

Comox Valley **WELCOME PACKAGE**

*Orientation Information for
Physicians and Nurse Practitioners
New to the Comox Valley*

June 2026



Comox Valley
Division of Family Practice
An FPSC initiative





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TIP

The pages are linked. Simply click on the page, and you'll go directly to the subject you want to read about.

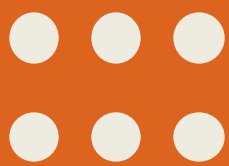
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Live



The Comox Valley is a vibrant seaside region on the eastern coast of Vancouver Island, and it may be one of the Island's best-kept secrets. Each community in the Comox Valley has its own unique personality. From the seaside tranquility of Comox, to the growing City of Courtenay, to the quaint former boomtown of Cumberland to the idyllic rural areas that meander from Fanny Bay in the south to Black Creek in the north, every community has different strengths to offer.

BC Newcomers' Guide

[The B.C. Newcomers' Guide](#) will help you settle into B.C. quickly and easily. You'll find information about:

- finding a place to live
- driving in B.C.
- finding a doctor and other medical services
- getting your BC Services card
- registering your child in school
- working in B.C.
- opening a bank account
- getting help for those needing extra support

Helpful hint

When looking for accommodation mention that you are a primary care provider looking for housing - it can help to secure the rental!

Real Estate

The Comox Valley is growing every year and has a strong local economy. The housing market includes homes, acreages, waterfront estates and even summer cottages. Comox Valley has an abundance of affordable real estate choices. Find more information [HERE](#).

Links to Rental Information

Comox Valley Division Short and Medium-Term Rentals

Listings for short-term and medium-term rentals in the Comox Valley are provided on [the Division website](#).

Craigslist – [Comox Valley Apartment and House Rentals](#)

Kijiji – [Comox Valley Rental](#)

Used Courtenay Comox- [Comox Valley Rentals](#)

Meds Housing – [Comox Valley Housing for the medical community](#)

CV Renters Facebook Group

Questions about renting, leasing, the roles and responsibilities of a tenancy agreement; posted wanted ads and available houses/shares; useful information and relevant topic discussions. Click [HERE](#).

Learn about human rights in BC as a renter [HERE](#).



Schools

School District 71 (SD71) is the main public school district in the Comox Valley. SD71 includes 15 elementary schools, one middle school, three secondary schools, two alternative secondary schools, a distributed learning school, and specialized programs such as Montessori, ENTER, and early and late French immersion. The CSF (SD93, below) also operates a public French-language school for eligible students. There are a small number of private schools in the Valley.



School District 71

(250) 334-5500

Find more information [HERE](#).

SD71 oversees all English public schools from kindergarten to Grade 12 throughout the Comox Valley. Early and late French Immersion programs, Montessori, and ENTER (Engineering, New Technology, Exploration & Robotics) are available through some schools. The website includes a listing of local schools and a district map. Go to their website to find a school near you.

Conseil scolaire francophone de la Colombie-Britannique (CSF) - School District 93

(604) 214-2600 or toll-free 1-888-715-2200.

Find more information [HERE](#).

Conseil scolaire francophone de la Colombie-Britannique oversees French-language public education from kindergarten to Grade 12 throughout the Province of British Columbia. In the Comox Valley, it operates Au-cœur-de-l'île.

Au Cœur de l'île Comox

(250) 339-1848

Find more information [HERE](#).

This is the only French-first-language school in the Valley. It offers education opportunities for eligible children from kindergarten to Grade 12. Its website is available in French.

North Island Distance Education School (NIDES)

Find more information [HERE](#).

Navigate NIDES is a fully funded and accredited BC public school that offers online and blended learning opportunities to students throughout the province. One of the programs it runs is blended learning through a fine arts lens for elementary students (FAE).

Beachcombers Academy

Find more information [HERE](#).

Beachcombers is an independent school and child care facility that offers childcare and kindergarten to Grade 7. Its program emphasizes nature-based, place-based learning, including coastal ecology and coastal sports.

Resources for child care and more

Valleychild.ca can help you find events, programs and services for children under 8 and their families, including children with special needs.

The [Comox Valley Child Development Association](#) offers information on child care in the Valley. Phone: (250) 338-4288 ext 275.

Go to [the local yellow pages](#) for a listing of private schools in the area and search the keyword "schools."

Important!

Public school registration starts in early January. Contact schools early, particularly if you are considering a specialized program like French Immersion or you have a child with special needs.

Transportation

BUS: Comox Valley Transit System

(250) 339-5453 find maps and schedules [HERE](#).

TAXI:

- [Comox Taxi](#) (250) 339-7955
- [Coastal Rides](#) (604) 330-7433

Recreation

For information about facilities, clubs and recreational leagues in your area, please contact:

- [Comox Valley Regional District](#)
250-334-6000 (main) | 1-800-331-6007 (toll-free)
- [City of Courtenay](#)
Lewis Centre: 250-338-5371
Florence Filberg Centre: 250-338-1000
- [Village of Cumberland](#)
250-336-2291

Local Media

- **Local FM radio stations:** CKLR 97.3 | CFCP 98.9
- **Online Newspaper:** [My Comox Valley Now](#)
- **Online & Print Newspaper:** [Comox Valley Record](#) | (250) 338-5811
- **Community Magazine:** [CV Collective](#)

Community Arts and Culture

[CV/Arts](#) | A non-profit champion of the local arts through community arts education, program partnerships, and incubation.

[Comox Valley Art Gallery](#) | A public art gallery featuring contemporary, experimental and applied art by regional, national and international artists presenting contemporary art issues and practices.

