



# **Coast Seniors' Directory 2022**

**Resources for Seniors on  
the Sunshine Coast**

Available online at:

**CoastReporter**  
VOICE OF THE SUNSHINE COAST

[www.coastreporter.net](http://www.coastreporter.net)  
[guidedby.ca/spotlights/Sunshine\\_Coast\\_Seniors](http://guidedby.ca/spotlights/Sunshine_Coast_Seniors)





To reserve your spot or  
update listings for future  
issues please contact:

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## EMERGENCY NUMBERS

### 24/7 Information & Referrals

Phone: 211 / TTY: 1-888-340-1001

### Ambulance Inquiry

Phone: 604-885-5191

### BC Drug & Poison Control

Phone: 1-800-567-8911

### Bounce Back B.C.

Phone: 1-866-639-0522

### Canadian Mental Health Association (CMHC)

Phone: 604-688-3234

### Directory Assistance

Phone: 411

### Emergency – Fire, Ambulance, Police

Phone: 911

### HealthLink B.C.

Phone: 811

### Income Assistance Disability

Phone: 1-866-866-0800

### Indian Residential Schools Crisis Line

Phone: 1-800-721-0066

### Mental Health Assistance

Phone: 310-6789

anywhere in B.C.

### Medical Services Plan (MSP)

Phone: 1-866-663-7100

### Office of the Seniors Advocate

Phone: 1-877-952-3181

### Seniors Abuse & Information Line (SAIL)

Phone: 1-866-437-1940

### Sechelt shíshálh Hospital

Phone: 604-885-2224

### Seniors Crisis Line

Phone 604-872-1234

### Police Inquiry – non-emergency

Phone: 604-885-2266

### Veterans Affairs

Phone: 1-866-522-2122

### Wellness Together

Phone: 1-866-585-0445

## put life back in your life

Self-Management BC programs are **FREE**

For adults living with Chronic Health Conditions, Chronic Pain or Diabetes.



### Better Choices, Better Health® Online Program Web-based 6 week program

- \* Log in Online on own time once/twice per week
- \* Identity protected

### Health Coach Program One-to-one peer support

- \* Weekly phone support for 3 months
- \* Coach phones participants

### Tool Kit for Active Living One-time mailed kit

- \* Suitable for independent approach
- \* Includes: booklet and CD's

### Tool Kit + Calls Kit plus 6 weekly calls

- \* Receive Kit from Active Living Program
- \* Small group (4-6) weekly guided tele-conference call
- \* Includes: booklet and CD's

### Virtual Programs Web-cam 6 week program

- \* Weekly 2.5 hr web-cam sessions
- \* Group format (max 6-12)
- \* Available for all programs + Cancer: Thriving & Surviving



Self-Management BC is supported by the Province of British Columbia



## ADVOCACY & SUPPORT SERVICES

### **Alzheimer Society of BC Support Group**

Dementia Caregiver Support Groups offered

Phone: 1-866-984-8348

First Link Dementia helpline: 1-800-936-6033 Mon-Fri 9 - 8

Email: [info.northshore@alzheimerbc.org](mailto:info.northshore@alzheimerbc.org)

<https://northwestvancouver.cmha.bc.ca/programs-services/sunshine-coast/>

### **BC Bereavement Helpline**

Free & Confidential – connecting you to grief support services within B.C.

Phone: (604) 738-9950 • Toll Free 1-877-779-2223

Email: [contact@bcbh.ca](mailto:contact@bcbh.ca) • [www.bcbh.ca](http://www.bcbh.ca)

### **Dementia Caregiver Support Group**

Contact VCH Mental Health lead for information on when this group runs. • Phone: 604-885-6101

### **Seniors First BC**

To prevent elder abuse and provide assistance and support.

Includes Seniors Abuse & Information Line (SAIL); Victim Services Program; Legal Programs; Education & Workshops.

Phone: 604-437-1940 or 1-866-437-1940

TTY: 604-428-3359, or 1-855-306-1443

Email: [info@seniorsfirstbc.ca](mailto:info@seniorsfirstbc.ca) • [www.SeniorsFirstBC.ca](http://www.SeniorsFirstBC.ca)

### **Sunshine Coast Lifeline**

24HR Emergency Response at the push of a button.

Locally monitored calls.

