

COMOX MILITARY FAMILY RESOURCE CENTRE PRESENTS

What is a Gumboot?

• PREPARE • MOVE • ARRIVE • CONNECT • SETTLE • THRIVE •



Suggestions and helpful tips to help you settle into the Comox Valley, Vancouver Island and ultimately, beautiful British Columbia.

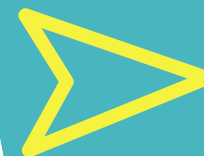


**Maybe this is your first posting, maybe it's not.
No matter how often you've moved, there are
always a few surprises.**

This document was created to help eliminate some of those little curve balls that military life can throw at us. Housing is probably your first priority, then potentially childcare, securing a job for a civilian spouse and switching over all that paperwork. The next few slides will provide you with some tips on all the essentials.

There are suggestions to make island life a bit more comfortable for all members of your family, From wildlife info, weather preparation, recreation and suggestions from other military families who call the island their home.

**At any point you can email: info@comoxmfr.ca
or call (250) 339 8290 for more information**



Looking for info on doctors, driver's licences, insurance, 19 Wing facilities, services and more? Click [here](#) to be redirected to the Comox MFRC Welcome Booklet, available on the CAFConnection website.

So you're posted to
COMOX...

COMOX MFRC



Many of the bold and underlined text in this document have links to more information, feel free to click away!





Housing Options - Let's be Honest

Housing can be hard to acquire here in the Comox Valley with house prices increasing and rentals being in high demand. As soon as you know you are posted here, contact the Canadian Forces Housing Agency to get on a wait list for a Residential Housing Unit (RHUs - formerly PMQs).

CFHA COMOX

A simple web search will provide a list of realtors in the Comox Valley. There are also rental options available on Craigslist, Kijiji, Facebook groups and posted on the community bulletin boards in the Canex lobby.

Air Force Beach Campground may have openings until you get settled.

Other campgrounds in the area are listed here: **Comox Valley Campgrounds**

INFO@COMOXMFR.CA

1-(250)- 339- 8290





AIR FORCE BEACH CAMPGROUND



WEATHER ON THE ISLAND

SUNSHINE! RAIN! SNOW...SOMETIMES.



A quality raincoat is essential for Vancouver Island as we do see a fair amount of rain in the Fall and Winter. We do get snow in the Winter from time to time. You probably won't need your snow blower (however if you decide to keep it you'll be the popular person on your block when it DOES snow). You will need a shovel or two.

Every Winter is different, some drier than others. Usually you can golf and ski in the same day. Invest in a good pair of rain boots, also known as gumboots, galoshes or rubber boots. One piece rain suits are recommended for wee ones as they provide waterproof fun and make kids look like starfish rolling around the playground.

Winter recreation, music, theatre, art, programs and special events are what will get you through the windy and rainy months.

Comox MFRC Welcome Book

Courtenay/Comox/Cumberland Recreation Guide

Sid Williams Theatre



SUMMER IS STUNNING



Island summers can be dry and we frequently have water imposed restrictions with fire bans.

For water restriction information, please contact the [Comox Valley Regional District](#).

Air quality can also be an issue if there are forest fires or other air pollutants in British Columbia.

For up to date info on air quality in our region, click [HERE](#).

The Comox Valley prides itself in providing an array of amazing events & festivals. They definitely add sparkle to the Summer season! **BONUS:** Mosquitoes are RARE!

What's On Digest?

[Canada Day Festivities](#)

[Filberg Festival](#)

[Nautical Days](#)

[Vancouver Island Music Festival](#)

[BC Seafood Festival](#)

[Elevate the Arts](#)

[Comox Valley Pride Festival](#)

[Comox Valley Exhibition](#)

[Cumberland Wild](#)

[Campbell River Events](#)



Planning on setting off your own fireworks? Read [THIS](#) first.



FUN FACTS ABOUT

C O M O X

K'OMOKS - KOMOX



In 1853 Sir James Douglas, governor of Vancouver Island, took a journey up the coast of Vancouver Island aboard SS Beaver, and recognized the area's agricultural potential. In 1861, Lieutenant Richard Mayne of the Royal Navy visited the area and wrote of the rich agricultural prospects of the area, saying it had taken him a day and a half to walk over the land "through which a plough might be driven from end to end". That same year Governor Douglas issued a land and settlement proclamation for the Koumox Valley, intending to divert new settlers away from the Victoria area as well as from the newly discovered Cariboo gold fields. He offered land in the valley for \$1 per acre and free transportation to the area.

