

CLIENT HANDBOOK

HUMBERWOOD CENTRE



Western
Health

P. O. Box 2005
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Corner Brook, NL. A2H 6J7
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TABLE OF CONTENTS

Your Stay	3
Basic Treatment Program	4
Substance Abuse Program	6
Gambling Treatment Program	6
Enhanced Programming	6
Staff	7
Confidentiality	7
Scent Free Policy	7
Flu Shot	7
Client Rights	8
Limitations of Rights	9
Rules and Responsibilities	10
Discharge	14
Evaluation	14
What to Bring to Humberwood	15
Vision, Mission, Values	16
Map of Corner Brook	17
Directory of Services	18

WELCOME TO THE HUMBERWOOD CENTRE!

Congratulations on taking this big step on your journey to recovery. We hope that you will enjoy your stay at Humberwood and feel comfortable with the staff and the other residents who will be sharing this experience with you. Every Humberwood resident is working toward the same goal; building a lifestyle free from addiction. The inpatient program gives you an opportunity to help yourself and at the same time help others.

At the Humberwood Centre we believe that addiction can affect every area of your life - your physical, psychological, social and spiritual health. Therefore, our treatment program focuses on all these areas to meet your needs. The program includes a variety of education and counselling sessions. You will be expected to participate in all aspects of the program. There is also an education day for your family and friends.

YOUR STAY

Individuals may require different lengths of treatment however, the Basic Treatment Program is delivered over a 21 -28 day period, depending on whether, or not, you require assistance with withdrawal from alcohol/drugs/or gambling. Some individuals require a longer period of stay beyond the basic program.

During your stay, you are asked to ***remain in the Centre throughout the first week of programming*** to help you to adjust to the treatment environment and to minimize outside distractions. Brief passes to a maximum of four hours may be permitted on the first Saturday and Sunday. During the second week of your program you are eligible for passes to leave the facility, during your free time while using a buddy system for support. Passes will not be approved if it is felt that this would put you at risk for relapse. You may return home on the second weekend of the treatment program, if there are supports in place. If it is inconvenient for you to return home you may stay at Humberwood. Local individuals may participate in the program as a day patient if circumstances warrant and if there are some support systems in place.

Humberwood Centre has a four bed withdrawal management program. These beds are available to individuals who require non – medical assistance and support during the initial period of withdrawal from alcohol, drugs, and/or gambling. If you arrive at Humberwood under the influence of a substance, or exhibit signs of withdrawal, you will be admitted to a withdrawal management bed and remain there until deemed well enough to begin the treatment program.

BASIC TREATMENT PROGRAM

The components of the Basic Treatment Program include:

Medical Assessment - You will receive a medical assessment upon admission by the consulting physician or nurse practitioner. This assessment will determine if you are medically fit to participate in the treatment program and highlight any medical concerns for follow-up.

Group Therapy - Daily group therapy sessions will enable you to gain a deeper understanding of yourself and gain insight into your addiction. The goals of group therapy are to decrease feelings of isolation, to give and receive support, and to explore new ways of problem-solving.

Individual Counselling - You will be assigned a counsellor upon admission. Individual counselling is scheduled as required.

Nutrition - You will learn about the impact of your addiction on your nutritional status, how to correct any nutritional deficiencies and the importance of making healthy food choices.

Stress Management - You will learn how to build effective stress management into your life and how to cope with stress without activating your addiction.

Relaxation/Mindfulness - You will be taught various relaxation techniques to assist you with anxiety and stress management and will be introduced to the benefits of mindfulness.

Active Living - These sessions occur throughout the program as part of Humberwood's total health approach. You are required to participate.

Leisure Planning - This program component is designed to teach you the importance of planning leisure time in recovery, will assist you in discovering your leisure interests, and help motivate you for change.

Journaling - You will be encouraged to write about your thoughts, feelings and experiences on a daily basis to increase self-awareness.

Spirituality - These sessions are non-denominational and focus on personal spiritual needs.

Relapse Prevention - Strategies for preventing a return to alcohol, drugs or gambling are introduced.