Shopping

Downtown Courtenay offers a boutique shopping district located on 5th Street with pedestrian friendly shops and specialty stores. You will find home décor, fashion, grocery stores, toys and games, sporting gear, artisan bakeries or any type of professional service. Also try the downtown businesses on Comox Avenue, or head to Dunsmuir Avenue to shop the historic main street of Cumberland. Big box stores in Courtenay including Staples, Costco, Best Buy, Walmart, Winners, Home Depot, Home Hardware, Superstore, Sports Chek, and Thrifty Foods.

Local Markets

[Comox Valley Farmers' Market](#)—Food is local and fresh. It is a great place to meet people and to bring your children. It is free to go. There is often entertainment.

For more community events and activities go to:

- [Experience Comox Valley](#)
- [Comox Valley Commons](#)
- [Downtown Courtenay - Events](#)
- [Downtown Comox - Events](#)



PUBLIC SERVICES

Recycling Hotline

1-800-667-4321

Garbage/Recycling:

Comox Valley Regional District

(250) 334-6000

Hydro: [BC Hydro](#)

1-800-224-9376

Gas: [FortisBC](#)

1-888-224-2710

Collection Inquiries-

Emterra

(250) 336-8066

Recycling Return Centre

(250) 339-0059

Vancouver Island Regional

Library—[Comox Branch](#),
[Courtenay Branch](#),
[Cumberland Branch](#)

Restaurants

There are many great restaurants in the Comox Valley. Here are some of our favorites:

[Atlas Café](#), Courtenay | 250-338-9838
[Locals Restaurant](#), Courtenay | 250-338-6493
[Taco Bandido](#), Courtenay | 778-225-1146
[Nikkei Ramen-ya](#), Courtenay | 250-897-4700
[Javier's Latin Cuisine](#), Courtenay (gluten-free) | 250-338-6644
[Seh-Mi Japanese Restaurant](#), Courtenay | 250-871-6248
[Pho Maple Noodle House](#), Courtenay | 250-338-8868
[Martine's Bistro](#), Comox | 250-339-1199
[Blackfin Pub](#), Comox (19+) | 250-339-5030
[Sushi Wara](#), Comox | 250-890-9098
[Tidal Cafe](#), Comox | 250-890-9537
[Biblio Taco](#), Cumberland | 250-650-4907
[Riders Pizza](#), Cumberland | 250-400-7433

Breweries

Here are some of our favorite breweries:

[Gladstone Brewing Co.](#), Courtenay | 250-871-1111
[Ace Brewing Co.](#), Courtenay | 250-338-1182
[Land & Sea Brewing Co.](#), Comox | 250-941-5577
[Church Street Taphouse](#), Comox | 250-890-0675
[RAD Brewing](#), Comox | 250-413-7232
[Cumberland Brewing Co.](#), Cumberland | 250-400-BREW

Bakeries & Sweet Treats

Here are some of our favourite places for lattes and treats:

[Bigfoot Donuts](#), Courtenay | 250-339-6330
[Blue Spruce Ice Cream](#), Courtenay | 250-871-3221
[Freya Nordic Baking & Kaffe](#), Courtenay
[Honey Grove Bakery](#), Courtenay | 250-898-3304
[Hot Chocolates & Cakebread](#), Courtenay | 250-338-8211
[Church Street Bakery](#), Comox | 250-890-3200
[Cumberland Village Bakery](#), Cumberland | 250-336-2411

Newcomer Resources

[Comox Valley Newcomers Club](#)

A womne's social group for those new to the Valley (within 2 years) offering monthly meeting and activities to meet people and build community.

[The Immigrant Welcome Centre](#)

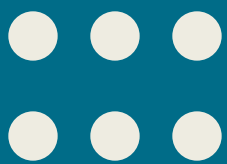
| 250-338-6359

Did you move to the Valley from outside of Canada? You can make a free appointment at IWC where a settlement practitioner can answer questions about anything from government forms

Weather

and taxes in Canada, to registering children for school or social groups. The Comox Valley enjoys temperate weather year-round: summer temperatures average 22C (72F) and rarely reach 30C (86F), while winter temperatures rarely fall below freezing. Although annual precipitation averages 1,179mm (46.42 in), almost 80% of this falls between October and March, mainly as rain rather than snow. The result is dry, sunny summers, and mild, wet winters.





Practice





COMOX VALLEY HOSPITAL

Acute care is provided at the Comox Valley Hospital operated by Island Health. The hospital houses 153 acute care beds including:

Comox Valley Hospital Acute Care Beds

7	Perinatal Unit	53	Medical Inpatient Units
3	Pediatrics	36	Surgical Inpatient Units
6	ICU	20	Transitional Care Units
8	Telemetry beds	15	Psychiatry
4	PICU		

Additional Services are:

Medical Imaging, Cardiopulmonary Diagnostics, Minor Day Procedures, Rehab Services (OT, PT, SLP), Café, Wellness Centre (Outpatient Services, Cancer Care), Emergency Department, Protection Services, Social Work, Indigenous Health, BioMed, Hip and Knee Centre, Colposcopy Clinic, Fern Clinic, University of British Columbia (UBC) training labs/resident lounge.

*See page 11 or visit <https://medicalstaff.islandhealth.ca/comox-cvh> for more detailed information

Inpatient Care and Call groups

Family physicians are instrumental to the provision of services at Comox Valley Hospital, where they are welcomed. Family physicians provide care in a wide range of settings including inpatient care, maternity and newborn care, surgical assisting, addictions medicine, MAiD, palliative care, leadership, and emergency medicine. There are several call groups that provide afterhours care for family practice inpatients.

Assigned Inpatient Care and Call groups

To find out more about assigned inpatient care and joining a call group reach out to the Medical Lead and Division Head for Family Practice at CVH, Drs. [Sara Sandwith](#) and [Dan Wainberg](#). For additional information, please see the [CVH Inpatient Care Outreach Package](#) or [visit this website](#).