Source: [CLICK HERE](#)

The warm dry summers, mild winters, fertile soil and abundant sea life attracted First Nations thousands of years ago, who called the area kw'umuxws meaning plentiful in Kwak'wala, the adopted language of the K'omoks. When the area was opened for settlement in the mid-19th century, it quickly attracted farmers, a lumber industry and a fishing industry. For over fifty years, the village remained isolated from the outside world other than by ship until roads and a railway were built into the area during the First World War. The installation of an air force base near the village during the Second World War brought new prosperity to the area, and in recent years, Comox has become a popular tourist attraction due to its good fishing, local wildlife, year-round golf, outdoor recreation opportunities and proximity to Mount Washington ski area, Forbidden Plateau, and Strathcona Provincial Park.



Expect deer in Comox. They are a smaller breed called blacktail deer and love to munch their way through backyards. They even use the crosswalks!



CFB Comox was established as a Royal Air Force Base in 1942.



Most of the Comox Valley is a **"No Drone Zone"**



K'omoks First Nation



According to Island Comox cultural traditions, the origin of the people began at the meeting of the Quinsam (kwaniwsam) and Campbell Rivers. Mary Clifton, the last speaker of the Island Comox dialect, has conveyed the origin story of a man named Shalhk'em and woman named Tisitl'a that dropped down from the sky" at kwaniwsam (Quinsam) in present-day Campbell River.

With them, they brought the mask and garments of the Xwayxway and together became the first ancestors of the Island Comox people. For the descendants of the Shalhk'em and Tisitl'a, kwaniwsam remains the central location in which Island Comox territory moves outward to Salmon River in the north, Cape Lazo in the south, and the islands in the Salish Sea (formally the Strait of Georgia)

For thousands of years indigenous people occupied the shoreline of eastern Vancouver Island in a place referred to as, "the land of plenty". This Land of Plenty stretched from what is known today as Kelsey Bay south to Hornby and Denman Island and included the watershed and estuary of the Puntledge River. The people called K'ómoks today referred to themselves as Sathloot, Sasitla, leeksun, Puntledge, Cha'chae, and Tat'poos. They occupied sites in Kelsey Bay, Quinsam, Campbell River, Quadra Island, Kye Bay, and along the Puntledge estuary. As a cultural collective they called themselves, "Sathloot", according to the late Mary Clifton. Oral history and archaeology describe a rich and bountiful relationship between the K'ómoks and Land of Plenty. Salmon, seal, octopus, herring, cod, deer, ducks, shellfish and a plethora of berries filled the tummies of the young and old alike.

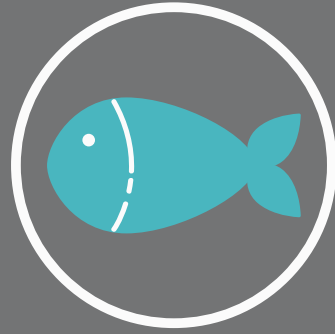
The technologies that were applied in harvest, preparation and cultivation of local resources were appropriate to the environment, resource and spiritual beliefs. Fish weirs, duck nets, berry picking techniques and clothing design met the needs of the K'ómoks and for generations, provided variety, utility and sense of cultural uniqueness. Mask dances and rhythmic songs filled the winter nights and season. Property was distributed to guests in potlatches and elaborate naming ceremonies honoured the youth, leaders and elders of the communities. Following contact with Europeans northern groups started a southerly move into K'ómoks territory.

A period of conflict displaced the K'ómoks southward to their relatives the Puntledge. Followed by a period of colonial policy and practices, the K'ómoks families have endured hardship and loss of land, resources and cultural connection. Modern leaders are striving to reclaim cultural expression and relationship the "the land of plenty". Today the head chiefs of the K'ómoks are Ernie Hardy (Sasitla), Allan Mitchell (Sasitla/Cha'chae) and George Cook (leeksun).

[Source: Click here](#)

FUN FACTS ABOUT

Courtenay



Archaeological evidence suggests there was an active Coast Salish fishing settlement on the shores of the Courtenay River Estuary for at least 4,000 years. [K'omoks First Nation](#)

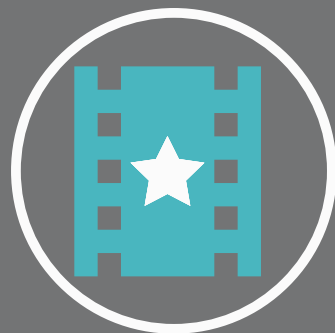


Courtenay has established itself as a hot spot for paleontology discoveries. Professional and amateur paleontologists have been discovering fossils of pre-historic sea life in Courtenay, and the Comox Valley is considered to be the first stop on the Great Canadian Fossil Trail. The first major paleontological discovery in Courtenay occurred in 1988 when resident Mike Trask and his daughter discovered the first fossil of an 80-million-year-old Elasmosaur on the banks of the Puntledge River. [Courtenay Museum](#)



Simms Millennium Park is a 9-acre (3.6 ha) park that was used during the Second World War as a training area for the D-Day landings.