Self-Help - Attendance at in-house self-help meetings are required twice weekly throughout the program (Alcoholics Anonymous, Narcotics Anonymous). You are also encouraged to attend community self-help meetings. Transportation may be arranged.

Education – You will attend a variety of sessions which will provide information on issues related to substance abuse and gambling.

Denial - You will be challenged to reflect on your use of defences which may be contributing to your addiction.

Anxiety and Depression - Clients are taught skills for managing these two common emotions in recovery.

Creative Expressions - Through the use of art or related creative activities you will be encouraged to explore recovery issues.

Self-Esteem - Throughout the program you will learn about the relationship between self-esteem and addictions issues and begin the process of enhancing your self-worth and building a positive attitude.

Cognitive Behavioural Therapy - You will learn how restructuring your thoughts can have a positive influence on your behaviour.

Boundaries - Clients will gain an increased awareness of how to establish healthy boundaries between themselves and other people.

Addiction and the Family - Through group and individual counselling, in addition to education sessions, you will gain insight and awareness into the effect your addiction has had on your family.

Communication Skills - You will learn new and different ways of developing healthy communication with others as a means of improving your relationships.

Family Education Day - This day is for family members or significant others. It offers families an opportunity to share experiences with others, learn more about addiction and recovery issues, and receive support. If family members cannot attend they can be sent educational materials.

Aftercare/Discharge Planning - Prior to discharge, arrangements will be made for you to receive ongoing support and counselling in your community.

Addiction and the Brain – Clients will learn the role neuroscience plays in addiction and recovery.

Trauma – Clients will gain an awareness of the relationship between trauma and addiction and the impact of trauma on their recovery. Information on how to cope with the symptoms of trauma, in healthy ways, will be provided.

SUBSTANCE ABUSE PROGRAM

In addition to the basic treatment components, there are a number of education sessions specific to substance abuse. Residents will learn information about their drug of choice, as well as common concerns in early recovery.

GAMBLING TREATMENT PROGRAM

Clients attending the Gambling Treatment Program will attend all basic components of the program, as well as a number of specialized sessions specific to gambling.

Irrational Thinking - Clients will learn how to explore and challenge thinking patterns and beliefs which sustain gambling behaviour.

Grief and Loss – Problem gamblers are encouraged to explore unresolved grief and loss which may be related to gambling and recovery.

Financial Planning/Debt Management – Learning how to begin financial recovery, make restitution and develop strategies for handling money is a vital part of recovery from gambling addiction.

Education Sessions – Clients will attend sessions which focus specifically on gambling behaviour and recovery issues.

Gambling and Relationships – Clients will gain an awareness of how problem gambling affects relationships, and issues for recovery.

ENHANCED PROGRAMMING

Cocaine Addiction

Humberwood offers specialized programming to meet the unique needs of individuals with cocaine addiction. In addition to the basic treatment program, these individuals are provided with cocaine specific education sessions and assistance in developing a comprehensive treatment plan.

Health Care Professionals

Health care professionals are offered additional components which address issues specific to their occupations, licensure and return to work.

STAFF

All staff at Humberwood are well trained in the area of addictions. Many have years of experience in the addictions field and/or a combination of personal and professional experience which enables them to provide a high quality of service to clients. Clinical staff are registered with their professional bodies and adhere to Codes of Ethics governing their conduct. Staff at the Centre believe that you have a right to considerate and respectful care and to be dealt with as individuals rather than as a case, type or category. Staff are non-judgmental and respect the dignity and worth of all clients regardless of their situation.

Humberwood has a consulting physician and nurse practitioner, trained in the area of addiction, who will meet with you upon admission to assess your physical health status and address any medical concerns. They are available for consultation throughout the program.

CONFIDENTIALITY

All matters pertaining to your treatment at Humberwood is held in the strictest confidence. No information is released without your permission; however, certain limitations may apply. For example, in the case of suspected child abuse or court subpoena, information must be released. All client rights and limitations are discussed upon admission. All clients are asked to respect the confidentiality of other residents and will be asked to sign a contract agreeing to this, on admission.