Unassigned Inpatient Care: Hospitalist Program

Are you interested in inpatient care for Unassigned/Unattached patients?

The Hospitalist team provide care for unattached inpatient care and strives to make physician schedules flexible and accessible. Full-time, part-time, or locum opportunities are available! For details, please [visit the listing](#) and/or contact [the Hospitalist Recruitment Coordinator](#). Find more information [HERE](#).

Acute Care Information

Comox Valley Hospital

101 Lerwick Road, Courtenay, BC V9N 0B9, **Phone:** (250) 331-5900

Visit the website by clicking [HERE](#).

Interim Site Director

Darren Saare

Chief of Staff

Dr. Cory Tomlinson

Admin Support

Genevieve Wilson
ext. 65214

Emergency Department Co-Lead Physicians

Dr. Tony Higgins and Dr. Sean Nixon

* Community FPs may obtain advice directly from an ERP by phoning 250-331-5961

COMMUNITY MEDICINE — Public Health Medical Officer

Dr. Charmaine Enns (250) 331-8591

Department of Family Medicine Lead Physician

Dr. Sara Sandwith and Dr. Dan Wainberg

Privileges and Credentialing

For privileges:

Contact: Credentialing_Office@islandhealth.ca

For PowerChart-only access:

Contact: communityEHR@islandhealth.ca

What is where in the Hospital:

Level 0	Administration Pharmacy Building Operations and Facility Management Stores MDRD	Housekeeping Health Records Food Services Morgue / Autopsy Gym
Level 1	Admitting Meeting Rooms Heart Health Minor Day Procedures Outpatient Lab Café Wellness Center The Gathering Space Gift shop Infection prevention control	Rehab Services (OT, PT, SLP) Cancer Centre Emergency Department Protection Services Social Work Indigenous Health Health Care Foundation Medical Imaging Spiritual Health
Level 2	Perinatal Unit Pediatrics ICU Telemetry Laboratory	Surgical Services BioMed Medical Staff Lounge UBC training/resident lounge OR Booking
Level 3	Medical Inpatient Units	Surgical Inpatient Units
Level 4	Medical Inpatient Unit Transitional Care	Psychiatry/PICU LIRU

Electronic Health Record

The Comox Valley Hospital uses CareConnect. CareConnect is a secure, view-only electronic health record that provides key patient information to health care providers in support of their delivery of patient care. It enables health care providers to see a patient's medical history, acute care records, medications, lab work, immunizations, and imaging reports all in one place.

Help decrease patient volumes in the Emergency Department

The Emergency Department (ED) is experiencing high patient volumes. Before sending your patient to the ED consider the following:

1. Call the department at **250-331-5961** to understand if the visit is appropriate or other resources can be accessed.
2. Call the radiologist on call to arrange urgent imaging.
3. Fax the requisition for Dopplers for DVT to ultrasound, including the text "R/O DVT". This imaging is mandated to be completed within 24 hours and will be booked appropriately.
4. Call the specialist on call for the service you require. For example, call the ophthalmologist on call to refer patients with flashes and floater, or orthopedics on call to refer patients with acute orthopedic concerns.
5. Obtain Associate hospital privileges to use Medical Day

UBC Dept of Family Medicine

The Strathcona Site is our local Family Medicine Residency teaching site. Residents are placed with preceptors in the Comox Valley and Campbell River and are involved in Comox Valley Hospital care.

Director: Dr. Peter Gee | **Coordinator:** Pam Blake
Contact [Pam Blake](#) or find more information [HERE](#).

Acute Care Information

CVH Laboratory opening times

- Find most recent opening times [HERE](#).

Medical Day Care Booking

- For outpatient IV treatments, transfusions, etc. FP needs to fill out the MDC form*
- Signed consent form required for blood products.
- Associate privileges are required in order to use MDC.

Medical Imaging

- CT, X-ray scan, Fluoroscopy, Nuclear Medicine, Ultrasound, MRI, Mammography - Breast Imaging are available. Find most recent opening times [HERE](#).
- All x-rays are performed on a walk-in basis to facilitate management.
- Urgent imaging or drainage is arranged by directly contacting the radiologist on call.

Information Technology and Support

Island Health Intranet is the source for much hospital info, e.g. Family Physician / House Doctor / Specialist call schedules, pharmacy information, etc. Login obtained through Medical Admin upon approval of hospital privileges. The Intranet can be accessed through Cerner "Powerchart" or through an Internet Explorer while at the hospital or remotely, click [HERE](#).

In urgent situations, use the online call schedules to directly contact a specialist service e.g. ophthalmology for flashes and floaters.

Rehabilitation

Hospital Physiotherapy / Occupational Therapy / Speech Language Pathology:

- Inpatient referrals to the new Low Intensity Rehabilitation Unit can be made by completing the referral form.
- Order "REHAB TO ASSESS" for inpatients. This will allow the team to assess patient's therapy needs and assist with discharge planning.
- OT is available for patients with arthritis, CTS, tendinitis and tendon injuries, walker boots, braces and splinting etc. (not for spine or knee braces – use community orthotist).
- Outpatient physio available for knee and hip replacements.
- Outpatient OT available for hands and stroke treatment.

Post-stroke Rehab Unit - is at Nanaimo Regional General Hospital. Complete a referral form.*

* All referral forms can be found on Pathways see page 15 for more information.

PICU (Psychiatric Intensive Care Unit)

For patients detained under the Mental Health Act in secure conditions, who are in an acutely disturbed phase of a serious mental disorder which does not allow safe management in a general open acute ward.

Adult Outpatient Services

[Wellness Center](#) at the Comox Valley Hospital.

Psychiatry

The Inpatient Psychiatry Unit (IPU) is an inpatient unit with 15 beds staffed by psychiatrists, nurses, social work and occupational therapy.