[Courtenay Parks](#)



There are a number of celebrities from Courtenay:

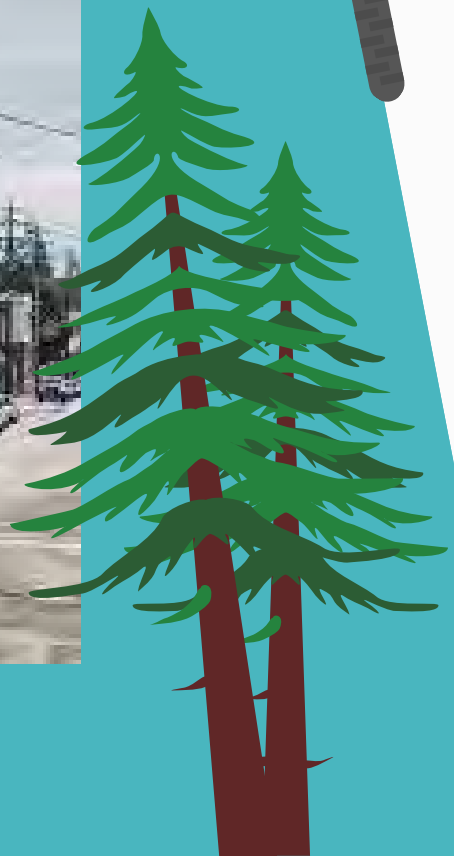
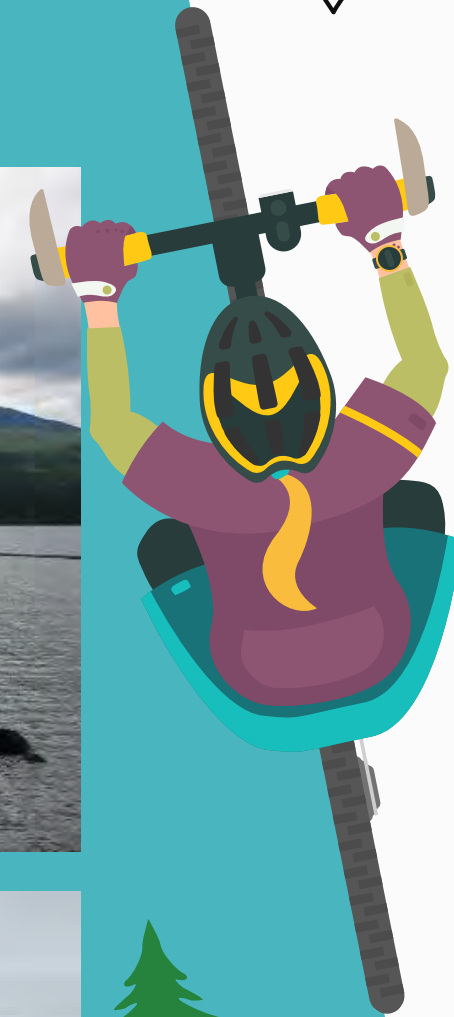
- Sex and the City actress, Kim Cattrall
- Sarah Neufled, of the band Arcade Fire
- Spencer O'Brien, Olympic snowboarder
- Byron Dafoe, Olaf Kölzig, and Brett McLean of the NHL



[Source: Wikipedia](#)

FUN FACTS ABOUT Cumberland

Cumberland is also home to the #1 rated mountain bike trails on Vancouver Island!



The village was originally named Union, British Columbia after the Union Coal Company, which was in turn named in honour of the 1871 union of British Columbia with Canada. The town was renamed Cumberland in Great Britain by James Dunsmuir in 1891. Robert Dunsmuir helped establish the town in 1888 when the first buildings were constructed and the official village was formed.

There are many old company houses and structures still intact in Cumberland, and at one point it boasted the second largest Chinatown on the west coast of North America.

