



Cowichan Valley Physician **WELCOME PACKAGE**

Orientation Manual for Physicians New to the Cowichan Valley



Cowichan Valley
Division of Family Practice

An FPSC initiative

Cowichan Valley Division of Family Practice
8B - 361 Trans Canada Hwy I Duncan, BC V9L 3R5
www.divisionsbc.ca/cowichan-valley

Photo Courtesy of Dr. Paul Terlien



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The following is information you may find useful as a new Family Physician (FP) in the Cowichan Valley. This information is provided “by local GP’s for GP’s”. It is not meant to be comprehensive, but will help you get started working in our community. We have included some local health resource information and community information for your convenience.

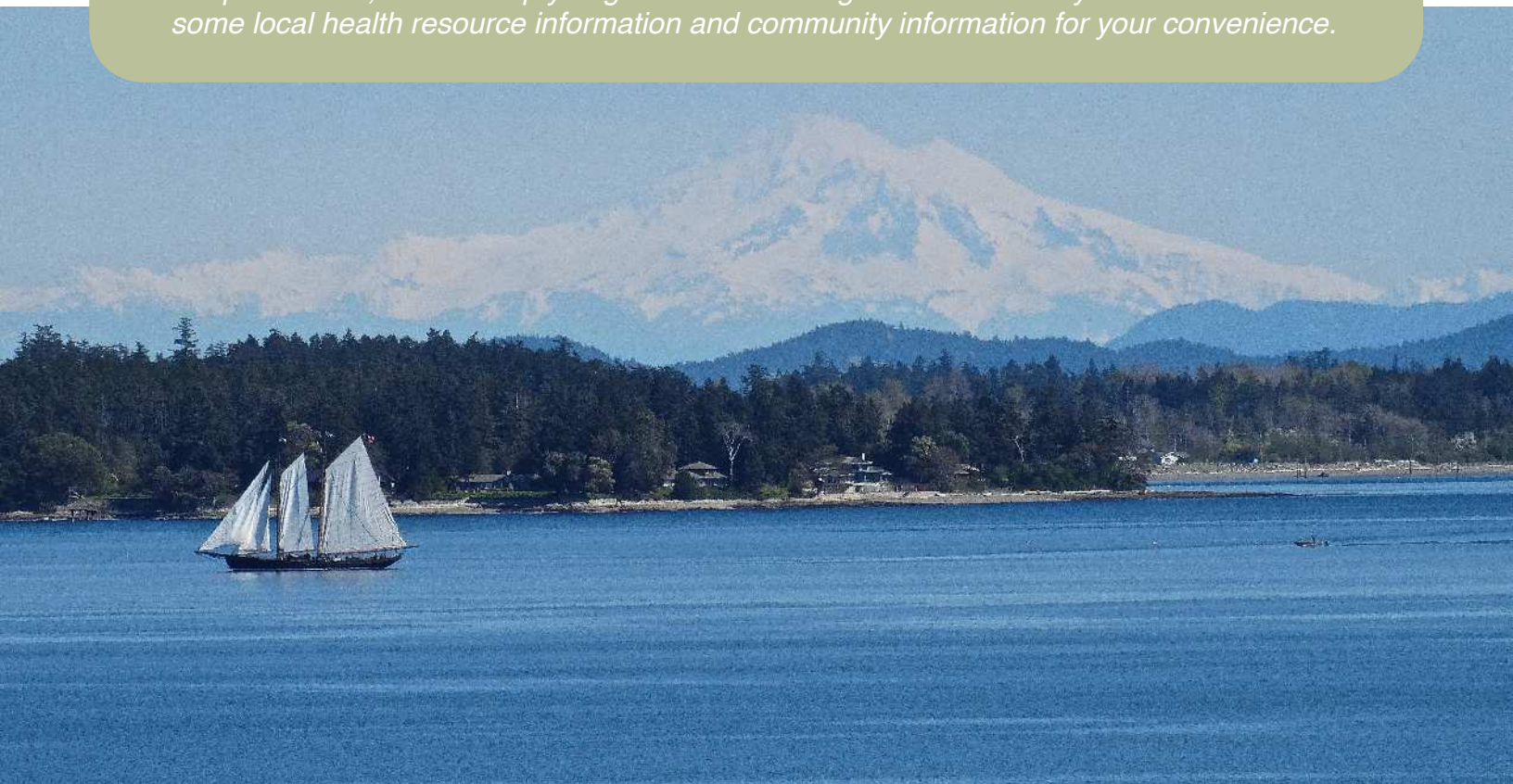




Photo Courtesy of Dr. Mark Sanders



Photo Courtesy of Dr. Mark Sanders



Photo Courtesy of Dr. Keith M. Letic

WELCOME TO THE COWICHAN VALLEY!

We acknowledge that we are privileged to work live, and play in the unceded traditional lands of the Cowichan, Malahat, Halalt, Lyackson, Stz'uminus, Penelakut, and Lake Cowichan Tribes. We are learning to respect this land that we are guests on and serve our communities' health care needs with commitment and respect.

A little about the Cowichan Valley...

Breathtaking mountain views, majestic coastlines and lush agricultural lands, coupled with a rich history and robust culture are just a few reasons the Cowichan Valley is a beautiful place to call home. The Cowichan Valley is located in one of the mildest climates in Canada. In fact, the Indigenous people of this region, the Coast Salish, called it Qu'wutsun meaning "warm place." The temperate climate provides the opportunity to enjoy year round activities such as golfing in the picturesque countryside, hiking or mountain biking the wilderness trails, or sailing, fishing, and kayaking around the many harbours and protected bays.

The region is hearty with outstanding produce; you can enjoy fine dining or take a relaxing stroll through one of the local markets. It is also home to many acclaimed wineries and craft breweries with spectacular vistas. There is a diverse artisan culture, live theatre, and music festivals. The population of the valley in the 2021 Census was 89,013. The region has something for everyone. The down-to-earth atmosphere, local commodities, and diversity of the region make it the best place to work and live!

