

Strengthening Youth Through Community Connection

Exploring Youth Supports in the Comox Valley

Sam Atkinson

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Instructor: Judy Walsh

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TABLE OF CONTENTS

1. Introduction	1
2. How Youth Access Services in the Comox Valley	3
3. Mental Health & Counselling	5
• Foundry Comox Valley	
• Island Health Youth Mental Health Services	
• Step Up / Step Down Supports	
• Ministry of Children & Family Development (MCFD)	
• AVI Health & Community Services	
• Integrated Child & Youth Team (ICY)	
• Eating Disorder Supports / ARBUTUS Program	
4. Housing, Homelessness & Transitional Supports	14
• Dawn to Dawn Action on Homelessness	
• Comox Valley Transition Society	
• Derry Place	
• Amethyst House	
• Lilli House	
• Salvation Army Pidcock House Shelter	
• PEACE Program	
• The Station	
5. Indigenous Youth Supports	22
• Wachiay Friendship Centre	
• Wachiay Youth Programs	
• Jordan's Principle	
• K'ómoks First Nation	
• Kumugwe Cultural Society	
• Sasamans Society	
• Indigenous Women's Sharing Society (IWSS)	
• MIKI'SIW Métis Association	
6. Child Development, Mentorship & Family Supports	28
• Comox Valley Child Development Association	
• KidStart Mentoring Program	
• School District 71	
• Glacier View Secondary Centre	
• Nal'aatsi Alternate Program	
• Comox Valley Family Services Association	
• Milieu Children & Family Services	
• Parenting, Caregiver & Family Resource Library	
7. Food Security & Basic Needs	36
• LUSH Valley Food Action Society	
• School Meal Programs	
• Salvation Army & Comox Valley Food Bank	
8. Recreation, Prevention & Community Connection	39
• The LINK Youth Centre	
• LGBTQ2SIA+ Supports & Inclusive Community Resources	

- Generation Q
- Queer Space
- North Island Gender Care Clinic
- Pride Society of the Comox Valley
- Queer Culture Community & Queer Centre Resources
- QCHAT
- Trans Lifeline
- Recreation Centres & Community Spaces
- Girls Group (CVTS)
- 9. Crisis & Outreach Supports 48**
- RCMP Victim Services & Family Support Services
- Crisis & Outreach Services
- KUU-US Crisis Line Society
- Provincial & Online Youth Supports
- Rural & Island Outreach Services
- 10. Emerging Themes & Systems Analysis 54**
- Layers of Support Influencing Youth Wellbeing
- Foundry as a Front Door
- Accessibility Beyond Availability
- Relationship-Based Practice
- Interconnected Needs
- Prevention & Community Connection
- Collaboration & Systems Navigation
- Gaps & Ongoing Challenges
- 11. Reflection 58**
- 12. Conclusion 60**
- Appendix A – Resource Contact Information 62**
- AI Use Statement 72**

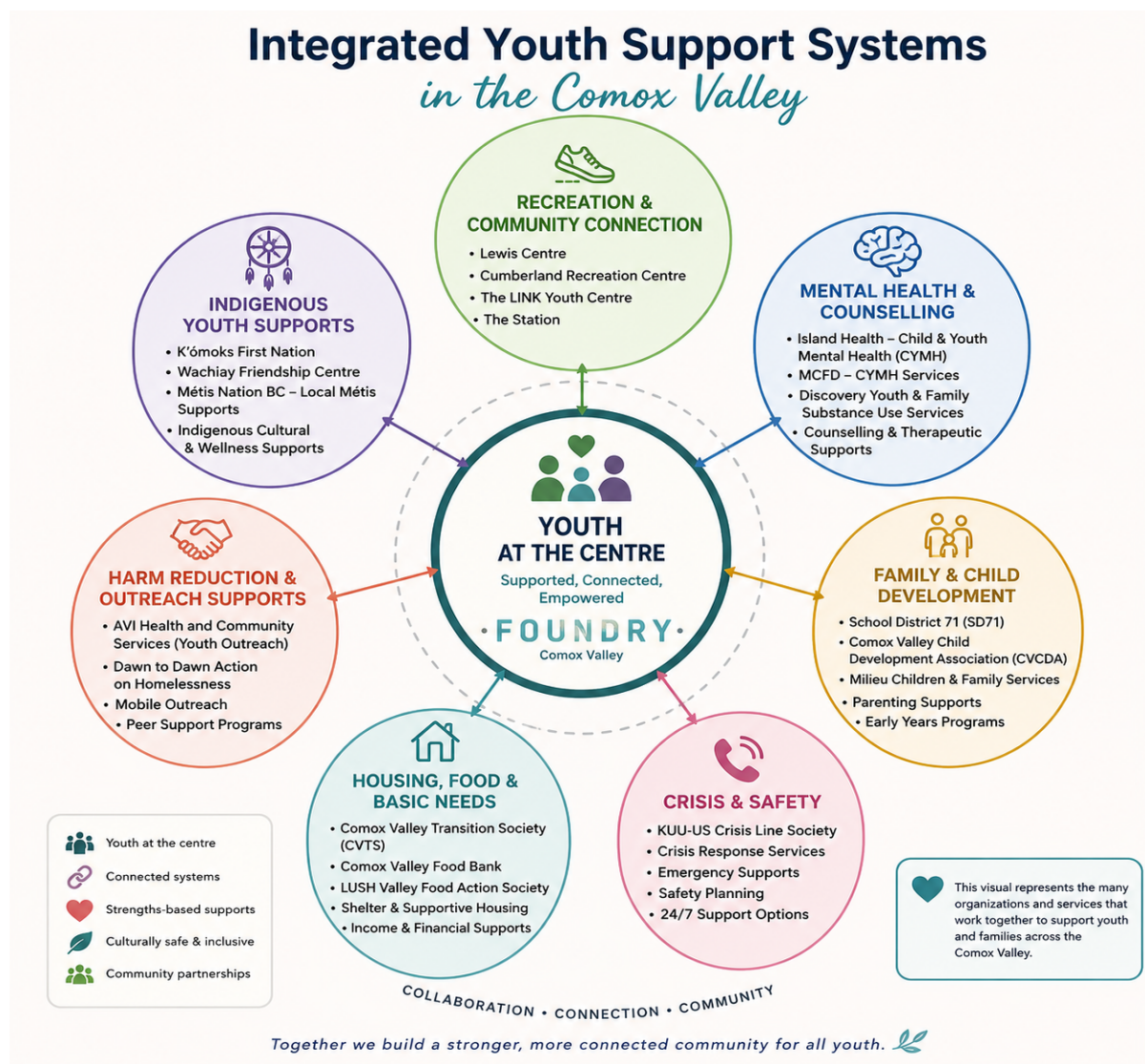
Territorial Acknowledgement

I would like to acknowledge that this project was created on the traditional and unceded territory of the K'ómoks First Nation, whose roots include the Pentlatch, Sathloot, Sasitla, and leeksun peoples, and whose connection to these lands and waters continues today. As a student completing my practicum in the Comox Valley, I am grateful for the opportunity to learn and build relationships within this community. Through this project, I gained a deeper appreciation for the importance of culture, community, belonging, and relationship-based practice in supporting youth and their families. I recognize that reconciliation is an ongoing responsibility and that meaningful social service work requires humility and a commitment to continued learning.

Introduction

This project was developed during my practicum placement at Foundry Comox Valley through the John Howard Society of North Island. The purpose of this community resource map is to explore the network of youth supports available throughout the Comox Valley and better understand how young people navigate complex systems related to their mental health, housing, substance use, food security, recreation, and cultural connection.

Through this project, I began to see how interconnected youth needs truly are, and how relationship based, low barrier support systems play a critical role in helping youth access care and maintain stability. Through this practicum, I realized even more how important connection, accessibility, and supportive relationships are for youth. It strengthened my interest in youth mental health, peer support, and helping young people navigate systems that can often feel overwhelming.



How Youth Access Services in the Comox Valley

Youth access support services in many ways depending on their needs, comfort level, safety, relationships, and previous experiences with systems. While some youth may independently seek support, many access services through schools, healthcare providers, family members, outreach workers, peer support, or community referrals.

Common access points include:

- School counsellors and youth workers
- Foundry Comox Valley drop-in services
- Child & Youth Mental Health referrals
- Family doctors and nurse practitioners
- MCFD involvement or social workers
- Community outreach and peer support workers
- Crisis lines and emergency services
- Family members, caregivers, or trusted adults
- Recreation, mentorship, and community programs

Throughout practicum, I saw how difficult and overwhelming systems navigation can sometimes feel for youth and families. A lot of services operate separately, require referrals, have long waitlists, or strict eligibility requirements that can make getting help feel frustrating or confusing. I also noticed how things like transportation, financial stress, stigma, living in rural areas, or previous negative experiences with systems can affect whether youth feel safe or comfortable reaching out for support.

I also learned that relationship-based practice often plays a major role in successful engagement. Youth are often more willing to access services when they feel welcomed, respected, listened to, and supported by trusted individuals. Programs that are flexible, low-barrier, and youth-centered can help reduce fear and increase accessibility for young people navigating complex systems.

Foundry Comox Valley often functions as a “front door” into broader systems of care by helping youth connect with mental health supports, substance use services, housing resources, healthcare, outreach, and community programs in a more coordinated and supportive way.

