

ORGANIZATION	CONTACT INFORMATION	SERVICES	STUDENT DISCOUNTS/PERKS
StrongHearts School of Movement	Info@strongheartsfitness.com www.StrongHeartsFitness.com	Personal training, group classes, nutrition coaching.	We offer a NIC specific class weekly for students as well as a discounted introductory Personal Training package
Youth 20/20 Can	Alivia Veenstra, Program Coordinator 778-858-9450 youth2020can@wachiay.org www.youth2020can.com	Youth 20/20 Can is committed to engaging young people 15-30 in meaningful volunteer work in their community. • Volunteer opportunities, workshops, and more for youth 15-30	N/A
Comox Community Centre	250-339-2255 info@comox.ca www.comox.ca/recreation	Award-winning 5000 sq. foot Fitness Studio. Fitness programs, drop-in sports and more.	Student admission rates
AVI Health & Community Services	P: 250)-338-7400 F: 250-334-8224 355 6th Street, Courtenay, BC, V9N 1M2 www.avi.org	<ul style="list-style-type: none"> • Harm reduction and overdose prevention and education • Outreach harm reduction education • Health promotion education through workshops, peer leadership, health fair and testing events • Positive Wellness Program: <ul style="list-style-type: none"> - Care coordination for people living with HIV and/or Hepatitis C - Referrals to housing, mental health and substance use services, financial and nutritional supports, and treatment and care - Transportation to medical and social service appointments - Confidential risk reduction counselling and education 	No student discounts but we offer great volunteer experience!
Comox Valley Transit	250-339-5433 Lindsay Eason: lindsay@globalaffinity.ca www.bctransit.com/comox-valley https://www.comoxvalleyrd.ca/services/transit	Transit services are available for post secondary students at NIC in the Comox Valley and links to the Campbell River service area via Oyster River. Daypasses of \$4 are now available on the bus (cash only). One trip cost's \$2 unless you pre-purchase an 10 pack of single fares, a monthly pass or a semester pass. Masks are encouraged on the bus if social distancing isn't possible.	Semester passes are \$115 for the Comox Valley or \$130 for a dual semester pass, valid for Campbell River and the Comox Valley. See Fares at https://bctransit.com/comox-valley/fares. Semester passes can be purchased at the NIC bookstore, or any other transit retailer. See the list of where to buy at https://bctransit.com/comox-valley/fares/where-to-buy. Late night transit service on Fridays and Saturdays - see the Route 1 schedule for times and get home safely on the weekend.
Canadian Blood Services	1-888-236-6283 feedback@blood.ca https://www.blood.ca	Become a donor and to volunteer at local clinics within your community.	Free snacks, cookies, juice, coffee, tea and water when you donate blood. You will also receive a donor card which indicates your blood type.
Comox Valley Multicultural & Immigrant Support Society	250- 898-9567 cvmiss@gmail.com https://www.comoxvalleymulticultural.ca/	To assist with the integration of immigrants and refugees into the social and cultural life of the Comox Valley; elp guide newcomers who are isolated by language and culture through the process of adjustments to Canada by connecting them with others that have experienced similar problems; and bring Canadians of all races, faiths, languages, and cultures together to celebrate our diversity and encourage new immigrants to share their culture while realizing their full potential in Canada.	N/A
Immigrant Welcome Centre - Courtenay	250-338-6359 info@ImmigrantWelcome.ca 407A 5th St, Courtenay, BC V9N 1J7 https://immigrantwelcome.ca/	Our free client services can help both English speaking and non-English speaking newcomers settle, adapt and thrive. Call to book an appointment. Some of the many areas we offer support in are: assistance with forms & documents, employment services, citizenship classes, housing Information, and medical & health care information	All our services are free of charge.
Wachiay Friendship Centre	250-338-7793 1625 McPhee Ave, Courtenay, BC V9N 3A6 https://www.wachiay.org/	The Wachiay Friendship Centre is a non-profit society whose mandate is to provide services and supports to the urban Aboriginal population in the Comox Valley Regional District. Wachiay is an inclusive organization and our programming is open to people of all ethnicities. Wachiay delivers more than 50 programs and services to Aboriginal and non-Aboriginal people.	N/A