Our Medical Community

As of 2024 there are 19 family practice clinics with 80 physicians providing services throughout the community, in addition to a broad spectrum of specialists. Acute care for the region is provided at the Cowichan District Hospital (CDH) in Duncan, which currently has 148 funded beds. Development of a new hospital is underway with plans for 204 beds and projected completion 2027. CDH is complemented by two urgent care centres in Chemainus and Ladysmith.

Cowichan benefits from a collegial and collaborative medical community, and is a leader in community engagement. The community is served by a well-established division of family practice and medical society, working collaboratively with community partners and using the collective voice of members to: support physicians to improve their clinical practices and professional satisfaction, identify gaps in patient care in the Cowichan region and develop solutions to meet our community's needs and common health care goals.



Cowichan Valley Division of Family Practice

The Cowichan Valley Division of Family Practice was formed in 2009 to support people and family physicians of the Cowichan Valley, to identify gaps in patient care, and to develop solutions to meet the community's needs.

The Cowichan Division works to foster strong, collaborative relationships, and benefits from a high level of community engagement and collegiality amongst the medical community. As a result, CVDFP is able to work closely with a range of community partners to achieve its goals, including: Island Health, Cowichan District Hospital, First Nations Health Authority, local First Nations communities, Our Cowichan Communities Health Network, and Economic Development Cowichan.

BENEFITS OF MEMBERSHIP

The CVDFP has 99% participation among GPs in the region. Being a member of a Division offers a number of potential benefits, including:

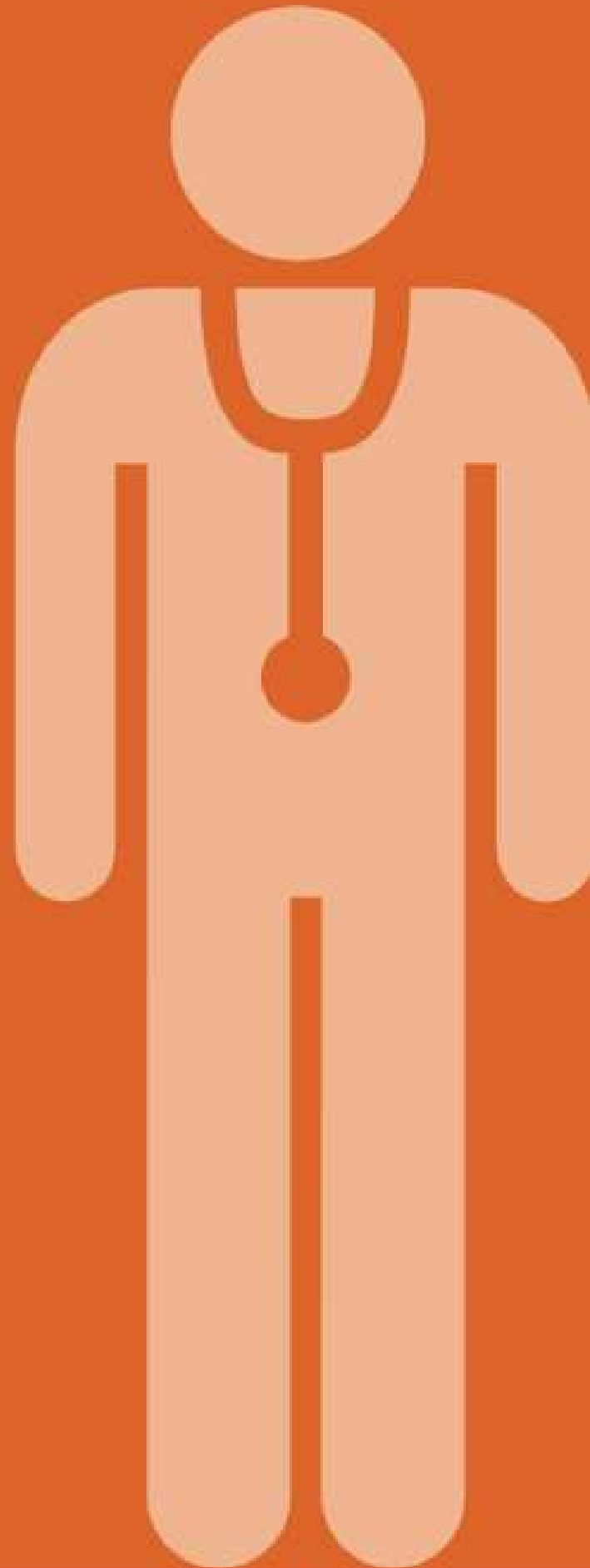
- Greater influence on the organization of local and regional health services for the Cowichan area.
- Helping to identify needs and create solutions for improved health care delivery in the region
- Shared efforts and resources for physician recruitment, retention, and locums.
- Access to CME events and other learning opportunities.
- Various incentives and program supports including inpatient care and long term care initiatives.
- Improved access to health authority and specialist services.
- Access to practice supports
- Enhanced professional collegiality
- Central admin team for support and information distribution
- Being part of an established communications network
- No time commitments or membership fees

**All local family physicians working in the
Cowichan Valley are welcome to join.**

Visit our website at: www.divisionsbc.ca/cowichan-valley

∴ LIVE ∴

Love Where You Live.