Phone: 604-885-9501 • [www.comoxvalleylifeline.com](http://www.comoxvalleylifeline.com)



### **Sunshine Coast Seniors Planning Table**

Organizations, service providers and individuals advocating for seniors.

<https://resourcecentre.ca/seniors-planning-table>

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### **SC Community Response Network**

Working to prevent abuse, neglect, and self-neglect of vulnerable adults. • [www.bccrns.ca](http://www.bccrns.ca)

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# Home Healthcare Network

*Serving the Sunshine Coast Since 2010*

**Personalized, Compassionate Home Care Services**

**We can help for short sessions,  
overnights or full days.**

**Our Experienced Caregivers can help with:**

- Personal Care • Respite Care • Companionship • Meal Preparation
- Post Operative Care • Palliative Care • Shopping & Transportation • Overnights

**Caregiver Placement Services also available.**

**604.740.1993 • [info@homehealthcarenetwork.ca](mailto:info@homehealthcarenetwork.ca) • [homehealthcarenetwork.ca](http://homehealthcarenetwork.ca)**





## BEAUTY & STYLE

### Country by Design

Stained Glass Creation & Repair  
Phone: 604-885-9684 or 604-885-1575  
Email: dj123@dccnet.com

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### Health Access NP Foot Care

Location: 5798 Neptune Rd, Sechelt  
Phone: 604-747-4757 • www.HealthAccessNP.ca

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### The Wig Stop

Perfect fit and style to suit you.  
Phone: 604-885-9684 or 604-885-1575  
Email: thewigstop@gmail.com

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### Time to Glow Spa

Foot care and pedicures in the comfort of your home.  
Phone: 604-989-4255 • www.timetoglowspa.com

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## COMMUNITY SUPPORT SERVICES

### Sunshine Coast Community Services

Programs to promote an engaged, healthy, thriving community.  
Location: 5520 Trail Ave., Sechelt • Phone: 604-885-5881 • www.sccss.ca

### Sunshine Coast Foundation

A legacy gift ensures your vision for our community lives on.  
Phone: 604-741-7360 • www.sunshinecoastfoundation.org



### Sunshine Coast Hospice Society

Compassionate end-of-life and bereavement support.  
Location: 4602 Simpkins Rd., Sechelt • Phone: 604-740-0475  
Email: info@coasthospice.com • www.coasthospice.com

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### Welcoming Communities

Helping orient and settle new Canadians on the Coast.  
Location: 107A – 5710 Teredo St., Sechelt • Phone: 604-885-4088  
Email: info@resourcecentre.ca • www.resourcecentre.ca

## ESTATE SALES

### Rightsizing Solutions

Location: 1877 Field Rd., Wilson Creek  
Phone: 604-741-4424 • Email: tricia@rightsizingsolutions.ca  
www.rightsizingsolutions.ca

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**Clinic By Appointment**

Diabetic Foot & Wound Care  
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Nurse Practitioner  
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registered with:

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## FINANCIAL SERVICES

### Community Volunteer Income Tax Program

Assist with financial forms and provide connections to services to help further.

Phone: 604-885-4088

Email: [help@resourcecentre.ca](mailto:help@resourcecentre.ca)

### Mortgage Alliance – Darnelda Siegers

Location: 5561 Wharf Ave., Sechelt

Phone: 604-885-5881 ext. 240

Email: [darnelda@theMORTGAGEconsultant.ca](mailto:darnelda@theMORTGAGEconsultant.ca)

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

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### Service BC

Information and support with Old Age Security, Guaranteed Income Supplement, Canada Pension Plan, Disability Benefits, Retirement Pension, Survivor Benefits, Employment Insurance, and Veterans Programs.

Location: 5498 Wharf Ave, Sechelt

Phone: 604-885-5187

For website search: Service BC Sechelt

### Sunshine Coast Credit Union

Gibsons - 985 Gibsons Way

Sechelt - 5655 Teredo St.

Pender Harbour - 12887 Madeira Park Rd

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### SUNCU Financial Services, Inc.