Nearby Union Bay, which was tied to the booming coal industry in Cumberland has quite the history. Several stores served the town, including Fraser & Bishop's large general store with an extravagant facade. One night in March 1913 the general store was robbed by Henry Wagner, the "Flying Dutchman" as he was called. On this particular night two police officers, Constables Westaway and Ross, walked in on the pirate and his partner. A gunfight ensued during which Westaway was fatally wounded. Ross, however, managed to tackle Wagner and apprehend him after a long and bloody fight. Wagner was quickly hanged in Nanaimo. **Source: Wikipedia**

Earthquake Preparedness

Be Responsible, Be Prepared!

Vancouver Island borders the Juan de Fuca fault line and is an active earthquake zone. Make sure to educate yourself and your family on your local community's earthquake preparedness plan. We also suggest you create an emergency plan for your family that includes enough food and supplies for 72 hours.

Below are some useful links to help you get started.



<https://www.crd.bc.ca/prepare-yourself>



[Courtenay.ca/emergencypreparedness](https://www.courtenay.ca/emergencypreparedness)



[Comoxvalleyrd.ca/services/emergency-management/emergency-preparedness](https://www.comoxvalleyrd.ca/services/emergency-management/emergency-preparedness)





BE BEAR AWARE & COUGAR CAUTIOUS



- British Columbia has about one-quarter of all black bears in Canada,
- Each bear encounter is unique. No hard and fast rules can be applied when dealing with a potentially complex situation.
- Respect all bears – they all can be dangerous.
- Be alert. Never approach a bear, especially bear cubs. Avoid conflict by practising prevention. There is no guaranteed minimum safe distance from a bear – the further, the better
- Photographing bears can be dangerous. Use a long-range telephoto lens.
- Never attempt to feed a bear. Make your presence known by talking loudly, clapping, singing, or occasionally calling out.
- Look for signs of recent bear activity. These include droppings, tracks, evidence of digging, and claw or bite marks on trees.
- Learn about bears. Anticipate and avoid encounters. Know what to do if you encounter a bear.
- Odours attract bears. Reduce or eliminate odours from yourself, your camp, your clothes, and your vehicle. Don't sleep in the same clothes you cook in. Properly store food, including pet food, so that bears cannot smell or reach it. Don't keep food in your tent – not even a chocolate bar. Pack out all garbage.

- Encounters between cougars and humans are extremely rare.
- Children under the age of 16 are most vulnerable to an attack.
- Although cougars are most active at dawn and dusk, they will hunt at any time of the day or night in all seasons.
- Cougars are unlikely to attack a group. Avoid hiking alone.
- Stay alert. If you see cougar signs, leave the area. Tracks, droppings, scratched trees and food caches are all cougar signs. Cougars also urinate or defecate on piles of forest debris to mark their territory. These piles, called scrapes, also indicate the presence of cougars.
- Stay calm and keep the cougar in view. Pick up children immediately. Back away slowly, ensuring that the animal has a clear avenue of escape. Make yourself look as large as possible. Never run or turn your back on a cougar.



BRITISH
COLUMBIA

<http://www.env.gov.bc.ca/bcparks/publications>

For a detailed brochure on cougars and bears or for more info on BC Parks click here!



DOGS, Puppies WOOF!



The Comox Valley has plenty of options for dog owners! We are home to numerous off-leash and on-leash areas, dog-friendly hotels and restaurants, boarding options and training clubs. Here are some helpful resources to get you and your furry family members ready to go when you get to the Valley!

DOG FRIENDLY PARKS & TRAILS

- Cumberland Dog Park - A fenced in dog park located in Cumberland's Village Park.
- Nymph Falls Regional Park, Tsolum Spirit, Royston to Cumberland Railway Trail and Eagles Drive - All off-leash, provided dogs are kept nearby and under control. Most of the trails in these parks are multi-use, so horses and bikes may approach suddenly
- Seal Bay Park has a mix of off and on leash guidelines. Leashing is required around the Swamp Loop and on the water-side trails off Bates Road. There are on-leash rules for the months of April, May and June, as it's fawning and nesting season.
- There are many more beautiful parks to choose from, for a detailed list check out the Regional District website for a detailed list with maps!