SCENT FREE POLICY

Humberwood is a scent-free environment. This policy is in place to protect those individuals who suffer adverse reactions from scented products. You are not permitted to use any scented products during your stay. Please do not bring scented products to the Centre. All such products will be confiscated upon arrival and returned to you upon discharge.

FLU SHOT

Humberwood is a communal setting. It is highly recommended that individuals get their flu shot/vaccine at least two weeks prior to their admission date. Individuals diagnosed with influenza during their stay, may be asked to leave and return when no longer symptomatic.

CLIENT RIGHTS

You have the right to ask any questions regarding the procedures used during treatment.

You have the right to considerate and respectful care, and to be dealt with as an individual rather than as a case, type, or category.

You have the right to be neither judged nor condemned for the difficulty in which you find yourself.

You have the right to express your feelings both negative and positive, and to be positively regarded in response to the feelings expressed.

You have the right to know the names and qualifications of all staff members responsible for coordination or involved in each specific aspect of your treatment and care.

You have the right to every consideration of your privacy and individuality as it relates to your social, physical, spiritual, and psychological well-being.

You have the right to obtain information concerning the purpose of any medical and psychological tests prior to their administration and to refuse such tests to the extent permitted by law; and to have the results interpreted by staff in such a manner so that you can comprehend them.

You have the right to expect that all matters pertaining to your contact and/or ongoing relationship with staff of Humberwood, will be kept in the strictest confidence possible. Moreover, you can expect that staff involved in your care will be professionals who are bound by the professional ethics and standards of their discipline, including the ones referring to confidentiality.

You have the right to expect that only in exceptional circumstances will information regarding your contact with Humberwood, or care provided by Humberwood, be divulged without your written consent; and that the possibility of exceptional circumstances will have been explained in detail from the outset.

You have the right to be fully and properly informed as to the need for and alternatives to any transfer to another facility for treatment, assessment, or otherwise if such is required or deemed desirable by treatment staff.

You have the right to be thoroughly informed of the nature of personal data or information required or desired in research/scientific projects. You have the right to withhold your consent.

You have the right of access to information pertaining to your treatment and contained in your file, subject to confidentiality of other parties, and to examine all Humberwood policies regarding treatment.

You have the right to be informed in advance of the presence and identity of any person observing individual or group sessions, and to expect that this observer will be bound by the same rules of confidentiality as Humberwood staff. At any time health care professionals may observe the work being done with clients at Humberwood. This is for the purposes of staff supervision and training, and to ensure that the best possible service is provided to you.

You have the right to be informed about manual and computerized client information systems used for managing your records and the right to examine all Humberwood policies regarding same.

You have the right to be fully informed about the nature of client evaluations you may be asked to participate in. You have the right to refuse to participate in the evaluation of any services you receive.

LIMITATIONS OF RIGHTS

1. Every effort will be made to ensure confidentiality of information shared by you. However, there are certain limitations to confidentiality which apply:
 - a) In the event that a staff member receives a Court subpoena such information will have to be provided.
 - b) If you threaten to harm yourself, or someone else, or to cause any damage to the property of Humberwood or others, information may be shared with the appropriate person(s) without your permission.
 - c) If the Counsellor has reason to believe that anyone under the age of sixteen is being abused or at risk of being abused that information will be passed on to the appropriate authorities (i.e., Child, Youth and Family Services, RNC/RCMP) without your permission. You will be informed in advance of the counsellor's action whenever possible.
 - d) If you disclose information regarding abusing a child in the past that information will be passed on to the appropriate authorities (i.e., Child, Youth and Family Services, RNC/RCMP). Whenever possible you will be informed in advance of the counsellor's action.
 - e) In the event of a medical emergency where the release of certain information would be beneficial to your medical care, such information will be shared.
 - f) When applicable, the consulting physician must inform the Medical Officer of Health if, upon examination, he/she knows or suspects that you are infected with any communicable disease as required under the Communicable Diseases and Venereal Diseases Act.
 - g) Humberwood Centre uses a team approach for service delivery and may consult with other Addiction Services staff or supervisors to best meet your needs. Your identity will be protected wherever possible and when appropriate.
2. Staff members have the right to use reasonable restraint to suppress and control a violent or self-abusive client.
3. You may be discharged from the Humberwood Centre for the following reasons:
 - a) refusal to participate in program activities.
 - b) exhibit of physical, emotional, or behavioral problems that jeopardize your well-being, or the well-being of staff or other residents.
 - c) assessed as not requiring the service.
 - d) intoxicated in residence or upon return from temporary absence, and/or gambling behavior.
 - e) violence against staff, clients or property.
 - f) theft.
 - g) refusal to submit to urine testing for drug screening purposes.
 - h) violation of rules and regulations.
 - i) smoking on the property.