Section 1

Mental Health & Counselling

Foundry Comox Valley

Overview

Foundry provides integrated, low barrier supports including drop-in counselling, substance use services, peer support, youth outreach, physical and sexual health care, Indigenous cultural support, family support, housing and employment assistance, ARBUTUS Program and psychiatry referrals.

Strengths

- Youth-friendly and relationship-based environment
- Integrated supports in one location
- Flexible and welcoming model
- “No wrong door” philosophy
- Strong peer support and outreach
- Holistic approach to wellness

Barriers

- Waitlists for specialized services
- Transportation barriers for rural youth
- Aging out of youth services at age 25 may create gaps in ongoing support
- Some youth require more intensive clinical care

Foundry Lens

Foundry often acts as a front door into larger systems, helping reduce fragmentation and making it easier for youth and families to navigate multiple supports at once. Having mental health, substance use, peer support, primary care, and community connections in one space may help youth feel less overwhelmed when trying to access support. This kind of integrated and relationship-based approach may also help reduce barriers, improve continuity of care, and make systems navigation feel more approachable for youth and families.

Island Health Youth Mental Health Services

Overview

Island Health provides counselling, psychiatric assessments, outpatient treatment, family support, and crisis intervention services for youth. These services may help support youth and families who are going through mental health challenges, crisis, substance use concerns, or situations where more specialized support may be needed.

Strengths

- Access to clinical specialists
- Psychiatric assessment and medication support
- Crisis response services
- Structured treatment pathways

Barriers

- Clinical systems may feel intimidating
- Long waitlists for psychiatry

- Referral systems can create barriers
- Less flexibility than community-based supports

Foundry Lens

For a lot of youth, reaching out for mental health support can feel intimidating or overwhelming, especially when larger systems or referrals are involved. Foundry's approach may help make support feel more welcoming, approachable, and easier to access while youth are navigating counselling, assessments, or more intensive mental health services.

Step Up / Step Down (Intensive & Specialized Mental Health Supports from Island Health)

Overview

Intensive and specialized mental health supports can play an important role for youth and families who may require more support than outpatient counselling, but who may not require hospitalization. Step-Up / Step-Down programs through Island Health help bridge the gap between community-based services and acute care by providing additional stabilization, recovery-focused support, and connection to ongoing resources.

Strengths

- Helps bridge the gap between outpatient counselling and hospitalization
- Provides additional stabilization and recovery-focused support
- Encourages continuity of care and connection to community resources
- May reduce pressure on emergency departments and acute care services
- Supports individuals during periods of increased mental health challenges

Barriers

- Limited availability within smaller or rural communities
- Transportation and travel barriers may impact accessibility
- Waitlists and referral processes may delay support
- Systems navigation can sometimes feel overwhelming for youth and families
- Limited awareness of intensive mental health supports within the community

Foundry Lens

Programs that help bridge the gap between counselling and hospitalization can make a big difference for youth and families who are struggling with significant mental health challenges. Having supports that offer extra stabilization, connection, and ongoing care may help people feel more supported while staying connected to their community and everyday life.

Ministry of Children & Family Development (MCFD)

Overview

MCFD provides child, youth, and family support services for families who may be going through challenges related to mental health, safety, family conflict, substance use, or overall wellbeing. Services may include child and youth mental health support, family support, guardianship services, and connection to community resources and supports.

Strengths

- Access to mandated supports
- Ability to intervene in high-risk situations
- Long-term guardianship and youth agreements

Barriers

- Youth may fear or distrust MCFD involvement
- Stigma and power imbalances
- Intergenerational trauma and the ongoing impacts of colonization may impact trust in support systems
- The legacy of residential schools has contributed to deep mistrust toward healthcare, government, and child welfare systems for many Indigenous families
- Previous negative experiences with institutions may create hesitation when accessing services
- Systemic racism and cultural disconnection may impact whether youth and families feel safe seeking support
- High caseloads impact response times

Foundry Lens

During my practicum at Foundry Comox Valley, I found myself thinking a lot about how difficult it can sometimes be for youth and families to trust systems or feel comfortable reaching out for support. I noticed how important it is to create spaces that feel welcoming and genuinely safe for people walking through the door. The ongoing impacts of residential schools, colonization, and intergenerational trauma continue to affect many Indigenous youth and families today, particularly when it comes to trust in healthcare, mental health, and social service systems. This experience reinforced for me that building connection and trust often needs to come before meaningful support can happen.

AVI Health & Community Services**Overview**

AVI Health and Community Services provides harm reduction, outreach, education, advocacy, and substance use support for individuals and families in the Comox Valley. Services may include harm reduction supplies, overdose prevention resources, outreach, testing services, education, and connection to healthcare and community supports. AVI uses a low-barrier and non-judgmental approach that focuses on meeting people where they are at.

Strengths

- Strong harm reduction leadership
- Inclusive and non-judgmental environment
- Trusted by many community members

Barriers

- Limited clinical supports
- Transportation barriers
- Community stigma toward harm reduction

Foundry Lens

Foundry's connection with AVI Health and Community Services may help make harm reduction and substance use supports feel more approachable and accessible for youth in the Comox Valley. Low barrier, relationship-based, and non judgmental support can play an important role in helping youth feel safe reaching out for help, especially for those who may feel uncomfortable or hesitant accessing more traditional systems. These kinds of partnerships may also help strengthen early intervention, community

connection, education, and ongoing support for youth experiencing substance use or mental health challenges.

Integrated Child & Youth Team (ICY) – Comox Valley

Overview

The Integrated Child & Youth (ICY) Team is a collaborative support model that connects mental health, substance use, healthcare, school, family, and community services for youth and families. The goal of ICY is to reduce barriers and improve coordination between services so youth can access support in a more connected and youth-centered way.

Strengths

- Collaborative and wraparound approach to youth support
- Reduces the need for youth to repeatedly retell their story
- Connects schools, healthcare providers, and community agencies
- Focus on early intervention and accessibility
- Encourages family, cultural, and community involvement

Barriers

- Integration and collaboration between multiple systems can sometimes be challenging
- Youth and families may still experience confusion when navigating services
- Waitlists and staffing shortages can impact timely access to support
- Rural communities may experience limited-service availability and transportation barriers

Foundry Lens

The ICY model reflects many of the same values emphasized at Foundry Comox Valley, including collaboration, accessibility, relationship-based practice, and youth-centered care. During practicum, I observed how youth often navigate multiple systems at once, and how integrated approaches can help reduce barriers and improve continuity of support for youth and families when integration is practiced.

Eating Disorder Supports

Overview

The ARBUTUS Program through BC Children’s Hospital provides specialized support for youth experiencing eating disorders and disordered eating. Supports may include assessment, treatment, family support, education, and connection to ongoing mental health and medical services. During practicum, I found myself reflecting on how important early intervention and specialized supports can be for youth struggling with body image, anxiety, self-esteem, and mental health challenges connected to eating disorders.

Strengths

- Provides specialized eating disorder assessment and treatment supports
- Encourages early intervention and ongoing recovery support
- Includes family involvement and education throughout treatment
- Supports both mental and physical health needs during recovery
- Connects youth and families with multidisciplinary care teams

Barriers

- Access to specialized services may involve referrals and waitlists
- Travel to larger centres such as Vancouver may create barriers for families
- Shame, stigma, and isolation may impact willingness to seek support
- Limited specialized eating disorder services exist within smaller communities
- Systems navigation and treatment processes can sometimes feel overwhelming for youth and families

Foundry Lens

Foundry's connection to specialized supports such as the ARBUTUS Program may help improve access to eating disorder services for youth and families who may otherwise experience barriers related to waitlists, systems navigation, stigma, or limited local treatment options. Integrating referrals and support through Foundry may also help youth remain connected to community-based, relationship-focused care while accessing more specialized services.

Section 2

Housing, Unhoused & Transitional Supports

Dawn to Dawn Action on Homelessness Society

Overview

Dawn to Dawn Action on Homelessness supports individuals and families experiencing homelessness, housing instability, poverty, and barriers to safe housing within the Comox Valley. Services may include outreach, housing support, advocacy, food programs, harm reduction, and help navigating community resources and supports.

The Rainbow House, operated through Dawn to Dawn, provides supportive housing for individuals experiencing homelessness or significant housing instability. Programs like this may help create more stability, safety, and connection for people who may be going through difficult circumstances.

Strengths

- Provides housing support and outreach services within the community
- Supports individuals experiencing homelessness and housing instability
- Encourages community connection and ongoing support
- Offers advocacy and help navigating systems and resources
- Helps address basic needs, safety, and housing stability

Barriers

- Limited affordable and supportive housing options within the Comox Valley
- Housing waitlists and low vacancy rates may impact accessibility
- Poverty, transportation barriers, and mental health challenges may create additional barriers to stability
- Stigma surrounding homelessness and substance use may impact access to support
- Systems navigation can sometimes feel overwhelming for individuals and families

Foundry Lens

Housing instability can affect many areas of a young person's life, including mental health, safety, school participation, substance use, and connection to community. Supports connected to housing, outreach, and community connection may help youth

and families feel more supported while navigating homelessness, unstable housing, or difficult life circumstances.

Comox Valley Transition Society

Overview

Comox Valley Transition Society provides support for individuals and families going through violence, crisis, trauma, housing instability, or other difficult situations in the Comox Valley. Programs and services like this may help people feel safer, more supported, and more connected while navigating challenging periods in their lives.