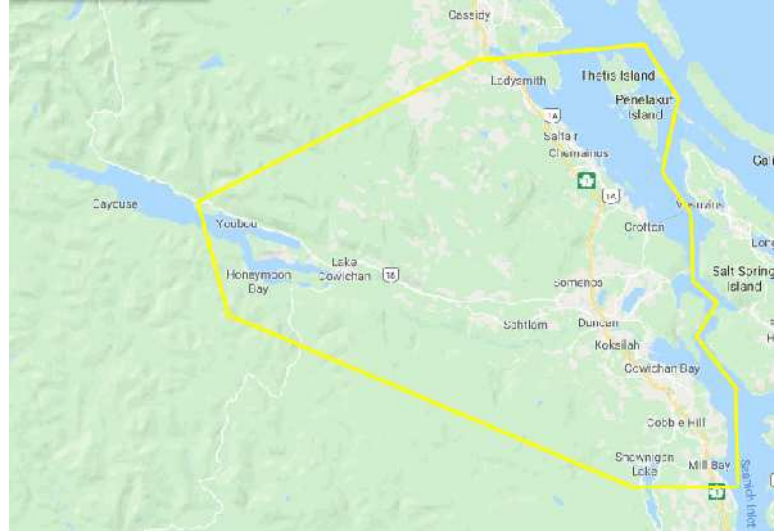
Cowichan Valley
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Living in the Cowichan Valley

The Cowichan Valley is located on the eastern side of Vancouver Island nestled between the urban centres of Victoria and Nanaimo. The area includes the communities of Mill Bay, Shawnigan Lake, Cobble Hill, Duncan, West Cowichan, Chemainus, Ladysmith and the First Nations communities of Malahat, Ditidaht, Cowichan, Halalt, Penelakut, Lyackson, Stz'uminus and Lake Cowichan.

Real Estate

The Cowichan Valley is a highly-regarded region to buy a home and raise your family! Whether you are looking for residential, condominium, designing your own build or purchasing acreage, the Cowichan Valley has a variety to choose from. Visit www.realtor.ca for property listings and realtor information.



Rentals

Now available in the Cowichan area, Medshousing.com is a listing service specifically aimed toward medical professionals seeking accommodations. There are numerous Cowichan area properties listed at any given time.

Other listing platforms available in Cowichan include, but are not limited to: Usedcowichan.com, thepropertymanagers.ca, airbnb.ca and Rentals.ca.



Public Schools

In the Cowichan Valley, the main public school board is School District 79 and Ladysmith is part of School District 68. There are 18 Elementary Schools and 7 Secondary Schools including french immersion education programs, as well as a distance learning school for alternative models of education.

To locate schools in your catchment area, scan the QR code below or visit the School District 79 School Locator: <http://www.mybaragar.com/index.cfm?event=page.SchoolLocatorPublic&DistrictCode=BC79>



Independent Schools

The Cowichan Valley is renowned for its very prestigious private schools. Many families have relocated to the region purely to take advantage of the high level of premium education and care provided by these very well respected schools.

Elementary Schools

Duncan Christian School (K-12)
<https://www.duncanchristianschool.ca/>

Evergreen Independent School
<http://evergreenbc.net/>

Queen of Angels
<http://www.queenofangels.ca/>

Queen Margaret's School
<http://www.qms.bc.ca/programs/>

Sunrise Waldorf School
<http://www.sunrisewaldorfschool.org/>

Secondary Schools

Brentwood College
<https://www.brentwood.bc.ca/>

Queen Margaret's School
<http://www.qms.bc.ca/programs/>

Shawnigan Lake School
<https://www.shawnigan.ca/>



::: WORK :::

Love What You Do.



Our Medical Community

As of 2024, there are 19 family practice clinics with 80 physicians providing services throughout the community. The region is also home to a number of specialists from the departments of Anesthesia, Emergency Medicine, General Surgery, Geriatrics, Internal Medicine, Neurology, Obstetrics and Gynecology, Orthopedics, Ophthalmology, Pediatrics, Plastic Surgery, Psychiatry, Radiology, and Urology.

Acute care for the region is provided at the Cowichan District Hospital (CDH) in Duncan, which currently has 148 funded beds. In February 2018 there was approval for a new hospital; construction will begin in 2023 and is projected to be completed by 2027. The new facility will have significantly increased capacity (204 beds) and provide better access to care and resources for the community. CDH is complemented by two urgent care centres in Chemainus and Ladysmith.

Cowichan benefits from a collegial and collaborative medical community, and is a leader in community engagement. The community is served by a well-established division of family practice and medical society, working collaboratively with community partners and using the collective voice of members to: support physicians to improve their clinical practices and professional satisfaction, identify gaps in patient care in the Cowichan region and develop solutions to meet our community's needs and common health care goals.

Cowichan District Medical Society

The Cowichan District Medical Society (CDMS) members are the physicians, midwives, dentists and nurse practitioners who help care for patients at the Cowichan District Hospital. Our mission is to promote engagement of our members in collaborating both between ourselves and with our partners in attaining the highest possible level of health and well-being for the people of our region. We are now funded as part of the Specialist Services Committee Facility Engagement initiative, but have been planning and delivering excellent health care as a society for over fifty years.

We have an Executive, supported by an Advisory Committee, whose main goal is to facilitate the involvement of members in attaining our mission and strategic objectives:

- Engage our members to provide input to improve the quality of health care services
- Collaborate with stakeholders in planning and developing strategic initiatives
- Support our member's satisfaction by seeking their suggestions and working together toward improvements

For more information about the CDMS, contact: cdmsleads@cowichandoctors.ca.



Family Practice Services Committee

www.fpscbc.ca/

The Family Practice Services Committee (FPSC) is one of four joint collaborative committees that represent a partnership of the government of BC and Doctors of BC. The FPSC works on behalf of doctors to strengthen full-service family practice and patient care in BC.

The FPSC supports doctors to take leadership and influence the delivery of primary care in BC by:

- Enriching doctor and patient experiences,
- Empowering doctors to enhance patient care, and
- Contributing to a sustainable health care system.

The FPSC has representation from the Ministry of Health and Doctors of BC, plus guest members from BC Family Doctors, and health authorities. <http://www.fpscbc.ca/who-we-are>

Practice Support Program

<https://fpscbc.ca/what-we-do/practice-supports/psp>

FPSC's Practice Support Program (PSP) offers services for family physicians to optimize your practice, enhance your use of health technology, and more effectively manage your patient panel. Teams help your practice become more efficient, creating more time for proactive patient care and for adopting the patient medical home attributes. Services are customized to meet your specific practice needs and to accommodate your busy schedule.