2nd Floor, 5655 Teredo St., Sechelt

Phone: 604.740.2662

Email: [inquiries@sunshineccu.net](mailto:inquiries@sunshineccu.net)

Email: [suncu@sunshineccu.net](mailto:suncu@sunshineccu.net)

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

### Talbot Insurance

Location: #112 Gibsons Park/IGA Plaza

Phone: 604-886-2555

Email: [ContactUs@TalbotInsurance.ca](mailto:ContactUs@TalbotInsurance.ca)

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

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**When you need us, we are here.  
Coast Hospice can help you  
navigate difficult times.**

You are not alone. Sunshine Coast Hospice helps residents navigate the challenges and emotional difficulties of end-of-life.

We offer resources for advance care planning, programs and services for residents facing a life-limiting illness and their caregivers, and bereavement support for those left behind. Our work is done by a small staff team and a network of trained volunteers who contribute to making our community a compassionate place to live.

We are here for you. Visit our website to learn more, or to donate to keep hospice programs and services strong in our community.

We are grateful for the anonymous donation of this advertising space.

 **SUNSHINE COAST  
HOSPICE**

[coasthospice.com](http://coasthospice.com) | 604-740-0475 | [info@coasthospice.com](mailto:info@coasthospice.com)  
4602 Simpkins Road, Sechelt, BC, V0N 3A2



## FOOD & FOOD BANKS

### Claytons Heritage Market

Location: Trail Bay Centre, Sechelt  
Phone: 604-885-2025 • [www.claytons.ca](http://www.claytons.ca)

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### Harvest of Hope - Salvation Army

Bread & Produce; Community Lunch; Food Hampers  
Location: 5-682 Gibsons Way, Gibsons • Phone: 604-886-3665

### Pender Harbour Community Food Bank

Location: 12891 Lagoon Rd., Madeira Park  
Phone: 604-883-9773 • Email: [penderharbourfoodbank@gmail.com](mailto:penderharbourfoodbank@gmail.com)  
<https://penderharbourcc.com/food-bank/>

### St. Bart's Food Bank

Location: 659 North Rd., Gibsons • Phone: 604-886-7410

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### Sunshine Coast Food Bank

Location: 5657 Lamprey Lane, Sechelt • Phone: 604-885-5881 ext. 240  
Email: [scfoodbank@scss.ca](mailto:scfoodbank@scss.ca) • [www.scss.ca](http://www.scss.ca)

## FOOT CARE

### Health Access NP Foot Care

Location: 5798 Neptune Rd., Sechelt  
Phone: 604-747-4757 • [www.HealthAccessNP.ca](http://www.HealthAccessNP.ca)

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### Time to Glow Spa

Foot care and pedicures in the comfort of your home.  
Phone: 604-989-4255 • [www.timetoglowspa.com](http://www.timetoglowspa.com)

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### Gibsons & District Public Library

Offering many programs for older adults, including:

- Language groups, open mic nights, game days, author events & more
- Technology support to learn how to use your device or complete online documents
- Amazing collection of print, digital & large print books, DVDs, audiobooks, magazines & more
- Services for print-impaired patrons
- Database access - Ancestry.ca, Mango Languages, Kanopy films, online learning courses & more
- Access to computers, printing, and scanning
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All for free at the Library!



Contact us:  
(604) 886-2130  
[gdplinfo@gibsons.bclibrary.ca](mailto:gdplinfo@gibsons.bclibrary.ca)  
[www.gibsons.bclibraries.coop](http://www.gibsons.bclibraries.coop)

## HELP at the push of a button

She fell in  
the bath two  
nights ago.  
Fortunately  
she wasn't  
alone.



24 HR EMERGENCY RESPONSE

  
**Sunshine Coast Lifeline**  
(604) 885-9501

Lifeline, an easy-to-use personal response service that  
lets you summon help any time of the day or night.

Locally Monitored Help Calls

Peace of Mind for You and Your Family

[www.comoxvalleylifeline.com](http://www.comoxvalleylifeline.com) • A Non-profit Organization serving the Sunshine Coast



# GOVERNMENT

## FEDERAL

### Canada Pension Plan

Toll Free: 1-800-255-4786

### Enquiry BC

Phone: 1-800-663-7867

### Environmental Health Program

Call immediately if you touch or are bit by a bat, tick or dead crow.