Adolescent Outpatient Services

Adolescent Outpatient Services can be accessed by sending a referral to the Outpatient Child Psychiatry office at the Wellness Centre via fax #250-331-5903

Mental Health and Substance Use Outpatient Services

Patients can access mental health and substance use outpatient services by requesting an intake appointment or attending a Single Session Walk-in at 941C England Ave (Ph 250 331 8524, Fax 260 331 8525). This appointment can facilitate access to different types of teams and therapies. Requests for psychiatry referrals can also be sent to this clinic. Find more information [HERE](#) (login required, Division members only).

Hip and Knee Centre

The clinic is a central referral point. No surgeons work in the clinic directly. Patients are assessed by the Nurse Navigator, a family physician and a PT. The clinic sees hip-Arthroplasty and knee-Arthroplasty both elective only. Find the referral form on Pathways [HERE](#) (login required, Division members only).

Important!

- There is a hospital policy regarding avoiding abbreviations.
- Blood Products - Signed consent form required.
- Post-stroke Rehab Unit is in Nanaimo Regional General Hospital. Complete Referral form.

Comox Valley Clinics - *Family Practice and walk-in*

Beaufort MD

Address: 202-1757 Beaufort Avenue, Comox
Phone: 250-941-3344 | Fax: 1-888-797-4695
Website: www.beaufortmd.co

Comox Medical Clinic

Suite 100-1695 Comox Avenue, Comox
Phone: 250-339-2266 | Fax: 250-339-0985
Website: www.comoxmedicalclinic.com

Courtenay Medical Associates

201-1350 England Ave, Courtenay
Phone: 250-334-4411 | Fax: 250-338-1245
Website: www.cmassociates.ca

Courtenay Medical Clinic

788 Grant Ave, Courtenay
Phone: 250-334-2445 | Fax: 250-334-2642
Website: www.courtenaymedicalclinic.com

Cumberland Village Health Care

102-2665 Beaufort Avenue, Cumberland
Phone: 250-400-9220 | Fax: 250-400-4009
Website: www.cvhc.ca

Denman Island Medical Clinic

3351 Piercy Road, Denman Island
Phone: 250-335-2260 | Fax: 1-866-887-5719
Website: www.hornbydenmanhealth.com

Fifth Street Family Practice

519G 5th Street, Courtenay
Phone: 250-338-2182 | Fax: 250-703-1431
Website: www.5thstreetfamilypractice.com

Highland Family Practice

Suite 107C-1966 Guthrie Road, Comox
Phone: 250-890-0919 Fax: 250-890-0929
Website: www.highlandfamilypractice.ca

Hornby Island Community Medical Clinic

1855 Sollans Road, Hornby Island
Phone: 250-335-3036 | Fax: 250-331-8632
Website: www.hornbydenmanhealth.com

Port Augusta Family Practice

Units 5 and 6, 215 Port Augusta St, Comox
Phone: 250-941-1194 | Fax: 250 941 1193
Website: www.portaugustaclinic.com

Sea Cove Medical Clinic

201-1757 Beaufort Avenue, Comox
250-339-5335 | Fax: 250-339-1898
Website: www.seacovemedicalclinic.com

Town Circle Medical Clinic

101B-1771 Comox Avenue, Comox
Phone: 250-339-5780 | Fax: 250-339-5785
Website: www.pathwaysmedicalcare.ca/clinic/town-circle-medical-clinic/

ValleyCare Medical Clinic

Unit E, 310, 8th Street, Courtenay
Phone: 250-331-0500 | Fax: 250-331-0553
Website: www.valleycaremedical.ca

Wavecrest Medical Clinic

106-382 Lerwick Rd, Courtenay
Phone: 250-871-3411 | Fax: 250-871-3415
Website: www.wavecrestmedicalclinic.com

Westward Medical Clinic

103 - 2456 Rosewall Cres, Courtenay
Phone: 778-225-0739 | Fax: 778-647-2327
Website: www.westwardmedical.ca

Comox Valley Medical Clinic - Walk-in and Urgent Care

3199 Cliffe Avenue, Courtenay (inside Walmart)
Phone: 250-898-0202 | Fax: 250-334-1597
Website: www.wellclinics.ca/british-columbia/courtenay/courtenay-whmc/

Comox Valley Clinics - *Island Health Operated*

Island Health hosts the UPCC, Comox Valley Nursing Centre and the Health Connections Clinic at one location in Courtenay:

Comox Valley Urgent and Primary Care Centre (UPCC)

615 10th Street, Courtenay

Phone: 250-331-8099

Originally, the Comox Valley After Hours Urgent Care Clinic (AHUCC), a division member-driven community clinic providing extended hours access to urgent primary care for attached and unattached patients in our community. Now Island Health owned UPCC that continues to support urgent care access in the community. Flexible shifts options are available, reach out to Dr. Alfredo Tura, Medical Director, or visit [the website](#).

Health Connections Clinic

615 10th Street, Courtenay

Phone: 250-331-8502

Health Connections Clinic *at the Comox Valley Nursing Centre* is team-based primary health care providing care for Comox Valley residents who don't have a regular family doctor or nurse practitioner. We provide care for people with complex medical and/or socio-economic needs

To access Health Connections Clinic:

- Call to book an initial intake appointment with a primary care nurse
- Get referred by an agency or provider

Comox Valley Nursing Centre

615 10th Street, Courtenay

Phone: 250-331-8502

The Comox Valley Nursing Centre provides services in the following areas:

- Chronic Disease and Chronic Pain Program
- Provision of health information, and information about or referrals to community resources
- Various support and educational groups
- Men's Counselling
- Positive Wellness North Island

Find more information here: [CVNC Referral](#), [Brochure Chronic Disease and Chronic Pain Program](#), [Comox Valley Nursing Centre Website](#).