<https://www.comoxvalleyrd.ca/parks-recreation/parks-trails-beach-accesses/dogs-parks>

VETERINARY SERVICES & KENNELS

Veterinary Services:

- Courtenay Veterinary Clinic
- Comox Valley Animal Hospital
- Balanced Paws Veterinary Care
- Puntledge Veterinary Clinic
- Van Isle Veterinary Hospital
- Sunrise Veterinary Clinic
- Shamrock Veterinary Clinic
- Raintree Veterinary Hospital
- Cumberland Veterinary Clinic
- Merville Tsolum Mobile Veterinary Health

Kennel Services:

- Wishbone Pet Boarding
- Doggy Do Boarding Kennel
- Poochies
- Black Creek Boarding Kennel

DOG LICENCES & BYLAWS

- <https://www.comoxvalleyrd.ca/services/bylaws-by-law-compliance/dog-licencing>
- <https://cumberland.ca/dog-licenses/>
- <https://comox.ca/modx/faq>
- <https://www.courtenay.ca/EN/main/city-hall/permits-and-licensing/dog-licencing.html>

DOG GROOMERS

- [Thoughtful Paws](#)
- [Dodge City Groomers](#)
- [Courtenay Grooming Salon](#)
- [Far Fetched Grooming](#)
- [Hair of The Dog](#)
- [Studio79 Dog Grooming](#)
- [Shakers Pet Grooming](#)

Keep an eye on small pets, there are a lot of eagles here!



"LAND OF PLENTY"



FARM MARKETS

Siefferts Farm Market

10 am to 6 pm, everyday
720 Knight Rd

Comox Valley Farmer's Market

9 am to 1 pm, Saturdays

- **Summer:** Comox Valley Exhibition Grounds; 4839 Headquarters Rd
- **Winter:** Native Sons Hall, 360 Cliffe Avenue, Courtenay

Cumberland Farmer's Market

July to Sept, 10 am to 1 pm
Cumberland Village Square

Pier Street Farmer's Market

May to Sept, 10 am to 2:30 pm
Discovery marina, Campbell River

FARMS OF ALL SORTS

Shamrock Farm (shamrockfarm.ca)

2276 Anderton Rd, Comox - May Plant Sale, July Lavender Fest & Flowers, Oct Pumpkin Fest, Dec Winter Fest

Coastal Black Estate Winery (coastalblack.ca)

2186 Endall Road, Black Creek
Annual Pumpkin Festival, fruit wine, cider, fruit, veggies & honey

Blue Haven Farm (bluehavenfarm.org)

2046 Idiens Way, Comox - U-pick, blueberry ice cream, sundaes, milkshakes and frozen yogurt

Amara Farm

2641 Kirby Road, Courtenay - Blueberries, garlic, cherry tomatoes, greens, carrots, salad turnips and seedlings

Comox Valley Mushrooms (comoxvalleymushrooms.com)

3337 Fraser Road, Courtenay - Farm Tours & Workshops

Innisfree Botanic Garden (innisfreefarm.ca)

3636 Trent Rd, Royston - Botanical garden and herb farm

Beaver Meadow Farms (naturalpasturesbeef.ca/BMF)

1821-E Anderton Road - Beef

River Meadow Farms (rivermeadownursery.com)

3125 Piercey Ave, Courtenay - Plant nursery

Berry Best Organic Farm

2156 Coleman Road, Courtenay - Fruit and vegetables

McClintock's Farm 3419 Dove Creek Rd, Courtenay

U-pick berries and water buffalo dairy

Windover Farm 3499 Dove Creek Rd, Courtenay

Victorian Acres Farm 3964 Dove Creek Rd, Courtenay - Beef chicken, turkey and hay

Lentulus Farms

1300 Comox Rd, Courtenay - meat, eggs, sourdough bread, wildflower honey, and vegetables

Tannadice Farms (tannadicefarms.com)

3465 Burns Rd, Courtenay - Beef, pork and chicken

Gunter Brothers (gunterbros.com)

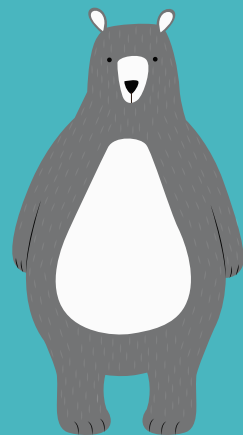
6200 Ledingham Road - Beef, pork and chicken

THE JOB MARKET

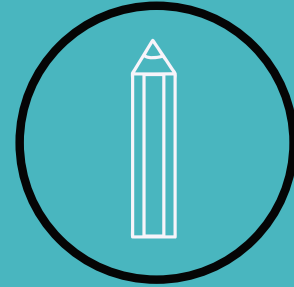


Are you an Early Childhood Educator?

Kinnikinnik Childcare Centre
needs YOU! Click [here](#) to apply!