Phone: 604-885-5164

Email: healthprotectioncg@vch.ca • www.vch.ca

### Government of Canada

Toll Free: 1-800-926-9105 • www.canada.gc.ca

### Office of the Seniors Advocate

Phone: 1 877 952- 3181

### Ombudsman

Phone: 1-800-567-3247

## LOCAL

### District of Sechelt

Location: 2nd floor - 5797 Cowrie St., Sechelt

Phone: 604-885-1986

www.sechelt.ca

### SCRD Sunshine Coast Regional District

Location: 1975 Field Rd., Wilson Creek

Phone: 604-885-6800 • www.scrd.ca

### shíshálh Nation

Location: 5555 SC Hwy., Sechelt

Phone: 604-885-2273 • https://shishalh.com/

### Town of Gibsons

Location: 474 South Fletcher Rd., Gibsons

Phone: 604-886-2274 • www.gibsons.ca

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### MP, Patrick Weiler

Phone: 604-913-2660 • Email: Patrick.Weiler@parl.gc.ca

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# HOUSING

## ASSISTED HOME SUPPORT SERVICES

### Better at Home

Phone: 604-885-5881

Email: betterathome@scss.ca • www.sccss.ca

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### Help on the Way

Phone: 604-885-4337

Email: helpontheway@telus.net • www.helpontheway.ca

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### Home Healthcare Network

Phone: 604-740-1993

Email: info@homehealthcarenetwork.ca

www.homehealthcarenetwork.ca

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**RE/MAX**  
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Personal Real Estate Corporation  
RE/MAX CITY - SUNSHINE COAST  
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*Always Celebrating Seniors*  
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As a 17+ year REALTOR, selling homes on the Sunshine Coast, helping seniors is a huge part of my career and one of the best parts of it!  
Cell: 604-740-6608  
Office: 604-886-2670

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Using the equity in your home for things you need.

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darnelda@theMORTGAGEconsultant.ca  
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4620 Macleod Trail S, Calgary, AB, T2G 5E8. Independently owned and operated.  
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Enrich Mortgage Group

## ASSISTED HOME SUPPORT CONT'D

### Nurse Next Door

Phone: 604-747-2847 • [www.nursenextdoor.com](http://www.nursenextdoor.com)

### Sunshine Coast Senior Care

Phone: 604-886-0095

Email: [donnajoh@sunshinecoastseniorcare.com](mailto:donnajoh@sunshinecoastseniorcare.com)

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

## EMERGENCY & SHORT-TERM HOUSING

### BC Care Providers Association

Representing the seniors' care sector in residential care, assisted living, home care and home support.

Phone: 604-736-4233 • [www.bccare.ca](http://www.bccare.ca)

### Homeless Outreach Worker

Phone: 778-987-6092

### Rental Assistance Program (RAP)

Financial assistance for low income families to assist with rent.

Phone: 604-433-2218

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

### SAFER – Shelter Aid For Elderly Renters

A rent subsidy program for seniors ages 60+ with low income.

Phone: 604-433-2218

## HOUSING PROGRAMS

### Residents for Independent Living Society

Providing residential housing and supportive care for adults with disabilities.

Phone: 604-731-0401 • Email: [info@rils.ca](mailto:info@rils.ca) • [www.rils.ca](http://www.rils.ca)

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## Pender Harbour Seniors Housing Society

Creating appropriate housing for seniors in the Pender Harbour area. • Phone: 604-883-2819 or 604-883-0704  
[phseniors.weebly.com](http://phseniors.weebly.com)

## MOVING & DOWNSIZING SERVICES

### Rightsizing Solutions

Location: 1877 Field Rd., Wilson Creek

Phone: 604-741-4424 • Email: [tricia@rightsizingsolutions.ca](mailto:tricia@rightsizingsolutions.ca)

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

## SENIORS' HOUSING

### Christenson Village - Good Samaritan Society

Location: 585 Shaw Rd., Gibsons • Phone: 604-886-8747

### Greenecourt Housing

Location: 5583 Ocean Ave., Sechelt • Phone: 604-885-5962

### Kiwanis Heritage Apartments

Location: 824 Kiwanis Way, Gibsons • Phone: 604-886-3432

### Shorncliffe Intermediate Care Home

Location: 5847 Medusa St., Sechelt • Phone: 604-741-0726

### Totem Lodge, Sechelt

Location: 5544 SC Hwy., Sechelt • Phone: 604-741-0726

## REAL ESTATE

### Deb Mowbray, Re/Max City Sunshine Coast

Location: 101-938 Gibsons Way, Gibsons

Phone: 604-740-6608

Email: [debmowbray@gmail.com](mailto:debmowbray@gmail.com) • [www.debmowbray.com](http://www.debmowbray.com)