For Practice Support, please contact:

Sandi Green, Practice Improvement Coach, Practice Support Program
sgreen@doctorsofbc.ca

Doctors of BC Resources

www.doctorsofbc.ca/

Doctors of BC is a voluntary association of 14,000 physicians, residents, and medical students in British Columbia. It's goals are to promote a social, economic, and political climate in which members can provide the citizens of BC with the highest standard of health care, while achieving maximum professional satisfaction and fair economic reward.

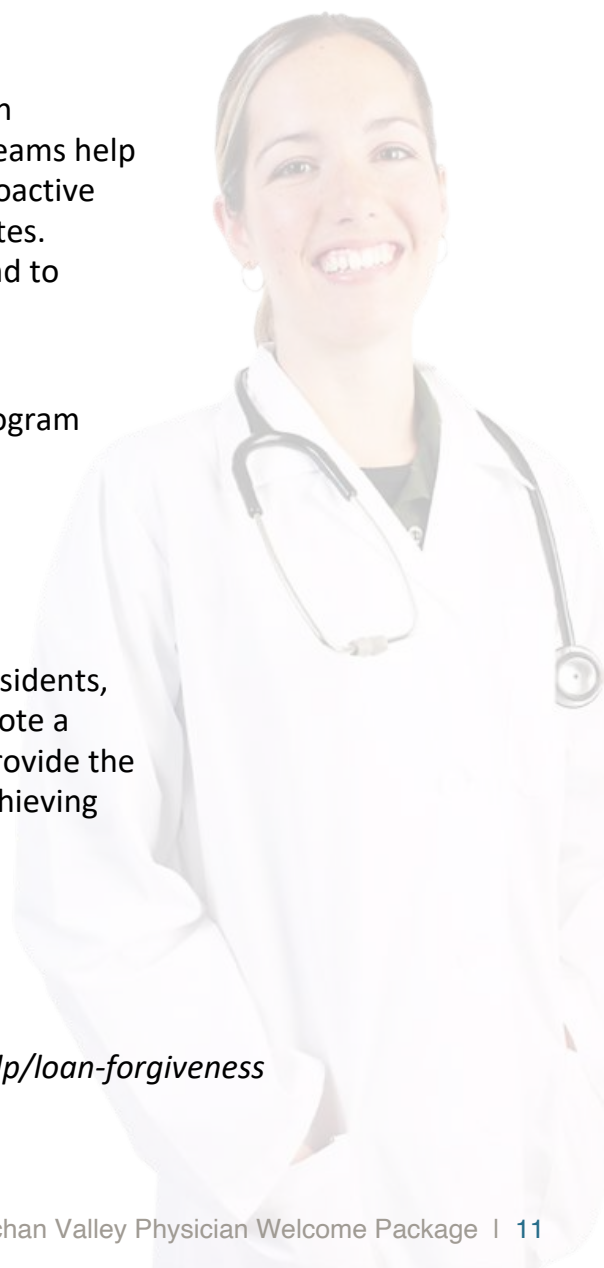
Loan Forgiveness Programs

BC Student Loan Forgiveness Program

<http://www.aved.gov.bc.ca/studentaidbc/repay/repayment-help/loan-forgiveness>

Canada Student Loan Forgiveness Program

<http://www.canlearn.ca/eng/after/forgiveness/faq.shtml#only>



Physician Support

www.physicianhealth.com

The Physician Health Program supports and advocates for BC physicians & their families. They provide assistance for a wide range of physical, mental & relationship challenges and aim to support a healthy, connected & resilient physician community.

The Family Practice Hospital Support Program

Developed in 2010, and replacing the original Doctor of the Day program, FPHSP provides support to FPs who care for patients admitted to Cowichan District Hospital who are without a family doctor to provide such care. This includes patients who have no family doctor, those whose doctor is from out of town, or whose doctor does not have privileges. FPHSP, still commonly referred to as DOD, is structured so that patients are assigned one at a time to participating physicians, on a rotating basis.

Current inpatient care incentives:

- Unassigned inpatient care network fee - \$54,750 per quarter divided equally among providers.
- Unassigned inpatient care fee - \$200 per patient billed.
- Weekend call incentive - \$70/day for each physician being covered, to maximum of \$500 per day.
- Assigned inpatient care network incentive - \$2,100 per quarter; paid by the FPSC.

Changes to the inpatient care funding model are anticipated in 2024 with the expansion of the Longitudinal Family Practice Payment model.

Read about the LFP payment model here: <https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/msp/physicians/longitudinal-family-physician-lfp-payment-model>

Mentorship Program

The medical community is proud to offer an incentivized mentorship program to support physicians new to Cowichan with working in hospital and in connecting with the community.

For Mentorship Program Information, please contact the CVDFP team: tlittmann@cvd fp.ca

LOVE TEACHING?

Cowichan has a very successful Integrated Community Clerkship Program with opportunities for preceptors to help educate future generations. The ICC Program is run out of Cowichan District Hospital and provides med students and residents with hands-on learning, the chance to form relationships with experienced physicians and to become a member of the community.

Starting in 2024, Cowichan became home to a new UBC Family Practice Residency Site which aims to provide residents a supportive and expansive learning experience that produces curious, community-engaged, and compassionate family physicians.

Read more about both programs on page 17.

Family Practice Clinics in the Cowichan Valley

CHEMAINUS

Chemainus Medical Clinic

250-246-3261 | 9892 Esplanade St.

COBBLE HILL

Valleyview Medical Clinic

(includes Walk In)

250-743-9395 | 27-1400 Cowichan Bay Rd.

DUNCAN

Alderlea Medical Clinic

250-748-9000 | 101-330 Festubert St.

Blue Sky Medical

250-597-3390 | 341 Festubert St.