Strengths

- Trauma-informed and relationship-based support
- Emergency and longer term support options
- Strong community reputation and partnerships
- Supports safety, stability, and recovery

Barriers

- Limited youth specific programming in some areas (18+)
- Shelter and housing spaces may fill quickly
- Some youth or families may feel hesitant accessing domestic violence services
- Transportation and systems navigation may create additional barriers

Foundry Lens

Feeling safe, supported, and able to trust the people around you can make a big difference for youth and families going through difficult situations or crisis. Relationship-based and trauma-informed support may help people feel more connected, stable, and less alone while navigating challenges.

Derry Place (CVTS)

Overview

Derry Place, through Comox Valley Transition Society, provides supportive and transitional housing for women and families going through violence, crisis, housing instability, or other difficult situations.

Strengths

- Provides supportive and transitional housing within the community
- Helps create safety, stability, and connection to support services
- Offers trauma informed and relationship based support
- Connects individuals and families with community resources and advocacy
- Supports recovery, wellbeing, and longer-term housing stability

Barriers

- Limited housing availability and waitlists can make access difficult
- Transportation and financial barriers may create additional challenges
- Trauma, fear, or previous negative experiences may impact willingness to seek support
- Housing applications and systems navigation can sometimes feel overwhelming
- Limited affordable housing options within the Comox Valley may affect long-term stability

Foundry Lens

Programs like Derry Place may help people feel more safe, stable, and supported while going through crisis, violence, housing instability, or major life changes. Having support that feels welcoming, trauma-informed, and relationship-based can make a big difference when people are trying to rebuild stability and reconnect with supports and community.

Amethyst House

Overview

Provides trauma-informed residential recovery, withdrawal management, relapse prevention, and life skills support.

Strengths

- Safe and structured environment
- Trauma-informed recovery approach
- Life skills and relapse prevention focus

Barriers

- Adult-oriented programming
- Limited bed availability
- Challenges transitioning youth into adult systems

Foundry Lens

Programs like Amethyst House may help provide structure, stability, and connection during difficult periods in a young person's life while also supporting recovery, wellbeing, and community connection. Access to supportive housing and recovery-focused environments may also help reduce some of the barriers youth face when trying to access ongoing support and stability.

Lilli House

Overview

Provides emergency shelter, crisis support, legal and housing information, and practical assistance.

Strengths

- Immediate safety and stabilization
- 24/7 crisis support
- Strong advocacy services

Barriers

- Short-term stays
- Stigma surrounding substance use and recovery may impact willingness to seek support
- Complex mental health or substance use needs may require additional services and supports
- Limited youth-specific spaces
- High demand for services

Foundry Lens

Programs like Lilli House may help people feel less alone while going through substance use, trauma, recovery, or unstable housing situations. Having support that feels safe, welcoming, and non-judgmental can help people rebuild stability, increase trust, and reconnect with community supports.

Salvation Army Pidcock House Shelter

Overview

The Salvation Army Pidcock House Shelter provides emergency shelter and support for adults 18+ who may be experiencing homelessness, housing instability, poverty, or crisis within the Comox Valley. Supports may include temporary shelter, meals, basic needs support, outreach, and connection to housing and community resources.

Strengths

- Provides emergency shelter and basic needs support
- Helps connect people with housing and community resources
- Supports individuals experiencing homelessness or crisis
- Provides meals, safety, and short-term stability
- Offers connection to outreach and ongoing support services

Barriers

- Shelter capacity and availability may sometimes be limited
- Age restrictions may impact accessibility for younger youth
- Limited affordable housing may create challenges moving out of shelter systems
- Mental health, trauma, or substance use challenges may create additional barriers to stability
- Systems navigation and accessing ongoing housing support can sometimes feel overwhelming

Foundry Lens

Emergency shelters can play an important role for people experiencing homelessness, crisis, or unsafe living situations. Having access to shelter, food, and connection to supports may help people feel safer and more supported while going through difficult periods in their lives.

PEACE Program

Overview

The PEACE Program supports children and youth who may be going through violence, conflict, trauma, or instability at home. Supports may include counselling, emotional support, safety planning, coping skills, and caregiver support. Programs like this can help youth and families feel more supported while working through difficult situations and experiences.

Strengths

- Provides early intervention and emotional support for children and youth
- Uses trauma-informed and relationship-based approaches
- Includes caregiver and family support
- Helps youth build coping and emotional regulation skills
- Supports safety, stability, and healing following trauma or violence

Barriers

- Waitlists may impact access to counselling and support
- Limited long-term counselling support may create challenges for some families
- Fear, stigma, or trauma may make it difficult for youth or families to reach out
- Transportation and scheduling barriers may affect accessibility for some families

Foundry Lens

Programs like PEACE may help youth and families feel safer, more supported, and less alone while going through difficult situations at home. Having support that feels

relationship-based, trauma-informed, and non-judgmental can make a big difference for youth who may be carrying stress, fear, or trauma connected to violence or conflict.

The Station

Overview

The Station provides transitional housing and wraparound support for youth who may be experiencing homelessness, housing instability, or other difficult life situations.

Strengths

- Youth-specific housing and support model
- Relationship-based and supportive environment
- Wraparound services and outreach support
- Encourages stability, connection, and community support

Barriers

- Limited number of housing units available
- High demand may impact accessibility
- Age restrictions may limit who can access services
- Housing instability and systems navigation can still create challenges for youth

Foundry Lens

Having stable housing and supportive relationships can make a big difference for youth going through homelessness or instability. Programs like The Station may help youth build stability, strengthen trust, and access the relationships and supports they need while navigating difficult life situations.

Section 3

Indigenous Youth Supports

Wachiay Friendship Centre

Overview

Provides cultural programming, outreach, mental health support, advocacy, and community connection.

Strengths

- Indigenous led organization
- Strong cultural safety
- Holistic and community-based supports

Barriers

- High demand for services
- Limited mental health capacity

Foundry Lens

Culture, identity, belonging, and land connection are protective factors for youth wellbeing.

Wachiay Youth Programs

Overview

Provides youth leadership programs, recreation, outdoor education, talking circles, and mentorship opportunities with Elders.

Strengths

- Strengths-based approach
- Elder and community involvement
- Accessible and welcoming programs

Barriers

- Program availability may vary
- Transportation barriers for rural youth

Foundry Lens

Youth engagement is often most effective when it is relationship-based, strengths-focused, and culturally grounded.

Jordan's Principle**Overview**

Supports equitable access to healthcare, counselling, education, and cultural supports for Indigenous children and youth.

Strengths

- Removes financial barriers
- Advocacy based support
- Holistic and flexible services

Barriers

- Complex application processes
- Documentation requirements can create barriers

Foundry Lens

Advocacy and systems navigation are essential in helping families access equitable support.

K'ómoks First Nation**Overview**

K'ómoks First Nation provides cultural, wellness, community, and family supports for Indigenous individuals and families within the Comox Valley. Supports may include community programming, youth and family support, cultural connection, wellness initiatives, and opportunities to strengthen identity, belonging, and connection to community.

Strengths

- Provides culturally grounded and community based support
- Encourages connection to culture, identity, and community
- Supports youth, families, and wellness initiatives
- Promotes cultural safety and relationship-based support
- Helps strengthen belonging, healing, and community connection

Barriers

- Intergenerational trauma and the ongoing impacts of colonization may impact trust in systems and services
- Limited access to culturally safer services may create barriers for some Indigenous youth and families
- Transportation and accessibility challenges may affect participation in some programs or services
- Systemic racism and previous negative experiences with institutions may impact

willingness to seek support

- Housing, mental health, and substance use challenges may create additional barriers for some families

Foundry Lens

Cultural connection, community, and belonging can play an important role in healing and overall wellbeing for many youth and families. Supports that feel culturally safer, relationship-based, and connected to community may help strengthen belonging, trust, and emotional safety for youth and families accessing support.

Kumugwe Cultural Society

Overview

Kumugwe Cultural Society supports cultural learning, language revitalization, community connection, and opportunities for people to reconnect with Indigenous culture and teachings within the Comox Valley. Programs and events may help strengthen identity, belonging, cultural knowledge, and intergenerational connection within community.

During practicum and while researching community supports, I found myself thinking about how important culture, belonging, identity, and connection can be for healing, wellbeing, and feeling supported, especially for youth and families.

Strengths

- Supports cultural identity and belonging
- Encourages community connection and cultural learning
- Provides opportunities for language and cultural revitalization
- Community-based and relationship-focused programming
- Helps strengthen intergenerational connection and cultural knowledge

Barriers

- Limited youth-specific programming in some areas
- Funding and program availability may sometimes be limited
- Transportation and accessibility barriers may affect participation
- Some youth and families may feel disconnected from culture due to colonization and intergenerational trauma

Foundry Lens

Culture, identity, and belonging can play an important role in overall wellbeing and resilience for many youth and families. Opportunities for cultural connection and community involvement may help strengthen identity, belonging, and resilience for youth within their community.

Sasamans Society

Overview

Provides culturally grounded outreach, advocacy, community connection, and support for Indigenous youth, families, and community members within the Comox Valley. Programs and services focus on strengthening identity, belonging, wellness, and connection through relationship-based and community-centered approaches.