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### Free to All

- Friendly Staff Assistance
- Technology Help
- Programs & Classes
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- eBooks & eAudio Books
- eMagazines & eNewspapers
- Books (incl: Large Print)
- Newspapers & Magazines
- DVD's
- Public Computers
- Samsung Tablets
- Scanning
- Printing & Faxing (Small Fee)

(604) 885-3260 | [info@sechelt.bclibrary.ca](mailto:info@sechelt.bclibrary.ca)

## Cornerstone Nutrition

*A Healthier You, One Step at a Time*

**Jan Stephens,**  
R.D., C.D.E., C.P.T., MSc



As a registered dietitian, Jan tailors a nutrition plan that fights chronic disease, improves blood glucose, acid reflux, and gut function, tailored to your genetic makeup, which will maximize your health potential.



**604 741-7307** | By appointment only  
Coast Physiotherapy - 5691 Mermaid Street, Sechelt  
[jan@cornerstonenutrition.ca](mailto:jan@cornerstonenutrition.ca) | [cornerstonenutrition.ca](http://cornerstonenutrition.ca)  
A taxable expense & covered by some health plans



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Monday thru Saturday, 8:30am-6:00pm

#112 Gibsons Park/IGA Plaza

**604-886-2555**

[ContactUs@talbotinsurance.ca](mailto:ContactUs@talbotinsurance.ca)



## INFORMATION SERVICES

### FetchBC

A comprehensive online directory of local community health resources for all ages. • <http://sc.fetchbc.ca/>

### Halfmoon Bay Information & Referral Centre

Phone: 604-551-8461 • Email: [halfmoonbayinfo@gmail.com](mailto:halfmoonbayinfo@gmail.com)  
<http://www.halfmoonbayinformationcentre.wordpress.com>

### Indigenous Nations Educational Resources & Information

[www.allnationscoast.net](http://www.allnationscoast.net) • [www.metisnation.ca](http://www.metisnation.ca)  
[www.shishalh.com](http://www.shishalh.com) • [www.squamish.net](http://www.squamish.net)

### Pender Harbour Information & Referral Centre

Location: 5012 Gonzales Rd., Madeira Park • Phone: 604-883-2826  
 Email: [hello@pendercommunity.ca](mailto:hello@pendercommunity.ca) • [www.pendercommunity.ca](http://www.pendercommunity.ca)

### Sunshine Coast Resource Centre

Information & referral to community, social, legal & government services  
 Location: 107A – 5710 Teredo St., Sechelt • Phone: 604-885-4088  
 Email: [help@resourcecentre.ca](mailto:help@resourcecentre.ca) • [www.resourcecentre.ca](http://www.resourcecentre.ca)

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### Directory of Local Seniors' Services

<https://resourcecentre.ca/category/directory-of-services>

### Map of Seniors' Services on the Coast

<https://resourcecentre.ca/directory/maps>



licensed insured bonded

**Downsizing  
Decluttering  
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Field Road

on-site  
ESTATE  
SALES

**Tricia Coffey**

604-741-4424 • [tricia@rightsizingsolutions.ca](mailto:tricia@rightsizingsolutions.ca)  
[www.rightsizingsolutions.ca](http://www.rightsizingsolutions.ca)

## SUNSHINE COAST BETTER AT HOME



**BETTER AT HOME** provides Seniors with simple, non-medical home support services so they can continue to live independently in their own homes and remain connected to their communities.

Services include light housekeeping, Connect Thru Tech, transportation, grocery delivery, friendly visiting, light yard work, minor home repair, and library service.