Duncan Family Practice

(Includes Walk In)

250-597-3777 | 201-2763 Beverly St.

CareBridge Clinic

Cowichan Primary Care Network (PCN)

250-737-2670 | 160 Jubilee St.

Coleman Clinic

250-746-4102 | 186 Kenneth St.

Festubert Family Practice

250-746-7720 | 341 Festubert St.

Ingram Family Physicians

250-746-4401 | 103-149 Ingram St.

Somenos Medical Clinic

250-709-9090 | Unit A - 921 Canada Ave.

Slhexun Sun'ts'a' Clinic

250-715-3322 | 121 Ingram St.

Valley Medical Clinic

250-748-8151 | 335 Jubilee St.

LADYSMITH

Hillside Medical Centre

250-245-2235 | 41 3rd Ave.

Ladysmith Family Practice Clinic

250-739-5784 | 1111 4th Ave.

LAKE COWICHAN

Lakeside Medical

250-932-9011 | 138 S. Shore Rd.

Kaatza Clinic

Cowichan Primary Care Network (PCN)

250-737-2644 | 58 Cowichan Ave.

MILL BAY

Mill Bay Medical Centre

250-743-3211 | 845A Deloume Rd.

SHAWNIGAN LAKE

Shawnigan Village Family Practice

250-743-0793 | 2749 Dundas Rd.



Specialist Services

The Cowichan Valley is a full-service medical community including the following specialty services:

*Addictions Community Medicine
ENT
General Surgery Geriatrics
Infectious Disease Internal
Medicine Maternity Services
Midwifery Neurology
Obstetrics and Gynecology*

*Ophthalmology
Orthopedic Surgeons
Pediatrics
Psychiatry
Rapid Response GP Services (Home
Care/MAID)
Sports Medicine
Urology*

For a complete listing of specialists serving the Cowichan Valley, scan the QR code or visit the Pathways website, www.pathwaysbc.ca.



Don't have Pathways access yet? Contact Janice Schmidt, Pathways Administrator at: nanaimo@pathwaysbc.ca

Cowichan Maternity Clinic

www.cowichanmaternityclinic.ca/

Opened in March 2011, the Cowichan Maternity Clinic (CMC) was developed to fill a growing void in the community, with a steadily decreasing number of family doctors providing obstetric care. Located in the Cowichan District Hospital, CMC provides maternity care to pregnant women up to 6 weeks post-partum.



One of the clinic's goals is to help close the care gap faced by Indigenous women, who face unique cultural, socioeconomic and medical needs during pregnancy. This population has consistently comprised approximately 30% of CMC patients. The clinic's mandate also includes attaching patients who did not previously have a family doctor. The CMC is staffed by family physicians, an RN, a contracted part-time dietician and an MOA.

Community Resources

For a complete list of resources and services available to physicians and patients of the Cowichan Valley, please scan the QR code or visit www.pathwaysbc.ca.



Acute Care

Cowichan District Hospital

250-737-2030 | 3045 Gibbins Rd., Duncan

CDH Site Director

David Huntley

David.Huntley@islandhealth.ca



Photo Courtesy of Island Health

Site Medical Director & Chief of Staff

Dr. Graham Blackburn

Graham.Blackburn@islandhealth.ca

The Cowichan Valley's acute care needs are served by the Cowichan District Hospital. The facility houses 148 funded acute care beds, including:

- 7 intensive care
- 8 LDRP (Labour, Delivery, Recovery & Post-Partum)
- 8 pediatric
- 15 psychiatry
- 25 overflow spaces

Additional rooms/bays/procedural spaces include:

- 5 operating rooms
- 8 surgical daycare
- 5 post-anesthetic recovery rooms (PARR)
- 3 medical daycare chairs, 6 chemotherapy chairs & 1 stretcher
- 15 emergency, including 2 secure rooms
- University of British Columbia (UBC) academic teaching space & simulation lab

Privileges & Credentialing Contacts

For full privileges: Credentialing_Office@islandhealth.ca

For Photo ID and Proxy Cards: secon@islandhealth.ca

For PowerChart access only: MOApowerchart@islandhealth.ca

Visit the Island Health website for more information:

<https://medicalstaff.islandhealth.ca/organization/medical-staff-support-resources/credentialing-and-privileging>

For Hospital Tours Please Contact:

Dr. Graham Blackburn, Site Medical Director & Chief of Staff
Graham.Blackburn@islandhealth.ca

QUICK REFERENCE NUMBERS

EMERGENCY

Nursing Station 44345
Physician Phone 44163 and 44215

RADIOLOGY

CT/CHH X-rays 44009
US/Mammo/LHC XRay 45371

2ND FLOOR

Nursing Station 44223

3RD FLOOR

Nursing Station 44233
IMIT Service Desk
250-370-8777

The Cowichan District Hospital is complimented by the Chemainus Health Care Centre and Ladysmith Community Health Centre:



Chemainus Health Care Centre
250-737-2040 ext 42227 | 9909 Esplanade St



Ladysmith Community Health Centre
250-739-5777 | 1111 4th Ave.

Cowichan Long Term Care Facilities

There are 7 long-term care facilities located throughout the Cowichan Valley. The four Duncan facilities have a shared after-hours call group for physicians wishing to sign out after hours. The call group also serves as back up in the event the patient's MRP cannot be reached.

Acacia Ty Mawr

2655 Shawnigan Lake Road |
Shawnigan Lake
Phone: 250-743-2124

Cairnsmore Place

250 Cairnsmore Street | Duncan
Phone: 250-709-3080

Cerwydden Care

3243 Cowichan Lake Road | Duncan
Phone: 250-746-4432

Chemainus Health Care Centre - Long-Term Care

9909 Esplanade Street | Chemainus
Phone: 250-737-2040

Sunridge Place

361 Bundock Avenue | Duncan
Phone: 250-748-8048

The Hamlets

5950 York Rd | Duncan
Phone: 250-597-7995

Oyster Harbor

1127 Fourth Ave. | Ladysmith
Phone: 250-245-3318

Long-term Care Initiative

Family doctors in Cowichan can benefit from supports offered under the Long-term Care Initiative, a provincial level program that provides incentive payments to physicians meeting a certain level of care provided to patients within long-term care facilities.