Professional Associations

Doctors Of BC (DOBC)



Doctors of BC is a voluntary association of more than 16,000 physicians, residents, and medical students in British Columbia.

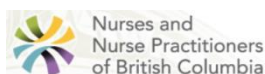
By joining Doctors of BC, you are standing with your colleagues as a force for positive change for physicians, patients, and our health care system. As a Doctors of BC member, you'll discover the array of benefits and services physicians enjoy with membership, such as discounts, health and wellness support, practice support, and more. Check out the [new member booklet](#) for an overview of the various benefits of membership.

[Become a member.](#)

Nurses and Nurse Practitioners of British Columbia (NNPBC)

NNPBC advocates for healthy public policy, promotes excellence in nursing practice, increases nurses' contribution to shaping the health system, and influences decisions that affect nurses and the public they serve. NNPBC members benefit from membership in many ways.

[Become a member.](#)



BC Family Physicians (BCFP)



For over 30 years, BC Family Doctors has advocated for our profession. Family physicians ourselves, we are the economic and political voice of family doctors in BC. We represent you at tables where your voice needs to be heard.

"I find this resource immensely helpful for billing and orienting to being a family physician in BC." – local family physician

Benefits of joining:

- Access to the Simplified Guide to Fees and Uninsured Services Billing Package
- Access to Billing Alerts and Billing Questions Team
- Access to Website and Newsletters
- And More!

[Join BCFP today.](#)



Comox Valley Division of Family Practice Initiatives

The Comox Valley Division of Family Practice (the Division) is dedicated to supporting family physicians and nurse practitioners in optimizing healthcare services within the Comox Valley. We work collaboratively with our members, local communities, and healthcare system partners to advance our shared vision. Together, we strive to make a positive impact at the local, regional, and provincial levels. Find below the current programs, or to learn more by visiting the [Comox Valley Division website](#).

Assigned Inpatient Care

Are you interested in following your patients into the hospital?

Currently there are two different call groups that provide care for family practice inpatients. To find out more about inpatient care or joining a call group (different options available depending on your preferred schedule), visit our Inpatient Care webpage [HERE](#) or reach out to the Medical Lead and Division Head for Family Practice at CVH, [Dr. Sara Sandwith](#) or [Dr. Dan Wainberg](#).

Child Youth Matter Comox Valley

The Division supports a local group of caring community members who work to increase awareness and access to services supporting physical, mental, cultural and social health for children and youth in the Comox Valley. Contact: [Ingrid Timmermans](#). Visit the [website](#) for more information.

Practice Support

The Clinic Liaison helps to improve communication between the Division and family practice clinics. The aim is to ensure clinics and primary care providers are well connected to the resources and tools needed to support operational and practice-related needs.

Our dedicated Clinic Liaison, Alida Sklarski, helps clinics with:

- Connection to resources, people, tools, and programs.
- PCN Allied Care Provider onboarding and integration.
- MOA Networking to connect, engage, and support clinic office staff such as Office managers (OMs) and Medical Office Assistance (MOAs) to identify challenges and build innovative solutions across clinics.
- Access to Pathways BC, an online directory of healthcare providers, services, and clinical resources to support clinicians in BC. Find more information about Pathways on page 16.

Find more information about clinic supports [HERE](#) or email [Alida Sklarski](#)

Community Rural Continuing Medical Education (RCME) Program

The Community Rural Continuing Medical Education (RCME) Program is a provincial initiative supported by the Joint Standing Committee (JSC) on Rural Issues, designed to enhance medical knowledge, improve clinical skills, and foster collaboration among healthcare professionals in rural communities. In Comox Valley, the RCME program is led by Dr. Kevin Swanson and offers structured learning opportunities tailored to the needs of family physicians and nurse practitioners. The program provides

- 10 Community CME Events per Year – Evening sessions that include dinner, creating an opportunity to explore key medical topics while connecting with colleagues in an informal setting.
- 10 Hospital Rounds per Year – Morning sessions at the hospital focused on case discussions, emerging trends, best practices, and innovations in patient care.

The program is shaped by the expertise and experience of local healthcare providers, ensuring that topics remain relevant and responsive to current medical challenges. Priority is given to emerging trends, innovative treatments, and best practices in patient care. In addition to enhancing medical knowledge, participation in RCME fosters professional connections and strengthens the local healthcare community.

For more information, please reach out to [Judy Darby](#).

Did you know that a free membership to the Division allows for unlimited access to Divisions initiatives and other benefits? Email the [Recruitment and Retention coordinator](#) for more information or apply directly at [the website](#).

Comox Valley Division of Family Practice Initiatives

Long Term Care Initiative (LTCI)

Are you interested in providing Long-term Care? Local family physicians who care for residents in LTC homes can participate in the Comox Valley Long-Term Care Initiative (LTCI). This initiative works to improve the care of all residents in LTC homes through coordinating [after-hours coverage](#), implementing best practice expectations for medical care and collaborating with physicians and care home teams in quality improvement initiatives. Joining this initiative provides educational opportunities and on-call availability payments to support the care of the frail elders in our community. Visit the [Comox Valley Division LTCI Webpage](#) for up-to-date information.

For more information contact the [LTCI Coordinator](#), or physician lead, [Dr. Rick Potter-Cogan](#). Please see the [LTCI Outreach Package](#) for additional information.

Recruitment, Retention, Retirement, and Locum Coverage

The Recruitment and Retention (RnR) program supports the recruitment of new family physicians (FPs) and Nurse practitioners (NPs), retention of existing FPs and NPs, as well as retirement and practice change. The Division provides support with practice advertising, candidate support, and locum coverage efforts. Support and coordination is offered for locum availability. Please visit our [Practice and Locum Opportunities Page](#) for lists of current opportunities. For more information and support, please contact [the Recruitment and Retention Coordinator](#).