**Contact us to register or for more information.**

**Call:** 604-885-5881 **Email:** [betterathome@scscs.ca](mailto:betterathome@scscs.ca) **Website:** [scscs.ca](http://scscs.ca)

*Better at Home is funded  
by the Government of  
B.C. and managed by the  
United Way.*



## LIBRARIES

### Davis Bay Community Library

Location: Community Hall - 5123 Davis Bay Rd.  
Email: [library@davisbaybc.com](mailto:library@davisbaybc.com)  
[www.davisbaybc.com](http://www.davisbaybc.com)

### Gibsons & District Public Library

Location: 470 Fletcher Rd., Gibsons  
Phone: 604-886-2130  
<https://gibsons.bc.libraries.coop>

### Pender Harbour Reading Centre

Location: 12952 Madeira Park Rd., Madeira Park  
Phone: 604-883-2983  
Email: [phrclibrary@gmail.com](mailto:phrclibrary@gmail.com)  
[www.penderharbourlibrary.ca](http://www.penderharbourlibrary.ca)

### Roberts Creek Community Library

Location: 1044 Roberts Creek Rd  
Phone: 604-885-9401  
<https://www.robertscreekcommunity.com/the-library>

### Sechelt Public Library

Location: 5795 Cowrie St., Sechelt  
Phone: 604-885-3260  
Email: [info@sechelt.bc.library.ca](mailto:info@sechelt.bc.library.ca)  
<https://sechelt.bc.libraries.coop>

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## MEDICAL CLINICS

### Cowrie Medical Clinic

Location: 102-5699 Cowrie St., Sechelt • Phone: 604-670-6222

### Gibsons Medical Clinic

Location: 211-1100 SC Hwy., Gibsons  
Phone: 604-886-2868 • [www.gibsonsmedicalassociates.net](http://www.gibsonsmedicalassociates.net)

### Pender Harbour Health Centre

Location: 5066 Francis Peninsula Rd., Madeira Park  
Phone: 604-883-2764 • Doctors: 604-885-2257  
Dentists: 604-883-2997 • Foot Care: 604-740-2890  
Nurse Practitioner: 604-883-2764  
Email: [phhc@dccnet.com](mailto:phhc@dccnet.com) • [www.penderharbourhealth.com](http://www.penderharbourhealth.com)

### Sechelt Medical Clinic

Location: 5531 Inlet Ave., Sechelt • Phone: 604-885-2257

### Community Nutrition Program

Promoting healthy eating and active living.  
Phone: 604-984-5070  
Email: [Meghan.Molnar@vch.ca](mailto:Meghan.Molnar@vch.ca) • [www.vch.ca](http://www.vch.ca)

## MENTAL HEALTH SUPPORT

### Bounce Back B.C.

Free skill-building program for adults and youth 15+. To help manage low mood, mild to moderate depression, anxiety, stress or worry.  
Phone: 1-866-639-0522 • <https://bouncebackbc.ca/>



**Sunshine Coast Seniors Planning Table**  
Compassionate hearts, working together since 2017

*Planning Together!*

**Learn more:**  
[executivedirector@resourcecentre.ca](mailto:executivedirector@resourcecentre.ca)

The Sunshine Coast Seniors Planning Table (SPT) is a community collaboration between 100+ people representing seniors, service providers, community organizations and local government. We work together to ensure that supports and programs are available for older adults living on the Sunshine Coast to be healthy, valued, and involved members of the community. Read more about our work at [www.resourcecentre.ca](http://www.resourcecentre.ca) under "Programs."

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[dj123@dccnet.com](mailto:dj123@dccnet.com)





### Canadian Mental Health Association (CMHC)

Phone: 604-688-3234 • <https://cmha.bc.ca/>

### Indian Residential Schools Crisis Line

Toll Free 24/7: 1-800-721-0066

For anyone experiencing pain or distress as a result of Residential school experience. • <https://www.irsss.ca/>

### Wellness Together

Phone: 1-866-585-0445

24/7 Mental health and substance use support  
[www.wellnesstogether.ca/en-CA](http://www.wellnesstogether.ca/en-CA)

## NUTRITION

### Cornerstone Nutrition

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Location: Coast Physiotherapy

5691 Mermaid St., Sechelt

Phone: 604-741-7307

Email: [jan@cornerstonenutrition.ca](mailto:jan@cornerstonenutrition.ca)

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

see ad  
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## PAIN MANAGEMENT

### Craniosacral Biodynamics

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Phone: 604-202-8056

Email: [sageelecraniosacral@gmail.com](mailto:sageelecraniosacral@gmail.com)

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### Chronic Pain Self-Management

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Email: [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

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

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

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We are here to serve you.