RULES AND RESPONSIBILITIES

While you are at the Humberwood Centre, you are expected to observe the following regulations. We reserve the right to discharge from the program any client who violates these regulations or who is assessed as not benefiting from the program. To ensure that rules and regulations are followed so that the program runs efficiently, the Humberwood Centre has an "infraction system" in place. A resident receives an infraction when he/she fails to follow the rules and responsibilities outlined below. If you receive three (3) infractions during the program, you may be discharged. Please remember that we do not wish to remove your right to make decisions, only to give you some guidelines to work within.

Alcohol, unprescribed, or illicit drugs - Such items are not allowed in the Centre. The consequence for use of alcohol or drugs, in the Centre, will be cancellation of all pass privileges and may be discharge from the program.

Energy Drinks – Red Bull and other energy drinks containing caffeine are not permitted at Humberwood Centre.

Poppy Seeds – All foods containing poppy seeds are not permitted. You are asked not to consume poppy seeds for at least seven days prior to your admission, and throughout your stay. The consumption of poppy seeds will not be accepted as a valid reason for a positive drug test result for opiates.

Gambling - Is not permitted at Humberwood Centre. All forms of gambling materials such as Loto Tickets etc. are not permitted. The consequence for gambling while in treatment will be cancellation of all pass privileges and may be discharged from the program.

Medication - All prescription and non-prescription drugs must be passed over to the staff person during admitting procedures. Arrangements will be made with treatment staff in consultation with a physician/nurse practitioner for issuing of necessary medication. Clients are not permitted to have any unauthorized prescriptions delivered to the Centre.

Dress Code - Casual and appropriate dress. (No clothing depicting alcohol/drug/ gambling slogans). Footwear must be worn. No night attire to be worn outside of your own bedroom. Clothing that is revealing or inappropriate is not permitted.

Smoking - The property of the Humberwood Centre, both inside and outside, is smoke-free. If you choose to smoke you must leave the property. Smoking is only permitted on scheduled breaks and free time. Clients in the withdrawal management program are not permitted to leave the observation area to smoke. It is not acceptable for residents to leave a session to smoke. The consequence for smoking in bedrooms will be discharge from the program as this poses a safety risk to all residents and staff. **NOTE:** There will be no smoking from lights out until 6:00 a.m.

Passes – Residents are responsible for signing in and out upon leaving/returning to the unit. The Pass Book is located at the Treatment Attendants' workstation.

Buddy System - You are not permitted to leave the Centre during your first week. During Week Two of your program, you will be required to use a "buddy system" when going out

of Humberwood Centre on a pass. This means that one resident in the program will be accompanied by another resident. During Week Three you may leave the Centre unescorted. Curfew is 11:20 p.m. Residents who miss program sessions due to illness, lose pass privileges for a minimum of 24 hours. Residents are not permitted to visit each others homes while on pass.

Personal Duties - Each week you are assigned a personal task related to program activities or maintenance of the unit (e.g., tidying group room, helping attendant set up for an education session). It is your responsibility to complete the assigned chore. Refusal of duties or trading of duties is not acceptable.