Perinatal Care

The Division has been involved in perinatal projects, including optimizing referral pathways to improve coordination and quality of care. The Division continues to fund physician leadership to stay connected and aware of the status of perinatal care services in the Valley. Funding for projects and collaboration come from the Rural Obstetrical and Maternity Sustainability Program (ROAM-SP). They fund maternity teams in rural British Columbia to strengthen their networks and enhance local maternity care services. It supports communities in developing tailored plans to meet the specific needs of their maternity care providers.

Visit the website '[Pregnant in the Comox Valley](#)' to find local maternity providers, information and resources about unwanted pregnancies, prenatal care, labor and delivery, postpartum care, and dealing with loss.

Are you interested in contributing to the Division's work?

Shape primary care with the Comox Valley Division!

- ✓ Share your perspective to improve the local health system
- ✓ Help shape initiatives that optimize your practice and improve work-life balance
- ✓ Strengthen collegial relationships
- ✓ Be a part of transformational initiatives that are meaningful to you.

Express interest to join committees that interest you: Board of Directors, Member Advisory Committee, Recruitment and Retention Advisory, Long-term Care Working Group, Primary Care Network Leadership, Member Wellness, and more.

Interested? Fill out [this short survey](#) or reach out to the [Recruitment and Retention Coordinator](#).



Comox Valley Division of Family Practice Initiatives



Primary Care Network

A Primary Care Network (PCN) defines a region where community-based primary care providers are networked together working collaboratively to provide comprehensive, patient-centred, team-based, and culturally safe care. This team-based model puts patients at the centre of their care team and supports comprehensive and efficient primary care for the community.

The Comox Valley PCN supports ten family physician clinics, with co-located PCN allied health embedded in their teams. You can find PCN allied team members supporting the efforts at the Health Connections Clinic, as well as PCN supported physicians providing primary care at The Foundry. The PCN also supports new-to-practice and group physician contracts.

PCN allied health also work directly with local vulnerable populations, supporting the Island Health operated Health Connections Clinic.

The PCN is designed to adapt to new healthcare needs as they arise. Together we continue to learn and adapt by listening to our members and patients about what is working well, and what new services could be beneficial.

The Health Connect Registry (see next page) supports any new physician contracts created through the PCN.

Current Allied Health Team Includes:

- Dietitians
- Social Workers
- Registered Nurses
- Nurse Practitioners
- Mental Health Clinicians
- Primary Care Clinical Pharmacist

Family Physicians and Medical Office Administrators work together with the Allied Health Care team members.

For more information please contact:

comoxvalleypcnadmin@comoxvalleydivision.ca

[Visit our website](#) for back issues of our PCN Update newsletter.

Patients are supported:

Through timely, comprehensive, and coordinated care as part of a care team, and have convenient access to an array of clinical services.

Family doctors get more support:

- Support to care for patients with complex care.
- Support with team-based care.

The PCN partners:

- Comox Valley Division of Family Practice
- Island Health
- First Nations Health Authority
- Local Indigenous Community



Comox Valley Division of Family Practice Initiatives

Health Connect Registry (HCR)



The Health Connect Registry (the Registry) is a centralized, geographically based patient waitlist for the Comox Valley. [Patients can self-refer online](#), or by calling 811. The Primary Care Network (PCN) of the Division of Family Practice supports registered patients' attachments to family practices and is handled as a first come, first serve basis with the consideration to priority referrals.

The Registry is being used to build new panels, and to support maintenance of a balanced panel as space becomes available in family practices. Physicians and Nurse Practitioners may elect to accept only one patient or may set up a regularly recurring referral to a maximum number of patients, or anything in between. Panels are being build with careful consideration of the wishes of family physicians and nurse practitioners to ensure an achievable workload.

If you would like more information about the Registry and how it can be a tool to support patient attachment at your clinic, please contact [Lisa McDougall-Lee](#), PCN Coordinator.



Pathways for Care Providers

[Pathways](#) is an online resource that helps to *streamline and optimize patient referrals*. It provides physicians and their staff quick access to current and accurate referral information, including wait times and areas of expertise of specialists and specialty clinics. Pathways also provides access to hundreds of patient and physician resources, community services, and allied health information that is categorized and searchable.



Pathways for care providers is a free resource for members of the Division. Please email your local Pathways Administrator, [Alida Sklarski](#), with any questions or to create an account.

Pathways Public Resources

[Pathways Medical Care Directory](#) is a province-wide public directory that helps people connect to care. It includes individual family doctor and maternity care provider listings and information about local walk-in and urgent care clinics for patients who don't have a family doctor. *To be listed on the Pathways Medical Care Directory please provide your details [here](#).*

[Pathways Community Service Directory](#) is a public directory that helps people find a wide variety of local community services all in one place.

Extended Health Services

There are numerous extended health services in the Comox Valley. Find below a few examples:

Massage Therapy

Comox

- BodyWorx - (250) 339-5540
- Bowyer Massage Clinic – (250) 339-3444
- Coastal Physiotherapy – (250) 890-9142
- Comox Valley Therapeutic Massage – (250) 339-9912
- Harbourview Therapeutic Massage – (250) 339-2233

Courtenay

- Brenda Hall - (250) 334-8854
- Comox Valley Acupuncture - (250) 334-3630
- Rehabilitation in Motion (RIM) - (250) 334-9670
- Joanie Chestnut - (250) 331-0994
- Summit Massage - (250) 897-3431

Cumberland

- Integral Balance - (250) 336-8284

Acupuncture

Comox

- BodyWorx Physio (250) 339-5540
- Coastal Physio and Sports Rehabilitation (250) 890-9142
- Comox Valley Acupuncture (250)-334-3630

Courtenay

- Dr. Barb Fehlau (250) 898-0202
- Serenity Acupuncture (Hsiu-Chen Lin) (250) 871 8899