High Demand Occupations in the
Coastal/Vancouver Island region
([Work BC Stats](#))



Job Board: Work BC Courtenay
<https://ceas.ca/comox-valley-job-bank>



Job Board: Indeed
<https://ca.indeed.com/jobs-in-Comox-Valley,-BC>



Qmmunity Works - specifically geared toward allies and
people of the LGBTQ2S+ community in gaining secure
employment <https://ethoscmg.com/qmunityworks>



TechWORKS for Youth Program
<https://ethoscmg.com/techworks/>

SECURING STABLE EMPLOYMENT



Work BC has offices in both Courtenay and Campbell River. ([Click here](#)). They provide skill building, resume and cover letter support, job search support and have a computer learning centre.

The 19 Wing Fitness Centre also has a computer lab you can use, free of charge for military families. Sign in at Client Services at the Comox MFRC.

For adult education courses and upgrading, check out Campbell River & Comox Valley NIC, Excel Career College. ([North Island College](#))

You can also book an appointment with our Community Information and Referral Coordinator who can help you navigate local employment opportunities. Email: referral.information@comoxmfr.ca

More helpful resource links:

- [Spousal Employment Network](#)
- [Current Employment Opportunities with CFMWS, FSR and MFRC](#)
- [LIFT](#)
- [Comox Valley Chamber of Commerce](#)
- [Veteran Family Program](#)
- [Work BC Resources](#)

Francophone Support:

- Association Francophone du Centre de l'île <https://afcr.bc.ca/>
- La Fédération des francophones de la Colombie-Britannique <https://ffcb.ca>
- [Welcome BC](#) en français

CHILDCARE & YOUTH

Infant/Toddler, Pre-school and School Age (5 - 18 yrs)



Kinnikinnik/ 19
Wing Childcare
Centre



Other childcare
options &
schools



Youth
Programs in the
Community



Kinnikinnik and 19 Wing Child Care Centre

Kinnikinnik Childcare Centre and 19 Wing Family Centre

provide childcare for children from infancy to age 5. Full spaces are offered in Infant & Toddler Care, and the Early Learning Program (ages 30 months to school-age).

For more information, contact the office at

250-339-8211 extension 7232

The office is located at the 19 Wing Family Centre, 1473 Snowberry Ave, Lazo. Information packages can be picked up at this location.

Childcare spaces are limited in the Comox Valley, so we strongly recommend getting on multiple lists ASAP.



[Click here](#) to find out more about
the Child Care Centre!



COMOX VALLEY
SCHOOLS

The Comox Valley is home to a variety of amazing schools that cater to both English and French families! We also have post secondary options at both a college and university level.

Check out the links below for more information on schools and education opportunities in your area,

Comox Valley School District 71

Comoxvalleyschools.ca

École Au Coeur de L'île (SD #93)