The intended system level outcomes have been defined as: reducing unnecessary or inappropriate hospital transfers; improving patient/provider experience; and reducing cost/patient as a result of higher quality of care. The LTCI Best Practice Expectations supporting these outcomes are:

Number of proactive visits
Meaningful med reviews
Completed/updated MOST

Case conference attendance
24/7 availability

You can read the positive results of the LTCI initiative in prototype communities [here](#).

Pathways

www.pathwaysbc.ca

Pathways provides an opportunity for you to quickly access current and accurate referral information (including wait times and areas of expertise). When starting work in the Cowichan Valley this should help you get up to speed on local specialists and community supports. This system covers our local area as well as throughout BC (about 80% of the province is already online).

Pathways can help you:

- Identify the most appropriate specialists with shorter wait times.
- Easily identify specific areas of practice offered by each specialist and clinic
- Reduce referral bounce backs for missing information
- Understand individual specialist referral processes
- Easily find patient resources, guidelines, and requisitions

For help with Pathways, contact:

Janice Schmidt, Pathways Administrator, nanaimo@pathwaysbc.ca

Translation Services

www.phsa.ca/health-professionals/professional-resources/translation-services

Translation services are available through the Provincial Health Services Authority.

Teaching

UBC / UVic Integrated Community Clerkship Program

www.mdprogram.med.ubc.ca/about/integrated-community-clerkships/

The Cowichan (Duncan) ICC was established in 2010. Medical education has a long history in the Cowichan Valley, being host to rural practice students since the 1970's. Since the beginning, the medical community has been very engaged with the ICC program and we work together to provide a high level of clinical experience and supportive environment for the ICC students. It's a great place to live and work.

UBC Family Practice Residency

<https://carms.familypractice.ubc.ca/training-sites/cowichan-2/>

The Cowichan training site will be welcoming its first residents in summer of 2024.

The mission of the Cowichan Valley Family Practice residency site will be built on the strong tradition of collegiality and cohesiveness for which the Cowichan medical community is well known. The site will offer a learner-focused comprehensive interdisciplinary and collaborative educational experience incorporating multiple medical specialties, allied health professionals, and community members in a supportive and respectful learning environment. This site will partner with local Indigenous communities and Elders to build a trauma-informed and culturally sensitive curriculum that honours the expanded tenants of equity, diversity, and inclusivity. Graduates will be highly skilled, confident, community minded physicians who have a deep sense of compassion for patients and themselves.

San'yas Anti-Racism Indigenous Cultural Safety Program

<https://sanyas.ca/core-training/british-columbia>

Subsidies for the San'yas program are sometimes available. Please contact the CVDFP team to inquire: tlittmann@cvsfp.ca.