Psychologists/Counselling (Private)

- Strathcona Counselling – Courtenay (250) 338 0311
- Grunberg – Patterson Counselling – Comox (250)-941-1555
- Pacific Therapy and Counselling - Courtenay (250) 338-2700

Physiotherapy

Comox

- Ascent Physio (250) 339-1039
- BodyWorx Physio (250) 339-5540
- Coastal Physio and Sports Rehabilitation (250) 890- 9142

Courtenay

- CATE Athletic Therapy (250) 924-3443
- Fit Chiropractic and Sport Therapy (250) -871-3674
- Gentle Hands (Jennifer Bird) – (250) 897-0010
- The Joint - (250) 331-1200
- Rehabilitation in Motion (RIM) – (250) 334-9670
- Comox Valley Physiotherapy (250) 338-8121

Cumberland

- Perseverance Physiotherapy and Wellness Centre (250) 400-5432
- Full Moon Physiotherapy (778) 992-1317
- Cumberland Physio and Yoga (250) 465-2652

Find more extended health services on
[the Pathways website](#)



Community Pharmacies

Pharmacy Communication Tip Sheet for easy communication with the pharmacy

When:	Strategies to avoid unnecessary faxes:
Urgent Issues	
Pharmacist needs clarification for urgent prescription errors /clarifications	Physicians can ensure personalized preferences are followed by completing the Physician Communication Profile. Pharmacists will tailor communication to the preferences you identify on the profile.
Non-Urgent Issues	
Prescriptions are available in different strengths	Helpful if physician includes all strengths/doses on prescription
Physician discontinues a prescription	Handwritten notes from physicians are required by pharmacists for discontinued prescriptions
Homebound/Palliative Patients	Notify pharmacist
Physician completes Narcotics prescription	Pharmacists can support the patient counselling process if physicians Provide copy of narcotics contract to pharmacist (with patient approval) By calling Pharmacare, patients can be restricted to specific pharmacy to prevent abuse
Physician requires Prescription Changes	Clarification faxes will be prevented if physician indicates that it is a change on prescription and identifies urgent prescription changes
Recall Intervals	Specify recall intervals (e.g. 30 vs 90 days)
Special Authority (SA)	Potential to access Pharmacare and Blue Cross - Call 1 800 663-7100 to request copy of Special Authority Status



Community Pharmacies – *continued*

Pharmacies and Direct Lines

Comox

- Drug Store at John's Independent Grocer – (250) 339-7651
- Medicine Shoppe – (250) 339-5050
- Comox Pharmasave - (250) 339-4563
- Comox Rexall – (250) 339-2235
- Shoppers Drug Mart – (250) 890-9327

Cumberland

- Cumberland Pharmacy (250) 400-3456
- Guardian – Cumberland Health Centre Pharmacy (250) 331-8510

Oyster River

- Pharmasave Bridge Rx 1-778-420-4311

Courtenay

- Costco Pharmacy – (250) 331-8710
- Living Room Pharmacy – (250) 338-5665
- London Drugs – (250) 703-2838
- Courtenay Rexall – (250) 334-2481
- Superstore – (250) 334-6935
- Walmart Pharmacy – (250) 898-8955
- Pure Integrative Pharmacy Courtenay – (250) 871-7900
- Courtenay Pharmacy – (250) 871-8405
- Thrifty's – (250) 331-5101
- Loblaw Pharmacy – (250) 334-6935
- The Medicine Shoppe Pharmacy – (250) 338-4790
- Shoppers Drug Mart – (250) 334-3134 **

**Note – Shoppers Health Care Portal provides access to useful webtools for doctors – DrugCoverage, Best Practices BMJ, LexiComp, patient handouts etc. – requires registering at www.shoppershealthcareportal.org





Play



Things to do in the Comox Valley

Hikes and Trails

Seal Bay Regional Nature Park

There are several trails at Seal Bay park. The trail to the beach is moderate with a considerable slope. The hill seems quite tame when going down, but on your way back up you will notice the long gradual incline. From the parking lot to the beach the main trail is somewhere around 1km each way.

MacDonald Wood

Located just minutes from central Comox, MacDonald Wood Nature Park is a 9-acre conservation area ideal for a nice stroll in the woods. The trails are well groomed and lead from the corner of Balmoral and Croteau Rd down to the shoreline.

Number 6 Mine

Located in Cumberland with Access from Dunsmuir Ave, Derwent Ave, and First Street, the #6 Mine Memorial Park contains a short 0.5 km dirt / stone and brick trail. This park was originally owned by the Union Coal Company which opened back in 1898.

Rotary Riverside Trail

The Rotary Riverside trail travels alongside the Puntledge River. The trail is about 1 km long and does contain some stairs.

Wildwood Interpretive Forest

Wildwood Forest is a large 682-acre nature park located between Burns and Piercy Roads. Trails connect with Piercy, Wildwood, Forest Hill, and Burns Rd. This park is a terrific place for a hike, mountain bike, or walk. The trails vary including active logging roads and an old rail grade.

Northeast Woods

The Northeast Woods Conservation Area can be accessed from Noel Ave, Guthrie Road, Cape Lazo School, and Lazo Marsh Conservation Area. The short 1.5 km loop is part of a much larger trail system. This area has a rare ecosystem including second grown and mixed forest, meadows, wetlands, wildlife, and native trees, all located just minutes from downtown Comox.

One Spot Trail

Located Northwest of Courtenay, One Spot Trail is a 2nd growth forest containing a variety of tree types. A large variety of wildlife can often be found including black tailed deer, woodpeckers, wrens, chickadees, and aquatic life.

Paradise Meadows

Paradise Meadows at Mt Washington offer a number hiking levels. There are several trails ranging from easy to difficult, and from 3-4 km to 20km+.

