

Emergency Food Services: Duncan

1 Cowichan Community Kitchens

2-5380 Trans Canada Hwy., Duncan
Phone: 250-748-2242 ext 134

info@cowichancommunitykitchens.org
www.cowichancommunitykitchens.org/

Cowichan Community Kitchens organizes and runs numerous community kitchens across the Cowichan Valley.

Up to 20 meals for \$12: groups of 6-8 people meet twice a month to cook meals for their families (usually 3-5 different recipes). CCK pays half the food cost for those with low income.

2 Hiiye'yu Lelum House of Friendship (Native Friendship Centre)

205-5462 Trans Canada Hwy., Duncan
Phone: 250-748-2242 Fax: 250-748-2238

hofadmin@shawcable.com
www.hiiyeyu.shawbiz.ca

Good Food Box, call for availability. \$10.00.

Health, social, recreational and cultural services to promote individual, family and community self-reliance.

3 Community Options Society

200 Cowichan Way, Duncan
Phone: 250-748-0232 Fax: 250-746-0032

www.coscowichan.ca

Community Options Society supports parents, youth and children to assist both the individual and the family in making healthy choices and decisions.

Bread available for free at reception.

Services include free counseling, mediation, independent living support, parenting courses and support groups at no cost to those attending. Monday to Thursday 9:00am to 4:30pm, and Friday 9:00am to 2:00pm.

4 The Salvation Army

280 Trans Canada Hwy., Duncan
Phone: 250-746-7032

www.salvationarmy.ca

The Salvation Army exists to share the love of Jesus Christ, meet human needs and be a transforming influence for the communities of our world.

Monday to Saturday from 9 am to 5 pm, emergency food program (Food hamper) by appointment and eligibility.

5  Cowichan Tribes

5760 Allenby Rd., Duncan
Phone: 250-746-6184 Fax: 250-748-1233

www.cowichantribes.com

Good Food Box distribution, \$10.

Services including Children & Families, Education, Health, Housing, Membership, and Social Development.

5  TseWulTun Health Centre

5760 Allenby Rd., Duncan
Phone: 250-746-6184

health@cowichantribes.com

Good Food box registration available through Tribes buildings for \$10.00

Supportive programs through the year, such as Healthy Beginnings and a new parents group.


6  The Sassy Lion Thrift Store

164 Kenneth St., Duncan
Phone: 250-746-4495

Run by the Duncan Lions Club, the Sassy Lion offers clothing and home furnishings at low prices.

Free bread is available to those in need, donated by the Westfalian Bakery. Wednesday 10am to 5pm.

Clothing and home furnishings at low prices.

7  Cowichan Independent Living(Disability) Resource Centre

321 Coronation Ave., Duncan
Phone: (250)746-3930 Fax: 250-746-3662

cvilrc@cvilrc.bc.ca
www.cvilrc.bc.ca

The Cowichan Independent Living Resource Centre promotes independent living for people with disabilities.

Good food box, \$10, order through reception.



8  Duncan United Church

246 Ingram St., Duncan
Phone: 250-746-6043 Fax: 250-746-6785

admin@duncanunited.org
www.duncanunited.org

An open, inclusive, and progressive faith community of The United Church of Canada.

"Loaves and Fishes" Community Dinner for those in need is held on the third Sunday of every month, unless the first Sunday falls on the first day of the month, in which case dinner is on the fourth Sunday, at 5:00pm.

9  Somenos Transition House

#103 - 255 Ingram St., Duncan
Phone: 250-748-8544 Fax: 250-748-8539

somenos@shaw.ca
www.cwav.org/somenos/indexsomenos.php

Somenos House provides, free and confidential, emergency shelter and emotional support primarily for battered women and their children.

Emergency shelter.

10  Duncan Meals on Wheels

20-127 Ingram St., Duncan
Phone: 250-737-2004

Food delivery service for those who can't cook for themselves. Eligibility is determined on a needs basis. Daily noon meals delivered Monday to Saturday, with pre-frozen meals supplied for Sunday. \$6.00.

11  Christian Reformed Church

930 Trunk Rd., Duncan
Phone: 250-748-2122 Fax: 250-748-2365

www.duncancrc.org

Come and join us to worship God and learn about his grace and goodness given to us in Jesus.