Strengths

- Indigenous-led and community focused
- Strong emphasis on culture, identity, and belonging
- Relationship-based and welcoming approach to support

- Creates culturally safer spaces for Indigenous youth and families
- Encourages connection, wellness, and community involvement
- Provides outreach, advocacy, and culturally grounded support

Barriers

- Limited funding and staffing may impact programming and service capacity
- Transportation barriers may affect accessibility for some youth and families
- Growing demand for culturally safer services within the community
- Previous negative experiences with systems may impact trust and willingness to seek support
- Social and economic barriers may continue to affect access to services and stability

Foundry Lens

Culturally safer and relationship-based supports can play an important role in helping youth and families feel connected, respected, and supported within their community. Connection to culture, identity, and belonging may also strengthen trust, wellness, resilience, and overall wellbeing for Indigenous youth and families.

Indigenous Women's Sharing Society (IWSS)

Overview

The Indigenous Women's Sharing Society is an Indigenous-led organization in the Comox Valley that supports Indigenous individuals, families, and communities through outreach, harm reduction, advocacy, cultural programming, and community connection. Their work focuses on promoting wellness, strengthening relationships, and creating supportive spaces grounded in Indigenous values.

Strengths

- Indigenous-led and community focused
- Promotes cultural connection, healing, and belonging
- Provides outreach, advocacy, and harm reduction support
- Builds strong relationships through community-based programming
- Creates welcoming and culturally safer spaces for Indigenous community members
- Supports connection to culture, community, and local resources

Barriers / Challenges

- Limited funding and staffing can impact program capacity
- Growing demand for culturally grounded services and outreach support
- Transportation barriers may affect access for some participants
- Systemic inequities and historical mistrust of services can create challenges for engagement
- Community stigma related to substance use and harm reduction may impact participation

MIKI'SIW Métis Association

Overview

Provides Métis cultural programming, community connection, and identity-based support.

Strengths

- Strong cultural identity building
- Community based support
- Intergenerational connection

Barriers

- Limited organizational capacity
- Limited youth specific programming

Foundry Lens

Youth support also happens through culture, identity, and belonging.

Section 4

Child Development, Mentorship & Family Supports

Comox Valley Child Development Association

Overview

Provides developmental support, therapy services, inclusion programming, transition support, and family services.

Strengths

- Multidisciplinary support
- Long term developmental care
- Family inclusive approach

Barriers

- Waitlists for specialized therapies
- Age based eligibility limitations

Foundry Lens

Youth support includes long-term developmental and family-based care, not only crisis intervention.

KidStart Mentoring Program

Overview

Provides mentorship, positive adult relationships, and community connection opportunities for youth.

Strengths

- Builds confidence and belonging
- Flexible and youth centered
- Positive protective factor for youth

Barriers

- Volunteer availability
- Matching process may take time

Foundry Lens

Consistent and supportive relationships can significantly impact youth wellbeing.

School District 71

Overview

Provides school counsellors, youth workers, Indigenous support services, meal programs, substance use prevention, and referrals.

Strengths

- Daily access to youth
- Early intervention opportunities
- Strong family and school relationships

Barriers

- High caseloads
- Limited mental health capacity

Foundry Lens

Schools often act as early intervention hubs and important points of connection for youth.

Glacier View Secondary Centre (School District 71)**Overview**

Glacier View Secondary Centre is an alternative education program in School District 71 that supports youth who may struggle in traditional school settings. The program offers smaller class sizes, flexible learning, and relationship based support to help students stay connected to education. Many youth attending Glacier View may be navigating challenges related to mental health, anxiety, trauma, school avoidance, family stress, or substance use.

Strengths

- Smaller and more supportive environment
- Flexible learning approaches
- Strong relationship-based support
- Helps youth stay connected to school
- Supports diverse learning and mental health needs

Barriers

- Stigma around alternative education
- Limited staffing or resources
- Transportation and attendance barriers
- Ongoing challenges outside of school may still impact youth

Foundry Lens

From a Foundry lens, Glacier View reflects the importance of flexible, youth-centered, and relationship-based support. Programs like this can help youth feel more connected, supported, and engaged while also connecting them to mental health, peer, and community supports when needed.

Nal'aatsi Alternate Program (Indigenous Grades 10–12)**Overview**

Nal'aatsi is an Indigenous-focused alternate education program within School District 71 for Indigenous youth in Grades 10–12. The program focuses on building relationships, flexibility, cultural connection, and creating a safer and more supportive learning environment. It also recognizes that many Indigenous youths

may be navigating the impacts of colonization, intergenerational trauma, and difficulties within mainstream school systems.

Strengths

- Culturally grounded and supportive environment
- Encourages identity, belonging, and community connection
- Relationship-based and trauma-informed approach
- Flexible learning opportunities for youth

Barriers

- Ongoing systemic barriers impacting Indigenous youth
- Transportation, housing, mental health, or poverty challenges
- Limited Indigenous-specific supports in some areas
- Previous negative experiences with systems may impact trust

Foundry Lens

From a Foundry lens, Nal'aatsi shows how important culturally safer and relationship-based supports are for Indigenous youth. Programs like this can help youth feel more connected, supported, and understood while creating space for culture, belonging, and trust.

Comox Valley Family Services Association

Overview

Provides counselling, victim services, parenting support, anxiety groups, and sexual abuse intervention services.

Strengths

- Specialized counselling support
- Trauma informed practice
- Family inclusive approach

Barriers

- Waitlists for services
- Limited youth specific programming

Foundry Lens

Youth wellbeing is deeply connected to family systems and community support.

Milieu Children and Family Services

Overview

Provides youth and family support services including foster family services, transition to adulthood support, youth groups, specialized homes, behavioral support, and community-based programming for children and youth with complex needs.

Strengths

- Strong focus on inclusion and community connection
- Supports youth with complex behavioral and developmental needs
- Transitional support for youth moving toward adulthood
- Collaborative approach with families and community agencies

Barriers

- Limited public awareness of services
- Some programs require referrals or eligibility criteria
- Staffing and capacity limitations may impact access
- Youth with complex needs may still face service gaps

Foundry Lens

Milieu highlights the importance of long-term relational support, stability, and community inclusion for youth navigating complex developmental, behavioral, or family challenges.

Parenting Caregiver & Family Resource Library

Many organizations throughout the Comox Valley provide parenting education, caregiver support, emotional regulation programs, and family-focused resources. These programs help strengthen family relationships, improve communication, support emotional wellbeing, and provide caregivers with practical tools for navigating challenges related to child and youth development, behavior, mental health, and family stress.

These supports also reflect the importance of prevention and early intervention within social service work by helping families build connection, confidence, and stability before challenges escalate into crisis situations.

Parenting Without Power Struggles

(Boys & Girls Clubs of Central Vancouver Island)

Overview

Provides parenting education focused on communication, emotional regulation, relationship building, and reducing family conflict.

Strengths

- Practical parenting strategies
- Focus on connection and emotional safety
- Supportive group-based learning environment

Barriers

- Scheduling and availability may impact access
- Transportation barriers for some families

Foundry Lens

Supporting caregivers can strengthen overall youth wellbeing and family stability.

Confident Parents, Thriving Kids

(Canadian Mental Health Association)

Overview

Provides free evidence-based parent education programs focused on anxiety management and emotional regulation for children and youth.

Strengths

- Evidence-based mental health support
- Builds caregiver confidence
- Early intervention focus

Barriers

- Program availability may vary
- Some families may experience waitlists

Foundry Lens

Caregiver support and psychoeducation can improve long-term mental health outcomes for youth.

Touchpoint Parenting Program

(Comox Valley Child Development Association & Community Partners)

Overview

Provides parenting support and developmental guidance focused on attachment, child development, and relationship-based parenting approaches.

Strengths

- Family centered support
- Developmentally informed approach
- Encourages healthy attachment and connection

Barriers

- Limited program capacity
- Transportation barriers for rural families

Foundry Lens

Healthy attachment and caregiver relationships are important protective factors for youth wellbeing.

Touchstone Parenting – Indigenous Focus

Overview

Provides culturally grounded parenting support that incorporates Indigenous perspectives, relationships, culture, and community connection.

Strengths

- Culturally safer programming
- Strengths-based and relationship-focused
- Supports family and cultural connection

Barriers

- Limited availability depending on funding and staffing
- Access may vary across communities

Foundry Lens

Culture, identity, and belonging are important components of family and youth wellness.

Circle of Security

(Parent Support Services BC)

Overview

Provides attachment-based parenting education focused on emotional connection, secure relationships, and understanding children's emotional needs.

Strengths

- Attachment-focused approach
- Encourages emotional awareness and connection
- Widely respected parenting framework

Barriers

- Limited program availability locally
- Time commitment may impact participation

Foundry Lens

Relationship-based approaches support both caregiver confidence and youth emotional wellbeing.

Mind Space Parenting Program

(MCFD Child & Youth Mental Health)

Overview

Provides parenting support focused on emotional regulation, behavior management, communication, and mental wellness for children and youth.

Strengths

- Mental health focused support
- Practical family strategies
- Supports emotional regulation and communication

Barriers

- Referral pathways may create barriers
- Limited program capacity

Foundry Lens

Family support and emotional regulation strategies can improve youth stability and reduce crisis situations.

Creating Calm Program

Overview

Provides caregiver education and emotional regulation strategies for supporting children and youth experiencing stress, anxiety, behavioral challenges, or emotional dysregulation.

Strengths

- Trauma-informed approach
- Practical emotional regulation tools
- Supports healthier family communication

Barriers

- Limited availability
- Some families may not be aware programs exist

Foundry Lens

Prevention and emotional regulation support can strengthen family resilience and reduce barriers to youth wellbeing.