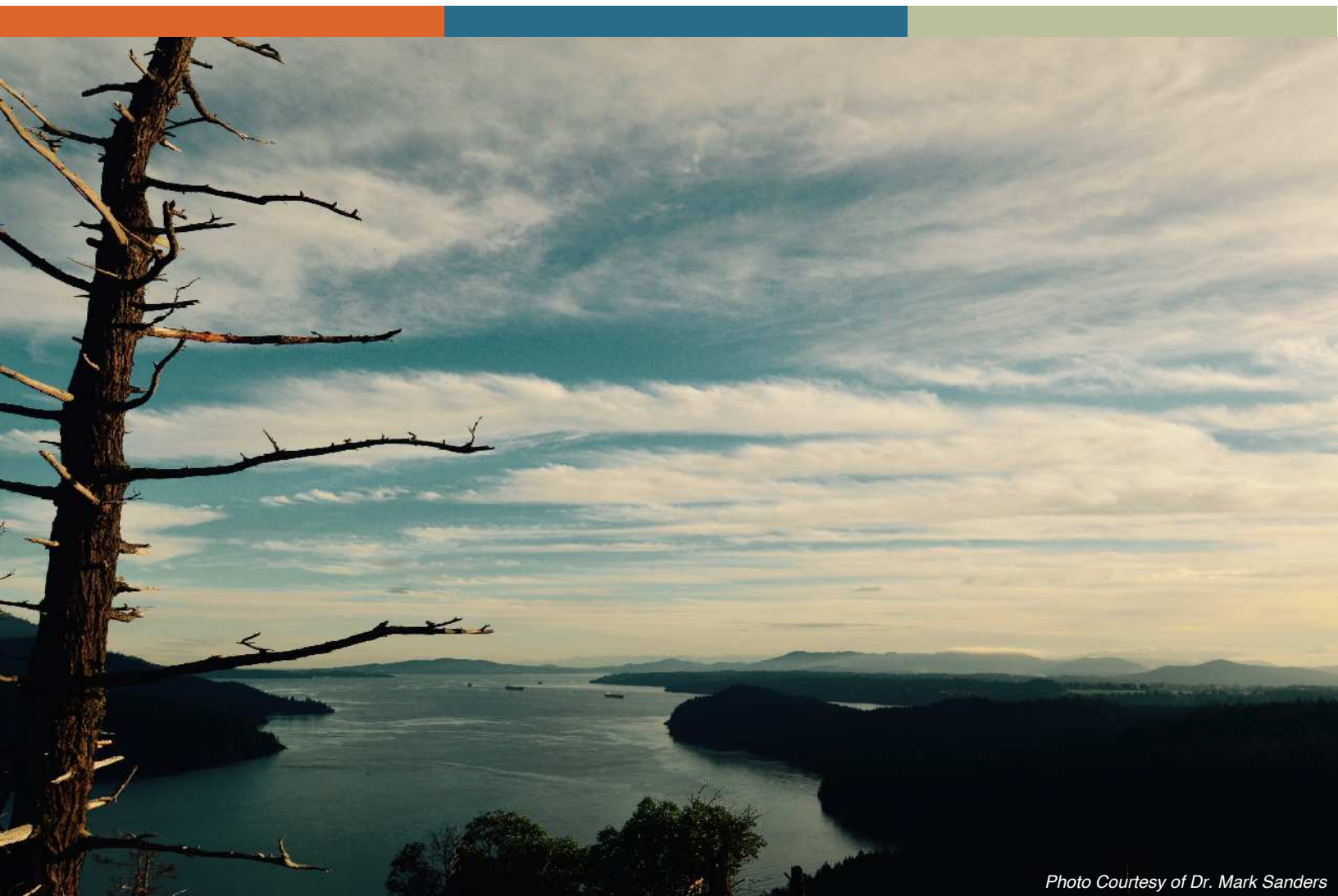
Electronic Medical Records

<https://www.doctorsofbc.ca/managing-your-practice/doctors-technology-office-dto/managing-your-emr>

There are several EMRs in use in clinics throughout the Cowichan Valley. The Doctors Technology Office provides numerous EMR-related resources to help you transition seamlessly into practice. Links are included below to access orientation guides for two main EMRs, Med Access and Oscar.

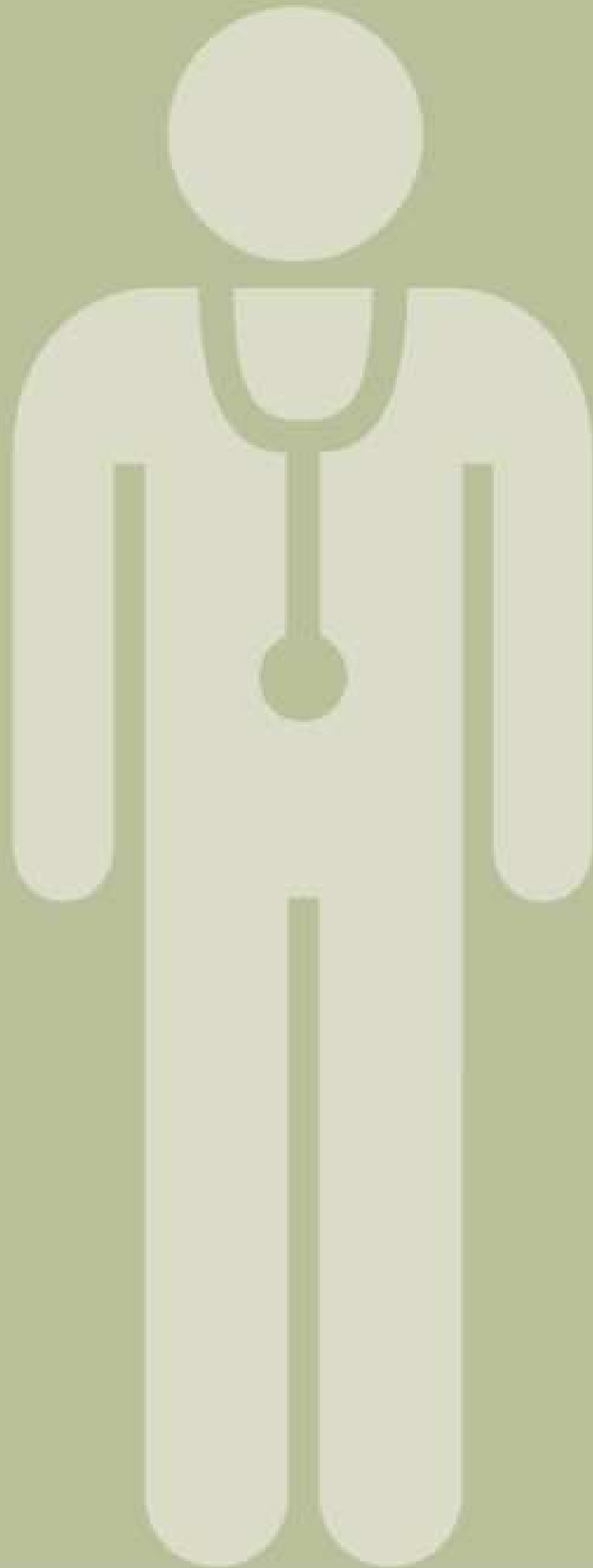
For the family practice community, where the EMR of choice is Med Access, in-clinic supports are available. Please contact the CVDFP team to inquire: tlittmann@cvsfp.ca.

- **Med Access orientation guide:** https://www.jcc-resourcecatalogue.ca/media/divresources/Encounter_Attachment_Shift_Reporting_EMROrientationGuide-Med-Access.pdf
- **Oscar orientation guide:** https://www.jcc-resourcecatalogue.ca/media/divresources/Encounter_Attachment_Shift_Reporting_EMROrientationGuide-Oscar.pdf



::: PLAY :::

Love Where You Do It.



Outdoors

The Cowichan Valley is a mecca for the outdoor enthusiast. From the magnificent surrounding mountains to the endless bodies of fresh and salt water, there is guaranteed to be an adventure for every interest and skill level.

Hikes & Trails

The Cowichan Valley has a number of trails and mountains to hike. For trail maps and route suggestions, visit www.cowichantrails.ca/hike.

Mountain Biking

Surrounded by beautiful mountains and scenic view, the Cowichan Valley contains vast trail systems for bikers of all abilities. *For a list of recommended hotspots, visit www.cowichantrails.ca/ride.*

On The Water

Enjoy a relaxing float down the Cowichan River, row, waterski, kiteboard or windsurf on the many lakes, kayak the inlets, or sail the coastline of the Salish Sea. The possibilities are endless!

