscrisisline.com
Ministry of Children and Family Development (MCFD) Child & Family Services Office for Port Alberni - Province of British Columbia
Narcotics Anonymous Narcotics Anonymous
National Overdose Response Service About Us — NORS T: 1-888-688-NORS (6677) – call or text this number 24/7 any day of the year
Port Alberni Association for Community Living (PAACL) https://www.google.com/search?q=Port+Alberni+Association+for+Community+Living
The PA Friendship Centre Addictions & Mental Health Counseling – Port Alberni Friendship Center
Port Alberni Shelter Society Overdose Prevention Site (OPS) - Port Alberni Shelter Society 250-723-6511
Sage Haven Society Adult and Youth Outreach Services – Sage Haven Society 250-736-0712
Stop the Violence Counselling (STV)

250-736-0708 Sexual Assault Response Services 250-736-0707 PEACE (for children who witness abuse) 250-736-0706 Community-Based Victim Services 250-736-0704
Substance Use Crisis and Information Lines - Province of British Columbia
Suicide Crisis Helpline (988.ca) Call or text:9-8-8 Get Help 9-8-8: Suicide Crisis Helpline
Sexual Assault Response – Forensic Nurse Examiner Program – West Coast General Hospital – 3949 Port Alberni Hwy – Medical and emotional support for victims of sexual assault, whether or not they choose to report the assault 250-731-1370
Trans Lifeline Crisis Support Hotline - Trans Lifeline 1-877-330-6366
Usma Nuu-chah-nulth Family and Child Services Reporting Child Abuse & Neglect NuU-Chah-Nulth Tribal Council
Vancouver Island Counselling Centre for Immigrants and Refugees Home VICCIR
Victim Link BC (for victims of crime) VictimLinkBC - Province of British Columbia 1-800-563-0808
Youth in BC YOUTH IN BC - Home
Youth Space Youthspace.ca
Y-STAR – Youth Sort term Assessment and Response Team 5050 Strathern St - Google Maps 250-731-1358 (Port Alberni)
OUTREACH
Bread of Life Centre The Bread of Life Centre Alberni.ca 250-723-4049 Case management – Pathways of Hope* program intake, Assistance with various housing and financial applications. Monday – Friday 8:00am-12:00pm <i>Pathways of Hope</i> provides individualized support to those facing challenges like poverty and vulnerability. It aims to help participants break cycles of crisis and achieve both short- and long-term goals.
CMHA – Port Alberni Homeless Outreach CMHA Port Alberni Branch 250-724-7199
Foundry Port Alberni https://foundrybc.ca/portalberni/
INEO Employment Services PEP - INEO Employment Services 250-723-4675
Island Health – MHSU – Intensive Outreach Response Team Port Alberni Mental Health & Substance Use Island Health 250-731-1350 ext. 41674
Island Health – Public Health – Health Outreach Program

Port Alberni Mental Health & Substance Use Island Health 250 731 1311
KUU-US Crisis Line Society 24 Hour Crisis Line KUU-US Crisis Line Society 250-723-4050 or 1-800-588-8717 Metis Crisis Line 1-833-638-4722 Outreach 250-723-2323 Ext 227
Port Alberni Shelter Society Overdose Prevention Site (OPS) - Port Alberni Shelter Society 250-723-6511
Sage Haven Society Adult and Youth Outreach Services – Sage Haven Society Call 250-736-0712 or text 250-720-7232 Email:samanthad@sagehavensociety.org
The Port Alberni Friendship Centre Outreach Legal Advocate – Port Alberni Friendship Center 250-723-8281
Tseshaht First Nation Tseshaht First Nation Community Crisis Care & Wellness 250-731-6622
PUBLIC TOILETS AND/OR SHOWERS
Blair Park – 5095 Pineo Rd
Bread of Life Centre Shelter – 3130 3 rd Ave – shower and laundry by appt 250-723-4049
Canadian Mental Health Association – 3178 2 nd Ave - Housing Outreach – Mon-Fri; 8:30am – 4:30pm – call for appt 250-206-5324 or 250-206-5907
Echo Aquatic and Fitness Centre – 4255 Wallace St (fees apply) 250-720-2514
Gyro Recreational Park – 3245 7 th Ave
Harbour Quay – 5440 Argyle St
Port Alberni Sobering Centre 3679 3 rd Ave – subject to availability 250-723-6511 ext. 110
Public Safety Building – 3075 3 rd Avenue Mon-Fri 8:30-12:30/1:30-4:30 pm
Roger Creek Park – Gertrude and Pemberton St
OVERDOSE PREVENTION SITE
Port Alberni Shelter Society Overdose Prevention Site (OPS) - Port Alberni Shelter Society Sobering Centre - Port Alberni Shelter Society 250-723-6511
SUBSTANCE USE SERVICES
Opioid Treatment Access Line 1-833-804-8111 Same day assessment for opioid agonist treatment (OAT)
Port Alberni Shelter Society – Therapeutic Recovery Community TRC at Shelter Farm - Port Alberni Shelter Society 250-723-6511
TRANSPORTATION

BC Transit Rider Info BC Transit
First Nations Health Authority - Medical Transportation Program Medical Transportation Benefit
Handi-Dart handyDART Contact BC Transit
Island Health Travel Program Email: info.patient.transportation@islandhealth.ca Phone: 1-844-940-6617
United Cabs United Cabs Alberni.ca
COMMUNITY RESOURCES
The Centre for Addiction and Mental Health (CAMH) CAMH Guide to Comfort and Wellness Activities - Adobe cloud storage
Pathways https://pathwaysmedicalcare.ca/
Primary Care Network https://www.healthlinkbc.ca/primary-care/community/port-alberni-primary-care-network
SD70 Pacific Rim Wellness Resource Guide Pacific Rim Wellness Resource Guide