@PatrickBWeiler

[Patrick.Weiler@parl.gc.ca](mailto:Patrick.Weiler@parl.gc.ca) | Tel.: 604-913-2660



Sunshine Coast  
**Resource  
Centre**



**Community  
Information  
Hub**

*Your Place to Go!*

**Call us at: 604 885 4088**

*The Community Information Hub provides information, resources and connections that will help answer your questions and support you to navigate community programs and services.*

**Looking for a service or  
program on the coast...**

*Just Ask!*

[help@resourcecentre.ca](mailto:help@resourcecentre.ca)



## PHARMACIES

### The Medicine Shoppe

Location: Wilson Creek Plaza  
Phone: 604-740-5813

see ad  
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## SENIORS' ACTIVITIES

### Gibsons Seniors Society

Social events and activities, including Scottish country dancing, line dancing, carpet bowling, & table tennis.

Location: 686 Harmony Lane, Gibsons

Phone: (604) 886-3919 • <http://gibsonsseniors.com/>



## JOIN THE FUN!

The Town of Gibsons supports the Gibsons Seniors Society, which offers a wide range of activities, from fitness to games to arts and crafts.

All seniors are welcome! Drop by any time and try your first activity for free!

>> Learn more: [gibsonsseniors.com](http://gibsonsseniors.com)



visit [gibsons.ca](http://gibsons.ca)



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- Personal Care
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604-885-2025 / [www.claytons.ca](http://www.claytons.ca)





### Memory Cafe

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Location: 5604 Trail Ave., Sechelt

Phone: 885-3513.

[resourcecentre.ca/directory/memory-cafe/](https://resourcecentre.ca/directory/memory-cafe/)

### Pender Harbour Seniors Initiative

Yoga, tai chi, carpet bowling, lunch club outings, a walking group, bus trips, boat tours, Harbourside Friendship Group and more.

Phone: 604-883-9900

Email [marlenecymbalist@gmail.com](mailto:marlenecymbalist@gmail.com)

<https://www.penderharbourhealth.com/pender-harbour-seniors-initiative/>

### Sechelt Seniors Activity Centre

Activities for all ages include pickleball, fitness, carpet bowling and yoga. Lunches and frozen entrees available during the week. Membership required – \$30 annually.

Location: 5604 Trail Ave., Sechelt

Phone: 604-885-3513

Email: [ssac@dccnet.com](mailto:ssac@dccnet.com)

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

# St. Bart's FOOD BANK

Connecting with Our Community

St. Bart's Food Bank is a no-barrier, volunteer run community service. We are here to serve you on the third Wednesday of every month from 11am to 3pm, at the corner of School Road and Gibsons Way.



We provide all kinds of grocery items including fresh produce, meat, bread, canned goods and personal care items. We work hard to accommodate dietary requirements. Ask us!



We ask for your name - so we can greet you!

We never ask for any other information in order to access our services.

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**Need immediate assistance? Need delivery?  
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## SLEEP SOLUTIONS

### Clinical Sleep Solutions

Location: 106-5682 Wharf Ave., Sechelt  
Phone: 604-740-4448 • [www.ClinicalSleep.com](http://www.ClinicalSleep.com)

see ad  
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## TRANSPORTATION

### Care for a Lift

Fully equipped van with companion for those with medical or accessible transportation needs. • Phone: 604-747-2273  
Email: [info@careforalift.com](mailto:info@careforalift.com) • [www.careforalift.com](http://www.careforalift.com)



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### Coast CAR Co-op

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Phone: 778-374-3092

Email: [info@coastcarcoop.ca](mailto:info@coastcarcoop.ca)

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

### Coastal Rides

Local on-demand or scheduled ride share and delivery service.

Phone: 1-855-921-2226

Email: [info@coastalrides.ca](mailto:info@coastalrides.ca)

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

### Dial-a-Delivery

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Email: [dialdelivery@gmail.com](mailto:dialdelivery@gmail.com)

[www.dial-a-delivery.net](http://www.dial-a-delivery.net)

Sechelt Phone: 604-989-9914

Email: [dialdeliverysechelt@gmail.com](mailto:dialdeliverysechelt@gmail.com)

[DialADeliverySechelt.wordpress.com](http://DialADeliverySechelt.wordpress.com)

### HandyDART

Accessible transportation for the mobility challenged.