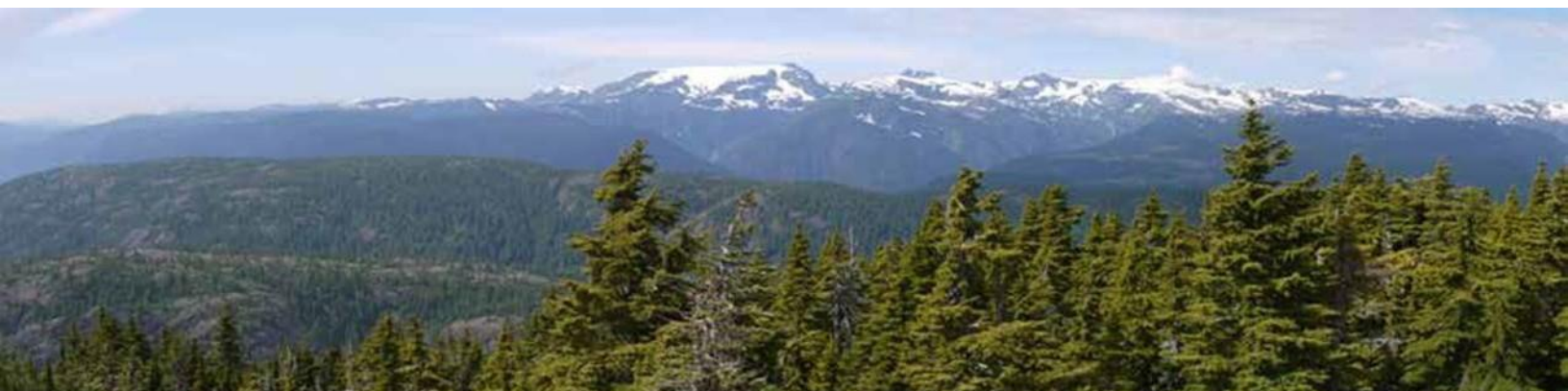
Nymph Falls

In the winter Nymph Falls Nature Park is a raging high current river. In the summer, the waters calm down considerable and this beautiful spot becomes a busy swimming hole for many. The leisurely walk from the parking lot is roughly 600 meters. Dogs are welcome, even off leash if kept under control. There is also a picnic area complete with a few picnic benches.

Mountain Biking

Anyone that loves to ride bicycles knows that living in the Comox Valley is a lucky place to live. From Technical downhill to comfortable cross-country trails and beach cruising, there are options for everyone. Here are some websites with more information:

- [Comox Valley Biking](#)
A website with all you need to know about Mountain biking in the Valley.
- [United Riders of Cumberland \(UROC\)](#)
Non-Profit Society that promotes and supports the local Mountain Bike Community in the Comox Valley. Holds Women's riding group - Wednesday night rides - all levels of experience welcome!
- [Comox Valley Cycling Club](#)
Non-profit cycling club located in the Comox Valley with the main focus of encouraging participation in the sport of Road Cycling through sanctioned road-races and time trials throughout the year and with an emphasis on Junior rider development.



Things to do in the Comox Valley

Skiing

[Mount Washington](#)

Alpine Resort

Mount Washington Alpine Resort is located a half-hour drive from Courtenay and Comox. It offers world class downhill skiing and snowboarding, cross-country skiing, snow shoeing, and snow tubing.

Kayaking

[Comox Valley Paddlers](#)

The Comox Valley Paddlers Club brings together people who share an interest in paddling and outdoor recreation. All levels of paddlers welcome.

[Comox Valley Kayaks and Canoes](#)

Whether you are a beginner, an expert, or somewhere in between, they have the expertise to help you get on the water - with a lesson, a boat rental, or a boat purchase.

[Comox Bay Sailing Association](#)

A not-for-profit organization that promotes competitive and recreational sailing in dinghies and keelboats in the Comox Valley. The Comox Bay Sailing Club operates an all-ages Sail Canada certified sailing school that is active throughout the spring, summer and fall.

Social Clubs

[Comox Valley Sports and Social Club](#)

The Comox Valley Sports and Social Club offers adults a variety of recreational sports leagues, tournaments and social events that get people out of the house and having fun.

Visit a local Vineyard

[40 Knots](#)

Cellar Tasting Lounge Hours: Tuesday to Sundays and Holidays 11:00 a.m. to 5:30 p.m

[Beaufort Winery](#)

Various days for tasting visit website for more information.

Dance Companies

- [Pantuso](#)
- [Laurie Tinkler School of Dance](#)
- [Triple Heat Dance](#)
- [Studio G Dance Academy](#)
- [JL Dance Company](#)
- [Forbidden Dance Co.](#)

Adult Choirs in Comox Valley

- [Island Voices Chamber Choir](#)
- [Just in Time Choirs](#)
- [Comox Valley Treshold Choir](#)
- [Celebration Singers Community Choirs](#)

Performing Arts

- [Sid Williams Theatre](#)
- [Performing Arts Comox Valley](#)
- [Sitka Stage and Screen](#)
- [Courtenay Little Theatre Society](#)

Find more information about all performing arts in the Comox Valley [here](#).





CONTACT US

For Division administration, committee involvement or general enquiries:

- Catherine Browne, Executive Director:
cbrowne@comoxvalleydivision.ca
- Judy Darby, Executive Assistant:
jdarby@comoxvalleydivision.ca

For recruitment, retention or community support:

- Recruitment Coordinator:
comoxvalleyrecruitment@comoxvalleydivision.ca



If you are a member of the Comox Valley Division of Family Practice visit the Members section for more information and resources. If you like to become a member, [sign up here](#).

To find out more about our initiatives and resources, visit the [Comox Valley Division of Family Practice website](#).