There is a dinner for those in need on the fourth Saturday of every month at 5:00 PM. Open door policy; hot meal provided with no donation box.

Programs for adults, children and youth. Everyone is welcome.



12  Bethel Baptist Church

463 Ypres St., Duncan
Phone: 250-746-7432

bethelbaptistduncan.ca

We are a church community whose beliefs are based on the Word of God, as we are called out to be a Beacon of Hope in the Valley.

Breakfast - 1st and 3rd Saturday of the month from 9:00am to 11:00am.

Thrift Store Fridays from 10:00am to 2:00pm church basement.

13  Duncan Pentecostal Church

931 Trunk Rd., Duncan
Phone: 250-748-1423

<http://dpc.ajoyfulnoise.org/detour.html>

The Duncan Pentecostal Church ministers to your spiritual needs through the preaching of the Word of God.

A dinner for those in need is on the second Saturday of the month at 5:00pm, September to June.

14  Cowichan Valley Basket Society

5810 Garden St., Duncan
Phone: 250-746-1566

www.lrca.bc.ca/comlinks/cow_val_basket_soc.htm

Cowichan Valley Basket Society serves anyone who is in need of a hot meal.

Food hamper: once a month - Wednesday, Friday 10am - 1:30pm. Soup kitchen for lunch or coffee: Monday to Saturday, 10am - 4pm. Care card required for each family member served.

15  Providence Farm

1843 Tzouhalem Rd., Duncan
Phone: 250-746-4204 Fax: 250-746-8616


provfarm@providence.bc.ca
www.providence.bc.ca

Providence Farm is a working, organic farm that provides therapeutic and training programs to people with barriers to education and employment.

Hot lunch Monday to Friday at 12:30pm (suggested donation \$5).

Housing (planned housing for seniors, families, and people with special needs).



16  Margaret Moss Health Unit

675 Canada Ave., Duncan
Phone: 250-709-3050

rhoda.taylor@viha.ca

Healthy Beginnings: drop in service (with tea, coffee, light snack). Tuesdays at 10:30am, Fridays 1:00pm.

Services including STD testing, treatment, counseling, HIV testing & counseling, and health services for women.

17  Clements Centre Society

5856 Clements St., Duncan
Phone: 250-746-4135
Fax: 250-746-1636

administration@clementscentre.org
www.clementscentre.org

Clements Centre Society envisions a community in which all individuals are included, accepted, and valued.

Lunch Monday to Friday 11:30am to 2:30pm. Cost according to purchase.

Child development services and services for adults, primarily for those with developmental disabilities.

18  Warmland House

2579 Lewis St., Duncan
Phone: 250 746 5521 Fax: 250-748 2606

cmhacvb@cmha.bc.ca
www.cowichanvalley.cmha.bc.ca/node/119

Warmland House is an emergency shelter with short stay beds, transitional apartments, programs, and a community garden.

Dinner and breakfast for overnight stays. Good Food Box (\$10).

Short stay emergency beds, transition apartments.

19  Vancouver Island Health Authority (VIHA) Open Door Program

447 St. Julian St., Duncan
Phone: 250-748-5588 Fax: 250-709-3045

www.viha.ca/mhas/locations/cowichan/rehab.htm

Open Door is a psychosocial rehabilitation program providing a safe environment where adults with mental illnesses can work towards realizing personal rehabilitation and recovery goals.

Lunch program Monday to Thursday for clients of mental health and addiction services; program is by self referral or by Doctor.

Rehabilitation programs.



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Cowichan Church of the Nazarene

3036 Sherman Rd., Duncan
Phone: 250-748-8000

"Come as you are and leave refreshed".

Community dinner once a month, day before the Wednesday social assistance checks.

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Volunteer Cowichan

#1 Kenneth Place, Duncan
Phone: 250-748-2133

vc@volunteercowichan.bc.ca
www.volunteercowichan.bc.ca

Volunteer Cowichan raises awareness of the power of service, encourages people to volunteer, provides information about volunteerism and recognizes the contribution of volunteers.

Organizes the Healthy Beginnings program (hosted at other venues). A relaxed and informal drop in for caregivers (moms, dads, grandparents - all welcome). Free healthy snack provided. Taxi provided where available. Times vary by location.



Food



Services



Health



Worship