

CREA COVEN

Physical and Mental Health *First*

*Visit the websites attached to get more details. Most programs have discounts for students and/or will suggest options that fit your needs.

*We have highlighted in yellow our personal favorites but all the resources are helpful and trustworthy.

Name	City	Contact	Website	Cost
Comox Valley Sports Centre	Courtenay	(250) 334-9622	https://www.comoxvalleyrd.ca/parks-recreation/recreation-facilities	Drop-in: \$6.25 Membership From:\$75 *Students can access discounts
Adult Sports Leagues	Comox Valley		https://activecomoxvalley.fitness/adult-sports-leagues/	\$50-\$500(for teams)
Active Comox Valley	Comox Valley	250- 898-3708	https://activecomoxvalley.fitness/	Free - Low
North Island Students Union	Courtenay	778-348-6478 - 250-334-5000 Ext 4190	https://nisu.ca/services/	Usually FREE yoga classes and monthly wellness activities. Please contact for more information.
Immigrant Welcome Center	Campbell River / Courtenay	250-830-0171 / 1-855-805-0171 and 250-338-6359 / 1-855-805-0171	https://immigrantwelcome.ca/services/events-calendar/	Most services are FREE of charge The events calendar includes monthly wellness and social events
Comox Community Centre	Comox	250-339-2255	https://www.comox.ca/rec	Drop-in: \$6.85 Membership From:\$73 *Students can access discounts
Comox Valley Dance Temple	Cumberland		https://www.facebook.com/dancetemplecv/	\$15-\$20 Sliding scale
Vancouver Island Counselling Centre for Immigrants and Refugees (VICCIR)	Vancouver Island/	778-404-1777	https://www.viccir.org/what-we-do	From \$20 session. Income-based.

Pathways Comox Valley (Mental health support)	Province Wide		https://comox-valley.pathwaysbc.ca/specific_services/116	FREE-Low Cost
Mental Health Support Canada Site	National Service	9-8-8: Suicide Crisis Helpline.	https://www.canada.ca/en/public-health/campaigns/get-help-here.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_mental-health	
HelpStartsHere	BC wide	MMHAweb@gov.bc.ca	https://helpstartshere.gov.bc.ca/	FREE