Section 5

Food Security & Basic Needs

LUSH Valley Food Action Society

Overview

Provides food access programs, community food initiatives, food literacy programs, and youth engagement opportunities.

Strengths

- Community based approach
- Dignified food access
- Youth engagement opportunities

Barriers

- Funding limitations
- Transportation barriers for rural families

Foundry Lens

Food security is closely connected to mental health, stress, and belonging.

School Meal Programs

Overview

Provide breakfast, lunch, snacks, and food hampers through schools throughout the Comox Valley

Strengths

- Consistent access point
- Reduces stigma
- Supports school engagement

Barriers

- Limited to school hours
- Not all youth attend regularly

Foundry Lens

Schools often become reliable and accessible food support systems for youth and families.

Salvation Army & Comox Valley Food Bank

Overview

Provide food hampers, emergency assistance, and referrals to additional support services.

Strengths

- Immediate practical support
- Accessible community resources
- Helps stabilize families during crisis

Barriers

- Ongoing stigma
- Limited fresh food options at times

Foundry Lens

Practical supports often create the stability needed for youth and families to engage in additional services.

Section 6

Recreation, Prevention & Community Connection

The LINK Youth Centre

Overview

Provides youth drop in programming, recreation, food support, life skills programming, and outreach.

Strengths

- Low barrier environment
- Youth driven programming
- Safe social space

Barriers

- Limited hours
- High demand for some services

Foundry Lens

Informal community spaces often become important first points of connection for youth.

LGBTQ2SIA+ Supports & Inclusive Community Resources

Many youth who identify as LGBTQ2SIA+ may face barriers related to stigma, discrimination, isolation, family conflict, or feeling unsafe or misunderstood when trying to access support. Throughout this project, I learned how important inclusive and affirming spaces can be in helping youth feel a sense of belonging, safety, connection, and support within their community.

Generation Q**Overview**

Generation Q is a weekly LGBTQ2SIA+ youth drop-in and peer connection group for youth ages 12–18 and allies through BGC Central Vancouver Island. The program focuses on inclusion, belonging, identity exploration, and community connection.

Strengths

- Safe and inclusive peer environment
- Encourages belonging and social connection
- Youth-centered and relationship-based approach
- Reduces isolation for LGBTQ2SIA+ youth

Barriers

- Transportation barriers for some youth
- Limited awareness of available programming
- Scheduling may impact accessibility for some youth

Foundry Lens

Peer support and inclusive social connection can act as protective factors for youth mental health and wellbeing.

Queer Space (Foundry Comox Valley)**Overview**

Queer Space is a social and recreational support group for LGBTQ2SIA+ youth focused on connection, inclusion, identity affirmation, and safe community building.

Strengths

- Encourages identity exploration and belonging
- Inclusive and emotionally safe environment
- Relationship-based support and peer connection
- Accessible and youth-friendly atmosphere

Barriers

- Limited availability depending on scheduling and staffing
- Transportation barriers for rural youth
- Some youth may fear stigma or discrimination when accessing services

Foundry Lens

Affirming peer spaces can help youth feel safer, more connected, and more willing to access additional supports and services.

North Island Gender Care Clinic**Overview**

Provides specialized support for transgender, non-binary, Two-Spirit, and gender-diverse individuals including hormone care planning, surgical referrals, peer support, and social work support. Services are available virtually and in-person in Courtenay and Campbell River.

Strengths

- Specialized gender-affirming healthcare support
- Inclusive and identity-affirming care
- Access to peer and social work support
- Virtual services improve accessibility for some youth

Barriers

- Waitlists for gender-affirming healthcare services
- Transportation barriers for in-person appointments
- Limited specialized services in smaller communities

Foundry Lens

Gender-affirming healthcare and supportive relationships can significantly improve emotional safety, identity development, and overall wellbeing for youth

Pride Society of the Comox Valley**Overview**

Provides community Pride events, advocacy, visibility, education, and inclusive community-building opportunities throughout the Comox Valley.

Strengths

- Encourages belonging and visibility
- Promotes inclusion and community awareness
- Creates opportunities for connection and celebration
- Supports advocacy and education initiatives

Barriers

- Events may not always be youth specific
- Transportation barriers for rural youth
- Limited programming outside major events

Foundry Lens

Community belonging and visibility can strengthen identity, confidence, and emotional wellbeing for LGBTQ2SIA+ youth.

Queer Culture Community & Queer Centre Resources

Overview

Provides community gatherings, queer arts programming, intergenerational connection, social groups, advocacy, and inclusive community resources for LGBTQ2SIA+ individuals.

Strengths

- Encourages social connection and inclusion
- Supports identity affirmation and community belonging
- Offers accessible online and community resources
- Promotes inclusive and culturally safer spaces

Barriers

- Some services are virtual or outside the Comox Valley
- Limited local in-person programming for youth
- Awareness of services may vary

Foundry Lens

Inclusive community spaces and identity-affirming supports can reduce isolation and strengthen resilience for LGBTQ2SIA+ youth.

QCHAT

Overview

Provides confidential peer support, emotional support, and resource navigation for LGBTQ2SIA+ youth across British Columbia through online chat and peer connection services.

Strengths

- Confidential and accessible support
- Peer-led and identity affirming
- Helpful for isolated or rural youth
- Accessible online format

Barriers

- Requires internet access
- Limited to virtual support
- Some youth may prefer in-person connection

Foundry Lens

Accessible peer support can reduce isolation and provide important emotional safety for youth navigating identity-related challenges.

Trans Lifeline

Overview

Provides peer support and crisis support run by trans people for trans and questioning individuals through phone-based support services.

Strengths

- Peer-led and identity affirming support
- Safe and non-judgmental environment
- Accessible crisis and emotional support
- Supports trans and questioning youth experiencing isolation or distress

Barriers

- Phone-based support may not meet all needs

- Wait times may occur during high demand
- Limited local in-person support connection

Foundry Lens

Identity-affirming crisis and peer support services can strengthen safety, belonging, and emotional wellbeing for transgender and gender-diverse youth.

Cumberland Recreation Institute, Lewis Centre & Comox Community Centre

Overview

Provide recreation programs, drop-in activities, sports, arts programming, and community events.

Strengths

- Encourages belonging and confidence
- Preventative wellness opportunities
- Community building environments

Barriers

- Transportation barriers
- Program fees for some activities

Foundry Lens

Prevention and wellness often happen outside formal counselling environments.

Girls Group (Comox Valley Transition Society)

Overview

Girls Group, through Comox Valley Transition Society, provides group-based support and connection opportunities for girls and young women in the Comox Valley. The program focuses on things like self-esteem, healthy relationships, mental health, communication, confidence, and peer connection through discussions, activities, and group experiences.

Strengths

- Encourages peer connection and supportive relationships
- Helps build confidence, self-esteem, and communication skills
- Provides creative and group-based activities for youth
- Creates supportive spaces for discussion and connection
- Focuses on emotional wellbeing, prevention, and empowerment

Barriers

- Transportation and scheduling may affect accessibility for some youth
- Some youth may feel nervous or uncomfortable joining group programs
- Limited program availability or capacity may impact access
- Fear of judgement or stigma may affect participation for some youth

Foundry Lens

Programs like Girls Group may help reduce isolation and strengthen confidence, peer connection, and emotional wellbeing for youth navigating stress, relationships, identity, or mental health challenges. Having spaces that feel welcoming, supportive, and relationship-based can make a big difference in helping youth build confidence, connection, and a sense of belonging.

Section 7

Crisis & Outreach Supports

RCMP Victim Services & Family Support Services

Overview

RCMP Victim Services and Family Support Services help support individuals and families who may be going through crisis, trauma, violence, family conflict, or involvement with the justice system. These services can provide emotional support, safety planning, referrals, and help connecting people with community resources during difficult situations. Victim Services workers may support individuals after traumatic incidents, domestic violence, sudden loss, or other situations involving police involvement. Family and youth support may also help families connect with community programs and additional supports during periods of stress or crisis

Strengths

- Provides crisis response and emotional support during difficult situations
- Helps connect individuals and families to community resources and services
- May assist with safety planning and systems navigation
- Supports individuals experiencing trauma, violence, or crisis
- Encourages collaboration between community agencies and support systems

Barriers

- Some individuals may feel hesitant accessing services connected to police systems
- Previous negative experiences with law enforcement or institutions may impact trust
- Fear, stigma, trauma, or anxiety may affect willingness to seek support
- Rural accessibility and transportation barriers may impact access for some families

Crisis & Outreach Services

Overview

Includes crisis lines, domestic violence support, emergency mental health response, MCFD involvement, and after-hours services.