Maple Bay Yacht Club
www.mbyc.bc.ca/

Maple Bay Rowing Club
www.maplebayrowingclub.ca/

Golfing

The Cowichan Valley is the host of many local golf courses well suited for skilled golfers and beginners alike.

Arbutus Ridge Golf Club
www.arbutusridge.com/

Ladysmith Golf Club
www.ladysmithgolfclub.ca/

Cowichan Golf Club
www.cowichangolfclub.ca/

March Meadows Golf Club
www.marchmeadowsgolf.com/

Duncan Meadows Golf Club
www.duncanmeadows.com/

Mt. Brenton Golf Club
www.mountbrentongolf.com/





Photos Courtesy of Dr. P. Terlien

Photos Courtesy of Dr. J. Broere

Local Shopping

There are so many wonderful local markets throughout the Cowichan Valley. For a complete listing visit www.tourismcowichan.com/activities/farm-markets.

Cobble Hill Farmer’s Market
www.cobblehillfarmersmarket.ca/

Russell Farm Market
<https://russellfarmmarket.com>

Duncan Farmer’s Market
Year-round Saturday market, rain or shine.
www.duncanfarmersmarket.ca/

Westholme Tea Farm
www.westholmetea.com

The Old Farm Market
www.theoldfarmmarket.ca

Whippletree Junction
<https://www.facebook.com/WhippletreeJunction>

Local Dining

The Cowichan Valley is famous for its diverse and highly acclaimed dining experience; artisan restaurants, chic bistros, and farm-to-table eateries abound.

Bridgeman’s Bistro
www.bridgemans.ca

The Old Town Bakery
www.oldtownbakery.ca

Sawmill Tap House and Grill
www.sawmilltaphouse.com

The Restaurant at Unsworth Vineyards
www.unsworthvineyards.com/menu

The Masthead Restaurant
www.themastheadrestaurant.com

True Grain Bread
www.truegrain.ca

The Old Firehouse Wine & Cocktail Bar
www.theoldfirehouse.ca

Vinoteca
www.vinoteca.ca

Genoa Bay Café
www.genoabaycafe.com

Vineyards, Cideries & Craft Breweries

The warm Mediterranean like climate of the Cowichan Valley produces some of the finest vineyards in BC.

Averill Creek Vineyard

www.averillcreek.ca

Cherry Point Estate Wines

www.cherrypointestatewines.com

Enrico Winery

www.enricowinery.com

Merridale Cidery and Distillery

www.merridale.ca

Red Arrow Brewing Company

www.redarrowbeer.ca

Riot Brewing Company

www.riotbrewing.com

Unsworth Vineyard

www.unsworthvineyards.com

Zanatta Vineyards

www.zanatta.ca

Arts & Culture

The Cowichan Valley has a diverse artistic community ranging from highly talented artisans and cultural craftsmanship to soulful musicians, exceptional theatrical performers and beyond.

Chemainus Theatre

www.chemainustheatrefestival.ca

Cowichan Performing Arts Centre

www.cowichanpac.ca

Cowichan Culture

www.cowichanculture.ca

Cowichan Valley Arts Council

www.cowichanvalleyartscouncil.ca

Cowichan Symphony Society

www.cowichansymphonysociety.ca

Tourism Cowichan

www.tourismcowichan.com

Quw'utsun Syuw'entst Lelum' Culture and Education Centre

www.cowichantribes.com/member-services/culture-and-education

HAVE YOU TRIED MEETUP?

MeetUp is an excellent resource for people of all ages to find local groups, make friends, and discover new hobbies.

To learn more, visit: www.meetup.com/cities/ca/bc/duncan.

Photo Courtesy of Dr. M. Sanders



Photo Courtesy of Dr. P. Terlien

Activities for Children

There are a number of activities to do with children throughout the Cowichan Valley. The CVRD has many recreational programs listed on their website. In addition to this, communities offer activities such as soccer, hockey, lacrosse, rugby, field hockey, rowing, volleyball, rock climbing, archery, equestrian, curling, lawn tennis, and more!

Below is a small listing of activities. Get out and enjoy the community events.

Swimming

Cowichan Aquatic Centre, Duncan

Phone: 250-746-7665

Crofton Outdoor Pool, Crofton

Phone: 250-246-4141

Frank Jameson Aquatic Centre, Ladysmith

Phone: 250-245-6424

Skating

Cowichan Lake Recreation, Lake Cowichan

Phone: 250-749-6742

Kerry Park Recreation Centre, Mill Bay

Phone: 250-743-5922

Island Saving Centre, Duncan

Phone: 250-748-7529

Fuller Lake Arena, Chemainus

Phone: 250-246-3811

Popular Parks

Glenora Trailhead Park, Glenora

Bright Angel Park, Duncan

Art Mann Park, Duncan

Huckleberry Park, Cobble Hill

Deloume Park, Mill Bay

Transfer Beach Park, Ladysmith

Waterwheel Park, Chemainus

Popular Beaches

Osborne Bay Beach, Crofton

Fuller Lake, Chemainus

Lake View Park, Lake Cowichan

Bamberton Provincial Park, Mill Bay

Masons Beach Park, Shawnigan Lake

Kinsmen Beach Park, Chemainus

Transfer Beach Park, Ladysmith

Organized Sports & Activities

RecCowichan

www.reccowichan.ca

Fun Activities

BC Forest Discovery Centre

www.bcforestdiscoverycentre.com

James Street Billiards

2692 James St, Duncan,

Duncan Lanes Bowling,

www.duncanlanes.com

Cowichan Capitals Hockey

www.cowichancapitals.com

The Raptors Centre

www.pnwraptors.com

Caprice Cinemas Theatre

www.hollywood3.ca/listings/duncan



:: CONTACT US ::

Connect with your local division and explore the endless opportunities that await you.

All inquiries may be directed to:

Tiffany Littmann
Director of Operations
tlittmann@cvsfp.ca

For more information, visit our website at:
www.divisionsbc.ca/cowichan-valley