Location: 1975 Field Rd., Sechelt

Phone: 604-885-6897

<https://www.bctransit.com/sunshine-coast/riderinfo/handydart>



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### Share There

Connect with people who want to share rides locally or off-Coast.  
Phone: 604-741-3359  
Email: [info@share-there.com](mailto:info@share-there.com)  
[www.share-there.com](http://www.share-there.com)

### Sunshine Coast Connector

Daily or weekly trips along Sunshine Coast and to Vancouver.  
Location: 5810 Marine Way, Sechelt  
Phone: 250-775-0035  
Email: [coastconnector@gmail.com](mailto:coastconnector@gmail.com)  
<http://www.sunshinecoastconnector.ca>

### Vancouver Coastal Health

Affordable volunteer driving program for on- and off-Coast and city client appointments.  
Phone (Tues – Fri 8:30 – 12:30): 604-885-8517

## VOLUNTEER OPPORTUNITIES

### Sunshine Coast Healthcare Auxiliary

Providing volunteer services and raising funds to enhance the quality of healthcare on the Sunshine Coast.  
Email: [schealthcareauxiliary@gmail.com](mailto:schealthcareauxiliary@gmail.com)  
<https://sunshinecoasthealthcareauxiliary.com/become-a-member/>

### Vancouver Coastal Health Home Care

Volunteers need in Home & Community Care, Meals on Wheels, Volunteer Drivers, Volunteer Shopping, Telephone Tree, Friendly Visitor, Senior's Outreach Counsellors & Volunteer Income Tax Service and more.  
Location: 5630 Inlet Ave., Sechelt  
Phone: (604) 885-8517  
Email: [scvolunteer@vch.ca](mailto:scvolunteer@vch.ca)  
<http://www.vch.ca/get-involved/volunteer>



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# Elder Abuse Defined

## – Neglect & self-neglect



Elder abuse is deliberate mistreatment that can cause serious physical, mental or emotional harm or damage to, or loss of assets when the target is an older adult. An abuser may be someone known to the abused, such as a friend, family member or caregiver. Neglect is the lack of care, assistance, guidance and attention that can cause this kind of harm or loss. Self-neglect is the lack of care for oneself that can also result in harm or loss. Community connection and awareness are keys to identifying and preventing all manners of abuse and neglect.

### Signs of abuse, neglect or self-neglect:

#### Financial:

Misuse of funds or property, controlling funds without consent, not acting in the best interests of an adult who is not competent or not paying bills..

#### Social & violation of entitlements:

Not allowing contact with family and friends or attendance at activities, isolation, censoring mail, invasion or denial of privacy, restricting movement or withholding information.

#### Emotional & psychological:

Disrespect, humiliation, threats, intimidation, confinement, isolation and exclusion from decision-making.

#### Physical:

Restraining, violent or rough treatment, lack of care, over or under medicating or neglecting their health. A person may not necessarily have an injury to have experienced physical abuse.

#### Sexual:

Inappropriate or forced sexual contact or any unwelcome sexual activity.

– *Sunshine Coast Community Response Network*  
*Local service providers working together to prevent abuse, neglect, and self-neglect*

Are you concerned for yourself or for an adult who may be abused or neglected?



### THIS IS WHERE TO GET HELP:

To ask questions call:

**SENIORS ABUSE AND  
INFORMATION LINE (SAIL)**  
**Toll Free 1-866-437-1940**

A safe confidential place for older adults, and those who care about them, to talk to a trained worker about abuse or neglect and get information and support.

**7 days a week, 8am to 8pm, except holidays.**

Translation available Mon to Fri, 9 to 4.

To discuss or report a situation of abuse or neglect call:

**VANCOUVER COASTAL HEALTH  
MENTAL HEALTH SERVICES**  
**604-885-6101**

**or HOME AND COMMUNITY CARE**  
**604-741-0726**

*ALL CALLS ARE CONFIDENTIAL*

**In an emergency or if safety is a concern call the RCMP at 911**

In cases of financial abuse call

**PUBLIC GUARDIAN AND TRUSTEE**  
**1-877-511-4111**

For adults with a developmental disability call  
**COMMUNITY LIVING BC**  
**604-981-0321**

Brought to you by:

**Sunshine Coast  
Community Response Network**

Local service providers working together to prevent abuse, neglect, and self-neglect of vulnerable adults.  
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