Strengths

- Immediate response capacity
- Safety-focused intervention
- 24/7 availability in some services

Barriers

- Not intended for long term support
- Youth may hesitate to access crisis services

KUU-US Crisis Line Society

- 24/7 crisis and emotional support across British Columbia
- Supports Indigenous and non-Indigenous individuals experiencing crisis, distress, or mental health challenges
- Provides suicide intervention, crisis response, and referral services
- Offers culturally supportive and non-judgmental support
- Helps connect individuals with community resources and ongoing supports
- Website: kuu-uscrisisline.com

- Crisis Line: 1-800-588-8717
- Adult/Elder Line: 250-723-4050
- Child & Youth Line: 250-723-2040

Provincial & Online Youth Support Resources (BC)

Kids Help Phone

- 24/7 confidential support for youth across Canada
- Call: **1-800-668-6868**
- Text: CONNECT to 686868
- Offers phone counselling, texting support, live chat, and online resources
- Website: kidshelpphone.ca

Here2Talk

- Free mental health counselling and referral service for BC post-secondary students
- Available 24/7 by app, phone, or web chat
- Phone: **1-877-857-3397**
- Website: here2talk.ca

Youth in BC Crisis Line

- Online chat and emotional support for youth in BC
- Mental health crisis supports available 24/7
- Call: 310-6789 (no area code needed)
- Suicide crisis line: **1-800-784-2433**
- Website: youthinbc.com

Foundry Virtual BC

- Virtual counselling and wellness support for youth ages 12–24
- Includes counselling, peer support, substance use support, and primary care connections
- Accessible through phone, app, or online chat
- Website: foundrybc.ca

9-8-8 Suicide Crisis Helpline

- National suicide and emotional distress crisis line
- Available 24/7 by call or text
- Dial or text: **9-8-8**
- Website: 988.ca

BC Mental Health Support Line

- Immediate emotional support, information, and mental health referrals
- Available 24/7 throughout BC
- Call: **310-6789** (no area code needed)
- Website: heretohelp.bc.ca

Helpline for Children BC

- Provincial helpline for children and youth experiencing abuse or neglect
 - Available 24/7
 - Call: **1-877-631-8282**
 - Website: www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/help-for-youth-and-their-families
-

VictimLinkBC

- Multilingual support for victims of violence, abuse, or safety concerns
 - Available 24/7
 - Call or text: **1-800-563-0808**
 - Website: www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc
-

Rural & Island Outreach (Hornby & Denman)

Overview

Provides outreach, harm reduction support, and LGBTQ2SIA+ inclusive community-based services.

Strengths

- Reaches isolated youth
- Inclusive and community-based
- Strong harm reduction focus

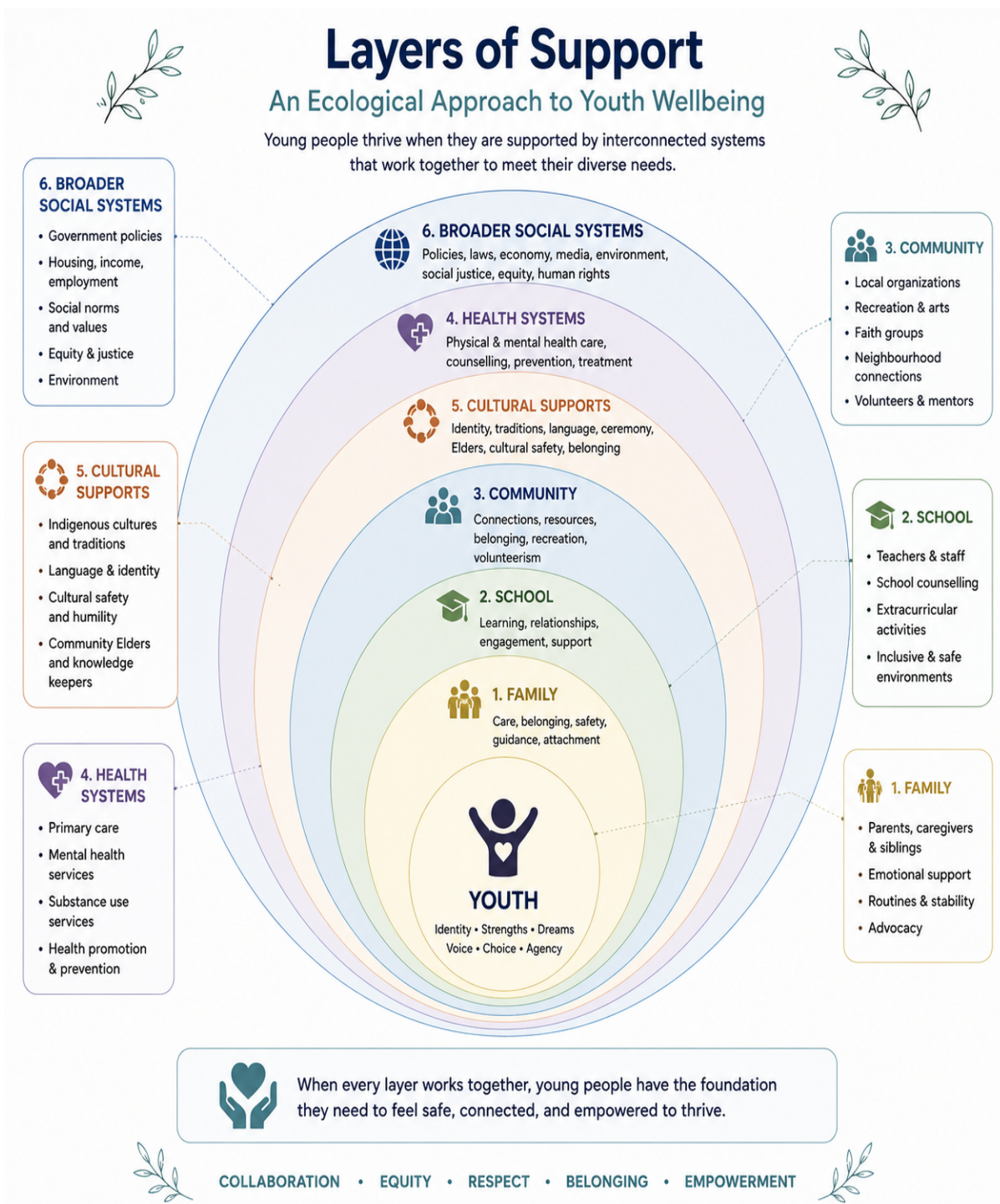
Barriers

- Transportation and isolation challenges
- Limited staffing
- Seasonal accessibility issues

Foundry Lens

Rural youth often face additional barriers related to transportation and isolation.

Layers Of Support Influencing Youth Wellbeing



Section 8

Emerging Themes & Systems Analysis

Foundry as a Front Door

Foundry helps reduce fragmentation by connecting youth with multiple supports and services in one accessible environment.

Accessibility Is More Than Availability

Waitlists, transportation barriers, affordability, stigma, age restrictions, referral systems, and emotional safety all impact whether support feels accessible to youth.

Relationship Based Practice

Youth often stay engaged when relationships feel genuine, consistent, welcoming, and non-judgmental.

Interconnected Needs

Mental health, housing, food security, family conflict, substance use, and school challenges frequently overlap.

Prevention & Community Connection

Recreation, mentorship, food programs, culture, and belonging all function as protective factors for youth wellbeing.

Collaboration System Navigation

The Comox Valley relies heavily on collaboration, outreach, referrals, and shared relationships between organizations.

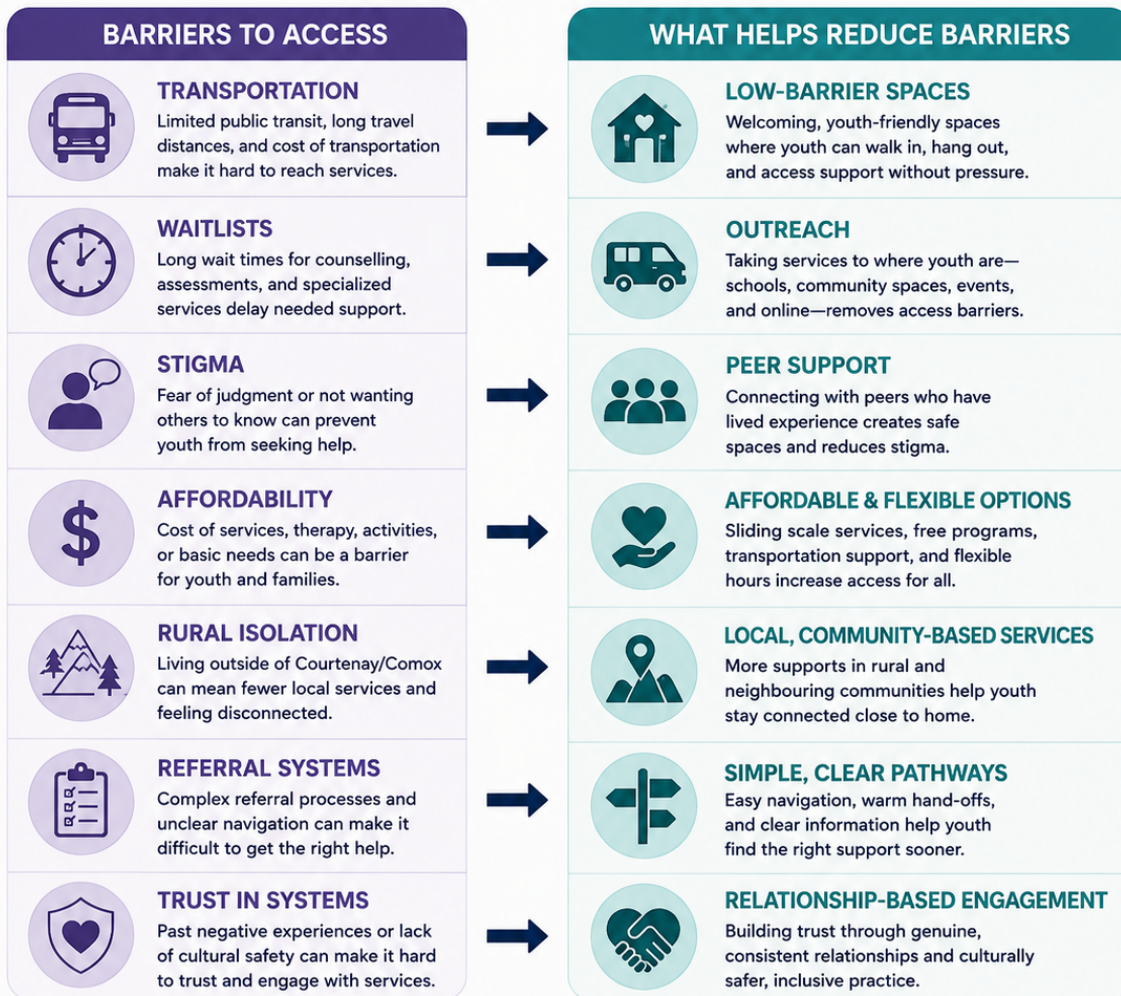
Gaps & Ongoing Challenges



Breaking Down Barriers, Building Pathways



Youth in the Comox Valley face many barriers when trying to access supports. Understanding these barriers—and what helps reduce them—creates more inclusive, accessible, and effective services.