aucoeurdelile.csf.bc.ca

North Island College

nic.bc.ca

Vancouver Island University

viu.ca



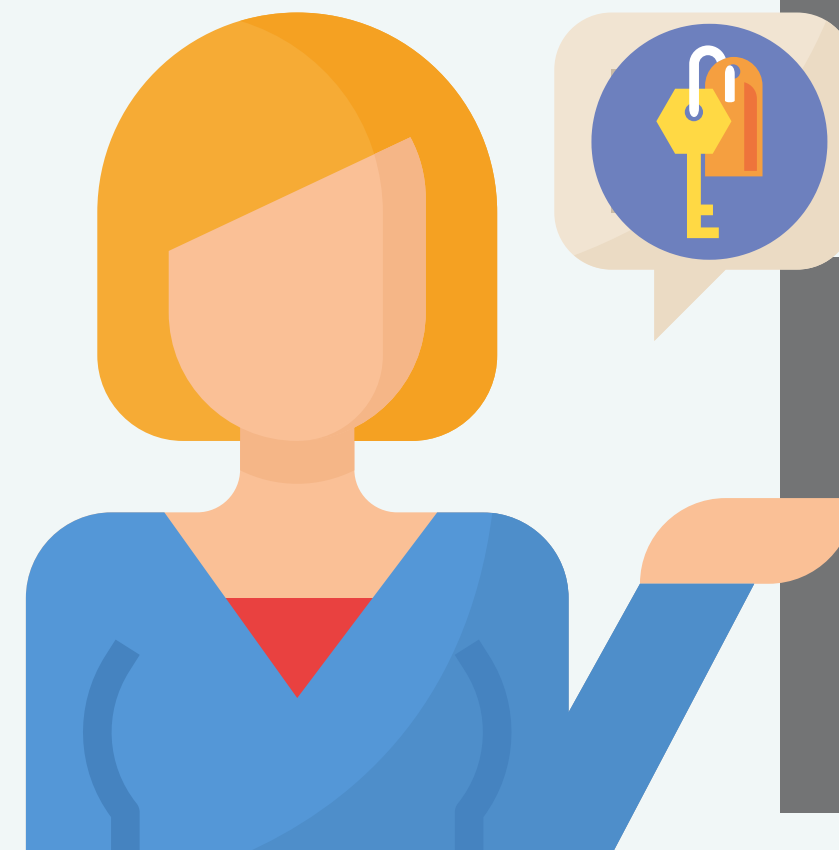
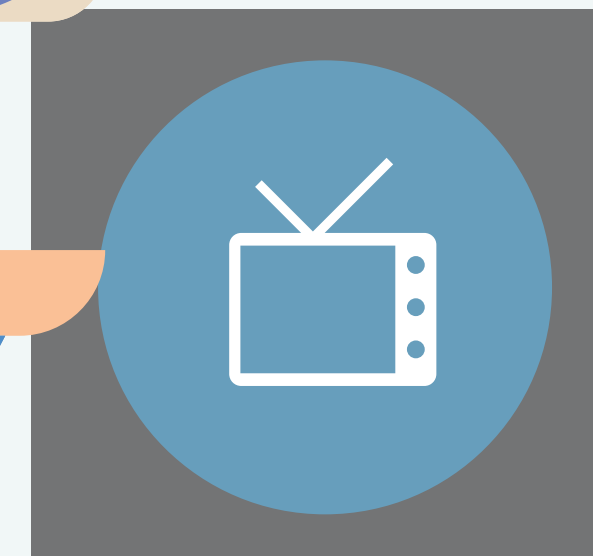
UTILITY PROVIDERS, GARBAGE & RECYCLING INFORMATION

Utilities:

- **Electricity:** B.C. Hydro
- **Gas:** FortisBC
- **Oil:** Columbia Fuel and others
- **Cable:** Shaw and TELUS
- **Telephone:** TELUS and Shaw (for land lines)
- **Internet:** Shaw and TELUS
- **Water:** CRD

Garbage & Recycling:

- Courtenay Curbside & Recycling Information
- Comox Curbside & Recycling Information
- Regional District Curbside & Recycling Information
- Cumberland Curbside & Recycling Information



BC ACCESS CENTRE AND MEDICAL NEEDS



British Columbia has a medical insurance plan that covers most health costs. We also have a provincially funded pharmacy program. Private health services are available as well. To apply for your BC medical health card please click [here](#). You can also visit our local BC Access Centre at 2500 Cliffe Avenue, Courtenay 250-897-7500.



Welcome to the Comox Valley! After moving here you have **90 days** to switch over your licence. You can drive with an existing, valid licence in the meantime. For more information or to apply for your BC drivers licence please click [here](#).

Here in BC, ICBC for our driver insurance provider. We have multiple insurance brokers in the Valley to assist with your car insurance needs. For more information please click [here](#).



Island Health provides health care services for Vancouver Island and the Comox Valley through a network of hospitals, clinics, centres, health units, and long-term care locations. For more information about Island Health services please click [here](#).



The Comox Valley has both medical doctors and specialists. It can be hard to find a family doctor here in the valley. Below are a few resources to help you find a new family doctor.

The Military Family Doctor Network - helps connect Military families with local doctors. For more info click [here](#).

Health Connect Registry BC - helps patients find local family physicians. Click [here](#) for more information.

If you require more information please contact our Community Information and Referral Coordinator at: referral.information@comoxmfr.ca



The Comox Valley is home to a variety of dental and orthodontic practices that can be found in all communities. Its best to research the practices in your area and reach out to them in regards to their services and dental plan options..

The Comox MFRC does have a detailed list of dental practices that are accepting new patients and we do our best to make sure we update it often. Let us know if you would like an emailed copy.



Comox Valley has a variety of medical laboratories that are available in our community. For a direct list or more information on laboratory locations, please connect with Island Health or Google available labs in the Comox Valley.



ACCESSING SUPPORTS FOR CHILDREN AND YOUTH WITH SPECIAL NEEDS

The Comox MFRC is here to help you navigate and search for resources in the Comox Valley for your child and your family. We have an amazing resource document outlining some helpful steps to get you and your family familiar with the information you need to obtain support in the Comox Valley.