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Courtenay Recreation - Lewis Centre	250-338-5371 lewis@courtenay.ca 89 Old Island Highway, Courtenay, BC V9N 3P5 https://www.courtenay.ca/EN/main/community/recreation/facilities/lewis-centre.html	The Lewis Centre offers a full range of recreation services and features: <ul style="list-style-type: none"> Indoor: Two gymnasiums, wellness centre, activity rooms, preschool, craft rooms, meeting rooms, 4 squash courts, accessible washrooms, changerooms, showers and facilities Outdoor: stage, swimming pool, Rotary water park and skatepark 	Student rates available
Comox Valley - Parks & Recreations	250-334-6000 https://www.comoxvalleyrd.ca/parks-recreation	Sports & aquatic programs, events, workshops, parks, beaches, and trails.	Student rates available
Comox Valley Volunteer Connector	250-207-8111 cvvolunteerconnector@gmail.com https://cvvolunteerconnector.ca/	Help find volunteer opportunities for community members.	N/A
Comox Valley Sports and Social Club	Scott Peterson 250 898 7286 Scott@comoxvalleysports.ca https://comoxvalleysports.ca/	CVSS Club offers an opportunity for players of all skills levels from Comox, Courtenay, Cumberland, and surrounding areas to get on a team and play sports such as, Dodgeball, Basketball, Floor Hockey, Indoor and Outdoor Soccer, Indoor and Beach Volleyball, Flag Football, Slo-Pitch, and Ultimate Frisbee	CVSS run around trying to get great deals for the players at local sponsor bars (cheap drinks/food), great t-shirt deals to outfit teams in uniforms (Aero-Art in Comox), and all sorts of prizing at the season-end wrap-up socials. And that's all besides the actual sports, which are a blast, and chance to meet and socialize with new people or old friends.
Comox Valley LifeLong Learning Centre	250 338 9906 info@cvllc.ca 1507A McPhee Avenue, Courtenay, BC V9N 3A6 https://cvllc.ca/	CVLLC assists residents of the Comox Valley to enhance the literacy skills needed to benefit themselves, their families and our diverse community. CVLLC delivers free tutoring services, individually and in groups, to assist in advancing to a higher level of literacy.	Free services; Volunteer opportunities as a tutor for a wide variety of topic. Visit: https://cvllc.ca/volunteer
Cumberland Recreation Centre	250 336-2231 recreation@cumberland.ca 2665 Dunsmuir Ave, PO Box 340, Cumberland BC V0R 1S0 https://cumberland.ca/recprograms/	Monthly/annual membership or drop-in fee gives access to the Fitness Studio/Weight Room, Racquet Courts, Climbing Wall, Drop-in programs (Pickleball, Table Tennis, Cards, Floor Hockey, etc), Drop-in Gym, and Birthday Parties.	N/A
Mount Washington Alpine Resort	250-338-1386 250-338-4383 1-888-231-1499 slopeside@mountwashington.ca P.O. Box 3069, STN Main, Courtenay, BC, V9N 5N3 https://www.mountwashington.ca/	Mt. Washington Alpine Resort is a year-round recreation destination. In the winter guests enjoy accessing over 1,700 acres and 505 vertical metres of alpine terrain, cross-country skiing and snowshoeing trails along with Nordic lodge, Tube Park and Fat Bike trails. Summer features a new 2.3 km Zip Tour, lift-accessed mountain biking, quad bungy trampoline, scenic chairlift rides, disc and miniature golf, boardwalk chess and checkers, shopping and dining.	Deals and Specials offers available at: https://www.mountwashington.ca/deals
Vancouver Island Regional Library	Courtenay: 250-334-3369 info@virl.bc.ca 300 6th St, Courtenay BC V9N 9V9 https://virl.bc.ca/branches/courtenay/ Comox: 250-339-2971 info@virl.bc.ca 101-1720 Beaufort Ave, Comox BC V9M 1R7 https://virl.bc.ca/branches/comox/ Cumberland: 250-336-8121 info@virl.bc.ca 2746 Dunsmuir Ave, Cumberland BC V0R 1S0 https://virl.bc.ca/branches/cumberland/	Library offers Read, Watch, Listen, and Research services: Read <ul style="list-style-type: none"> Books & eBooks Magazines & Newspapers Comics Book Club Sets Award Winners & Bestsellers Watch <ul style="list-style-type: none"> Streaming Movies, TV & DVDs Listen <ul style="list-style-type: none"> Audiobooks Streaming Music & CDs Podcasts Research <ul style="list-style-type: none"> All Databases Business/Careers DIY Genealogy Health Legal & Government Matters 	N/A
Comox Valley Toastmasters Club	604-720-5372 489 Old Island Highway Courtenay, BC V9N 3P5 Wednesday 7:10 pm - 9 pm, Courtenay Recreation Lewis Centre http://www.toastmasters.org/Find-a-Club/00003984-00003984	Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Everything in Toastmasters revolves around the club. With a network of 16,800 clubs across 143 countries! Most clubs have around 20 members and meet once a week for an hour.	N/A

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Habitat for Humanity	250 334 3784 info@habitatnorthisland.com 1755 13th Street, Courtenay, BC	With the help of volunteers and generous donors, Habitat for Humanity builds decent and affordable homes that provide a solid foundation for local families to build better, healthier lives. Habitat homeowners volunteer up to 500 hours and pay an interest-free, affordable mortgage – geared to their income – to buy their home.	To learn more about volunteer opportunities, visit: https://www.habitatnorthisland.com/volunteer/
Island Health - Comox Valley Health Unit	250-331-8520 info@viha.ca 961 England Ave, Courtenay, BC V9N 2N7 https://www.islandhealth.ca/our-locations/health-unit-locations/comox-valley-health-unit	Island Health delivers many types of health care services such as Mental Health and Substance Use, Heart Health, Surgical, Aboriginal Health, Adult Rehabilitation, Ambulatory Services, Children and Youth Services, and many more. Find full list here: https://www.islandhealth.ca/our-services	N/A