When we reduce barriers, we open the door to connection, belonging, and meaningful support for every young person.

Together, we make support accessible for all youth. ❤️



Despite the wide range of supports available throughout the Comox Valley, significant gaps and barriers still exist for many youth and families. Transportation, long waitlists, affordability, housing shortages, staffing limitations, rural isolation, and limited youth-specific services can all impact accessibility and whether support feels realistically available.

Throughout this project, I also noticed what appears to be a gap in services specifically for children between approximately ages 6–12. While there are many programs for younger children, teens, and adults, there seem to be fewer visible community-based mental health, outreach, peer support, and low-barrier programs designed specifically for pre-teen youth and families navigating challenges before they escalate into crisis.

I also became more aware of the limited supportive housing options available for youth within the Comox Valley, particularly for youth experiencing homelessness, family conflict, mental health challenges, substance use concerns, or difficulty transitioning into adulthood. Youth transitioning out of child and youth systems into adult services may also experience gaps in continuity of care, ongoing support, and stable housing.

Throughout this practicum and project, I saw how many organizations are doing meaningful and important work within the community despite limited resources and increasing demand. At the same time, this experience reinforced how important ongoing collaboration, advocacy, prevention-focused programming, early intervention, and continued investment in youth services continue to be throughout the Comox Valley.

Section 9 Reflection

This project helped me better understand how connected youth needs really are. Before starting practicum, I think I looked at services more separately, like counselling, housing, food supports, or crisis services all operating on their own. Through my experience at Foundry Comox Valley, I started to see how youth are often trying to navigate several systems at the same time while also dealing with stress, instability, relationships, school, mental health, or substance use. It helped me realize how overwhelming systems can sometimes feel for young people, especially when supports are hard to access or difficult to navigate.

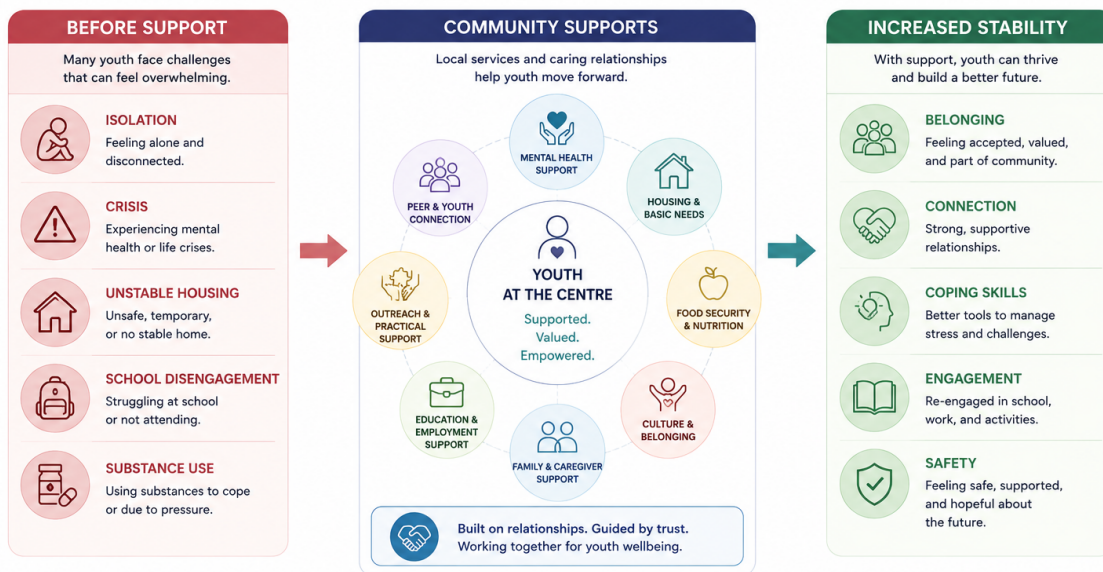
One of the biggest things I learned during practicum was how important relationships and connection are in youth work. Spaces that feel welcoming, flexible, non-judgmental, and low barrier often seem much easier for youth to engage with than systems that feel overly clinical or intimidating. I saw how simple things like remembering someone's name, offering food, checking in, or just creating a comfortable space could make a real difference in helping youth feel safe and supported.

This project also strengthened my understanding of systems navigation, accessibility, harm reduction, cultural safety, and relationship-based practice. I became more aware of how much collaboration happens behind the scenes between organizations and workers in the community. No single agency can meet every need a youth may have, which makes communication, referrals, outreach, and community partnerships really important. During practicum, I often saw how Foundry Comox Valley helps act as a bridge between services and supports youth while they try to navigate systems that can sometimes feel confusing or overwhelming.

Working on this portfolio also helped build my confidence as a developing social service worker. I learned that small actions matter. Building rapport, listening without judgment, helping youth navigate resources, and creating spaces where people feel respected and included can all have a meaningful impact. Moving forward, I hope to continue building my skills in peer support, systems navigation, harm reduction, and trauma-informed practice while continuing to approach youth work from a strengths-based, person-centred perspective.

Before / After Support Pathway 🌿

The right support at the right time can change the path.



★ Every young person's journey is unique.
When communities work together, youth have the support they need to move from surviving to thriving.
🌿

💚 Stronger together. Healthier youth. Stronger community. 💚

Conclusion

This project became much more than just a collection of community resources. Through both this portfolio and my practicum experience at Foundry Comox Valley, I gained a better understanding of how connected youth needs really are within the Comox Valley. Mental health, housing, substance use, food security, school, family relationships, identity, culture, and community connection all affect youth wellbeing and often overlap in ways that are hard to separate.

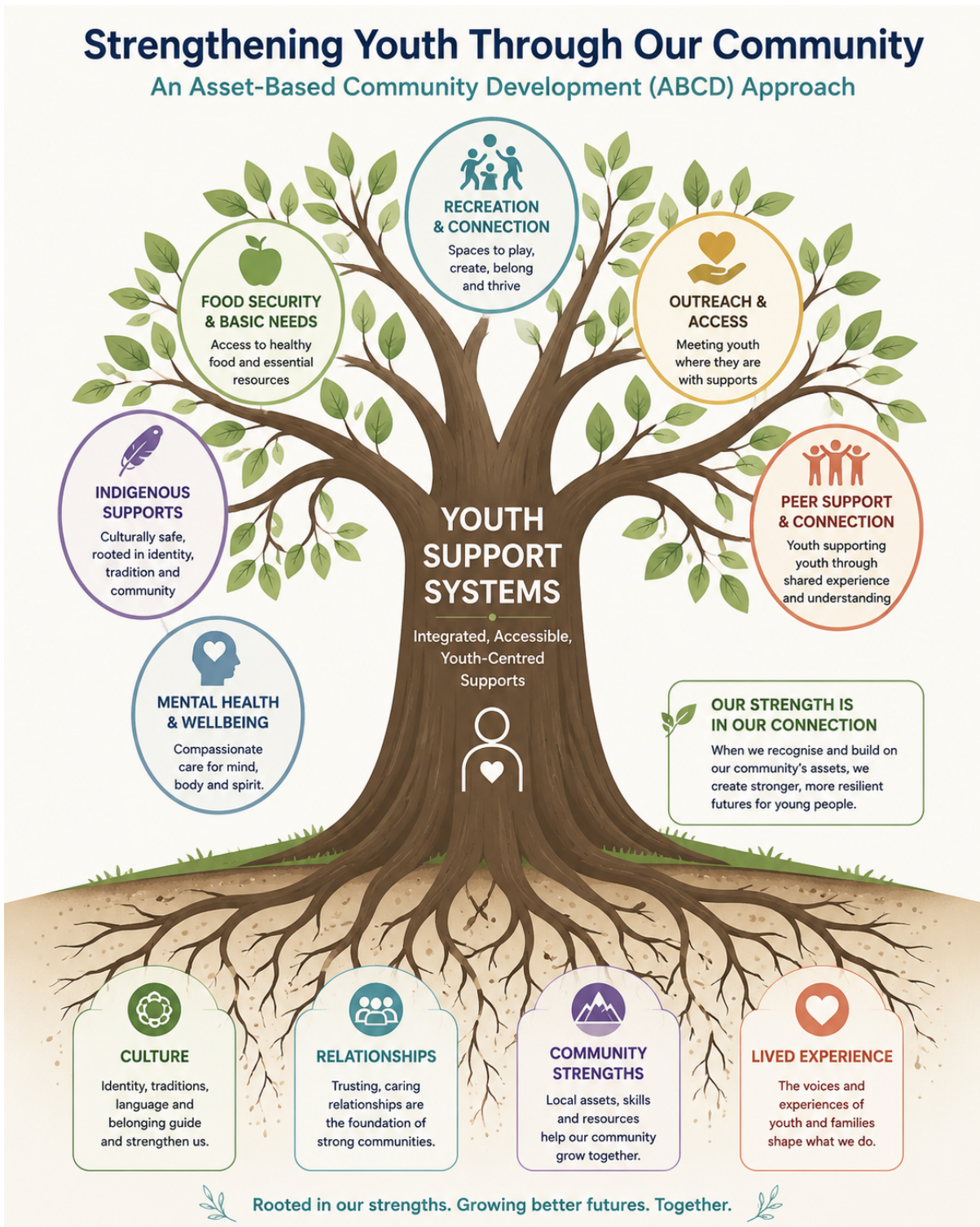
Throughout this project, I also became more aware that accessibility is about much more than simply having services available. Transportation, waitlists, stigma, affordability, emotional safety, referral systems, and trust can all affect whether youth feel comfortable reaching out for support. Many youth and families are often trying to manage several challenges at once while also navigating systems that can sometimes feel overwhelming or difficult to understand.