EXCEPTIONAL FAMILIES SUPPORTING FAMILIES WITH DIVERSE NEEDS

A resource guide to help support newly posted and newly diagnosed Military Families with Special Needs Children navigate the British Columbia health care system.

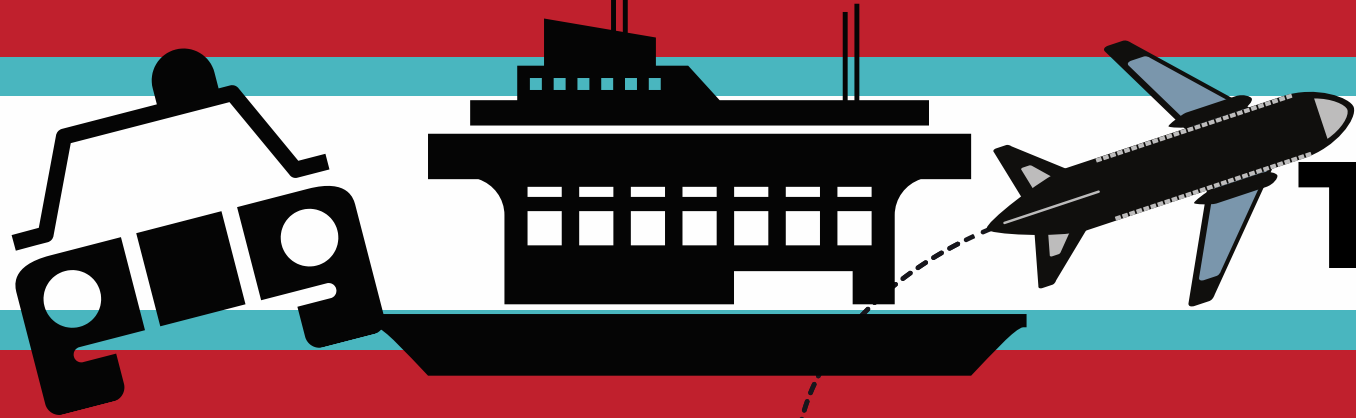
19 WING
Comox
MFRC

In this guide you will find information on:

- BC assessments
- Community resources and supports
- Local pediatricians
- School support & individual education plans
- Online Resources and more....

Let us know if you want a virtual copy!
Email: referral.information@comoxmfr.ca

Would you prefer a one on one session with the Family Health Liaison?
Call 250 339 8290



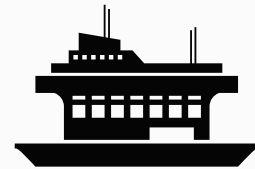
TRANSPORTATION



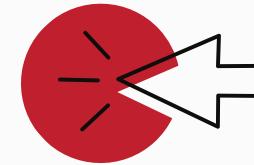
Transportation on Vancouver Island is limited to wheels and water! In order to get off the island you will need to take either a BC Ferry or a plane. Swimming is not recommended as it's a little too far!

The Comox Valley is host to many locally owned transportation companies as well as many avenues to stretch your legs in local parks or test out your bike tires on the numerous deep forest trails. Whatever your choices, check out the resources and explore the valley in a variety of ways!

Take Note: The closest military base to Comox is the Esquimalt navy base in Victoria - 222 km (about 3 hrs drive).



BC Ferries



Comox Valley Airport



Comox Taxi
Ambassador
Joe's Taxi



Trail Forks
Back Road Bike Touring
Comox Valley Guide



BC Transit



Budget Car Rental
National Car Rental
Enterprise Car Rental



OUR AWESOME PARTNERS

The Comox MFRC shares the 19 Wing Fitness & Community Centre in Lazo. You can access both MFRC and PSP supports all in one visit!

Here are the links to some of our awesome community partners at 19 Wing!



Personal Support Programs



Veteran Family Program



Canex Canada



SISIP Financial



FOLLOW US HERE



FACEBOOK



facebook.com/comoxmfrfc

INSTAGRAM



instagram.com/comoxmfrfc



MAILING ADDRESS

Po Box 310, Lazo BC, VoR 2K0

EMAIL ADDRESS

For general inquiries: info@comoxmfrf.ca

PHONE NUMBER

(250) 339 - 8290

Have questions? Need resources? Contact us, we are here to help!
Take a look at our [CAFConnections website](#) where you can find more
information and a direct link to our [Welcome Book!](#)





A warm welcome to Comox!

The Comox MFRC respectfully acknowledges that we are standing
on the Unceded traditional territory of the K'òmoks First Nation.