One of the most significant lessons from this practicum was recognizing that youth rarely present with a single issue. Mental health concerns, housing instability, food insecurity, family conflict, substance use, and barriers to education are often interconnected. Effective support requires collaboration across systems and a willingness to view youth within the broader context of their lives and communities.

This portfolio also reinforced how important collaboration is between organizations within the community. No single agency can meet every need youth may have, which makes communication, referrals, outreach, and strong community partnerships really important. Approaches that focus on connection, accessibility, and relationship-based support may help make systems feel more approachable and supportive for youth and families.

At the same time, this project highlighted how important prevention, belonging, recreation, cultural connection, mentorship, and low-barrier community spaces can be for youth wellbeing. Many of the programs and supports explored throughout this portfolio show how meaningful relationships, early support, and community connection can help youth feel less isolated, more supported, and more connected within the Comox Valley.

Strengthening Youth Through Community Connection



Appendix A
Resource Contact Information
(Comox Valley, British Columbia)

Last updated June 2026

Quick Crisis Supports

Service	Contact
9-8-8 Suicide Crisis Line	Call or Text 9-8-8
KUU-US Crisis Line	1-800-588-8717
Kids Help Phone	1-800-668-6868
VictimLinkBC	1-800-563-0808
Foundry Virtual BC	foundrybc.ca/virtual

Mental Health & Counselling

Foundry Comox Valley

Address:

575 10th Street, Courtenay, BC V9N 1P9

Phone:

(250) 338-7341

Website:

foundrybc.ca/comoxvalley/

Island Health Child & Youth Mental Health

Address:

961 England Avenue, Courtenay, BC V9N 2N7

Phone:

(250) 331-8524

Website:

islandhealth.ca

Child & Youth Mental Health (CYMH) – Courtenay

Address:

961 England Avenue, Courtenay, BC V9N 2N7

Phone:

(250) 331-8524

Website:

islandhealth.ca/our-services/mental-health-substance-use-services/child-youth-mental-health-services

AVI Health & Community Services – Comox Valley**Address:**

355 6th Street, Courtenay, BC V9N 1M2

Phone:

(250) 338-7400

Website:

avi.org/location/comox-valley/

Foundry Virtual BC**Website:**

foundrybc.ca/virtual/

Access Options:

Phone, video, and online chat support available throughout British Columbia

Housing & Outreach

Dawn to Dawn Action on Homelessness Society**Location:**

Courtenay, BC

Phone:

(250) 331-0152

Website:

dawntodawn.org

Comox Valley Transition Society**Address:**

625 England Avenue, Courtenay, BC V9N 2N5

Phone:

(250) 897-0511

Website:

cvts.ca

Amethyst House (CVTS)**Phone:**

(250) 897-0511

Website:

cvts.ca/programs/amethyst-house/

Lilli House**24-Hour Crisis Line:****(250) 338-1227****Website:****cvts.ca/programs/lilli-house/**

Salvation Army Pidcock House Shelter**Address:****971 Cumberland Road, Courtenay, BC V9N 2E1****Phone:****(250) 338-0068****Website:****comoxvalleysa.ca**

The Station**Operated By:****John Howard Society of North Island****Address:****575 10th Street, Courtenay, BC V9N 1P9****Phone:****(250) 338-7341****Website:****jhsni.bc.ca/the-station/**

Indigenous Supports

K'ómoks First Nation**Address:****3320 Comox Road, Courtenay, BC V9N 3P8****Phone:****(250) 339-4545****Website:****komoks.ca**

Wachiay Friendship Centre Society**Address:****1625 McPhee Avenue, Courtenay, BC V9N 3A6****Phone:****(250) 338-7793****Website:****wachiay.org**

Kumugwe Cultural Society**Website:****kumugwe.ca**

Sasamans Society**Address:**

467A Cumberland Road, Courtenay, BC V9N 2C5

Phone:

(250) 871-0005

Website:www.sasamans.ca

Indigenous Women's Sharing Society (IWSS)**Address:** 327 6th Street, Courtenay, BC V9N 1M4**Phone:** (250) 703-3001**Website:**<https://www.iwsssociety.com>

MIKI'SIW Métis Association**Website:**mikisewmetis.com

Jordan's Principle**Website:**sac-isc.gc.ca/eng/1568396296543/1582657596387

Youth & Family Supports

Ministry of Children & Family Development (MCFD)**Address:**

2455 Mansfield Drive, Courtenay, BC V9N 2M2

Phone:

(250) 334-5820

Child Protection Line:

1-800-663-9122

Website:gov.bc.ca/family-social-supports

Integrated Child & Youth Team (ICY) – Comox Valley**Website:**gov.bc.ca/integrated-child-youth-teams

Comox Valley Child Development Association**Address:**

237 3rd Street, Courtenay, BC V9N 1E1

Phone:

(250) 338-4288

Website:cvcda.ca

KidStart Mentoring Program**Phone:****(250) 871-2250****Website:****kidstart.ca**

School District 71**Address:****607 Cumberland Road, Courtenay, BC V9N 7G5****Phone:****(250) 334-5500****Website:****comoxvalleyschools.ca**

Comox Valley Family Services Association**Address:****1415 Cliffe Avenue, Courtenay, BC V9N 2K6****Phone:****(250) 338-7575****Website:****comoxvalleyfamilyservices.com**

Milieu Children and Family Services**Address:****545 England Avenue, Courtenay, BC V9N 2N2****Phone:****(250) 871-1877****Website:****milieu.ca/children/**

PEACE Program**Phone:****(250) 897-0511****Website:****cvts.ca/programs/peace-program/**

Food Security

LUSH Valley Food Action Society**Address:****2342B Rosewall Crescent, Courtenay, BC****Phone:****(250) 331-0152****Website:****lushvalley.org**

Salvation Army Community & Family Services**Address:****331 4th Street, Courtenay, BC V9N 1G8****Phone:****(250) 334-8230****Website:****comoxvalleysa.ca**

Comox Valley Food Bank**Address:****1255 McPhee Avenue, Courtenay, BC V9N 3A3****Phone:****(250) 338-0615****Website:****comoxvalleyfoodbank.ca**

Recreation & Community

The LINK Youth Centre**Website:****jhsni.bc.ca/the-link-youth-centre/**

Cumberland Recreation Institute**Website:****cumberland.ca/recreation/**

Lewis Centre**Website:****courtenay.ca**

Comox Community Centre**Website:****comox.ca/recreation**

Hornby & Denman Community Health Care Society**Website:****hdchs.com**

LGBTQ2SIA+ Supports

Generation Q**Website:****bgccvi.com**

Queer Space – Foundry Comox Valley**Website:****foundrybc.ca/comoxvalley/**

North Island Gender Care Clinic**Website:****islandhealth.ca/our-services/gender-diverse-2slgbtqia-health-services**

Pride Society of the Comox Valley**Website:****comoxvalleypride.ca**

QCHAT**Website:****qchat.ca**

Trans Lifeline**Phone:****1-877-330-6366****Website:****translifeline.org**

Crisis & Provincial Supports

KUU-US Crisis Line Society**Phone:****1-800-588-8717****Adult / Elder Line:****(250) 723-4050****Child & Youth Line:****(250) 723-2040****Website:****kuu-uscrisisline.com**

Kids Help Phone**Phone:****1-800-668-6868****Text:****CONNECT to 686868****Website:****kidshelpphone.ca**

9-8-8 Suicide Crisis Helpline**Call or Text:****9-8-8****Website:****988.ca**

VictimLinkBC

Phone or Text:

1-800-563-0808

Website:

gov.bc.ca/victimlinkbc

AI Use Statement

I used AI tools, including Microsoft Copilot to assist with brainstorming, organizing information, improving formatting, and refining written sections throughout this project. All final ideas, reflections, observations, and decisions are my own and were shaped through my practicum experience at Foundry Comox Valley.