Weekend Leave - Residents in the basic treatment program will be asked to remain in the facility overnight on their first weekend. Residents may return home on their second weekend if there are some support systems in place. Each case will be assessed individually between resident and counselor. Clients in the withdrawal management program are not permitted passes.

Permission to Leave Humberwood Premises - Permission must be obtained at all times from treatment staff to leave the Humberwood premises.

Wake Up - You are expected to "rise and shine" at 7:30 a.m. from Monday to Friday.

Bedding - Clean sheets, pillowcases, towels, and facecloths are available anytime. We ask that you change your linens at least once a week. Only bedding supplied by Humberwood is permitted for use. You are asked not to bring your own pillows, blankets, quilts, stuffed animals etc., into the Centre. You are responsible for tidying your room each day. Beds must be made daily.

Lights Out - You are expected to retire to your own room by 11:30 p.m., Sunday through Thursday, and not later than 1:30 a.m. on Friday and Saturday. If you are awake early, we request that you remain in your room until 6:00 a.m. Please be advised that program staff will conduct room checks during the night, therefore night attire must be worn.

T.V. - Should not be used during treatment program time. The T.V. in the lounge is not to be turned on until after the program day ends. Televisions are not allowed in the bedrooms. TV programs with content that may be offensive or disturbing to some, are not permitted. No one person is to hold the remote control and all program choices must be made by majority.

DVDs/Movies – Are only permitted to be viewed on Friday nights and Saturdays. Only DVDs supplied by Humberwood Centre are permitted.

Electronics- Cell phones, Blackberries, DVD players, computers, electronic games, and cameras must be turned over upon admission and will be locked up for the duration of your stay. MP3 players are permitted during off program time. If used inappropriately, these items may be confiscated until discharge. Unauthorized recordings of any kind are strictly prohibited.

Visitors – Visiting hours are:

Week One: Saturday and Sunday – 1:00 – 5:00 p.m.

Weeks Two and Three: 7:00 p.m. – 10:00 p.m. evenings; Weekends: 2:00 – 5:00 p.m.

Clients in the withdrawal management program are not permitted visitors.

Visiting is only permitted if there are no scheduled program activities (i.e., A.A., N.A.). Treatment attendant must be informed in advance if you are expecting visitors. Staff will note the names of visitors you expect to come to the Centre. This is to ensure that your right to confidentiality is respected. Visitors are not permitted on the Unit. Visitation is restricted to designated areas.

Meal times - Since nutrition is an important part of the program, clients are encouraged not to skip meals. All meals are eaten in the kitchen. Please note that Humberwood does not supply coffee with caffeine; only decaffeinated. Residents can supply their own food if they choose.

Telephones – Two phones are available for your use. It is recommended that you bring a pre paid phone card for long distance calls. Telephone use must not interfere with program hours and activities. Please limit calls to fifteen (15) minutes. Please note that staff do not answer this telephone. The phone will not be receiving calls after bedtime. **Emergency** calls after hours can be made by telephoning 634-4506 and leave a message. If on admission day you choose not to attend or need directions to the Centre, please call this number. If a phone call becomes loud or upsetting, staff may intervene and ask for the call to be terminated.

Cars – Parking is available for those who choose to bring their cars to the Centre. However, car keys must be turned over to staff upon admission, for safekeeping. Cars may be used at designated times. At all other times, cars are to remain locked, and may not be used for visiting, smoking, listening to music etc. It is recommended that you not transport other clients in your vehicle. Vehicles on the property may be searched by staff upon admission and, if it is suspected that drugs or alcohol may be stored there.

Leisure Activities - Recreation and learning how to have fun without alcohol/drugs/gambling is an important part of our program. You are expected to be as active as you can in planning of the activities, as well as in participating.

Doctors - If you need medical attention, please inform treatment staff. If determined necessary in the medical assessment, the consulting physician or nurse practitioner may refer you to the hospital for admission.

Injuries - If you are injured during your stay at the Centre, it is important to inform a staff member immediately, no matter how minor the injury.

Laundry - You are expected to take responsibility for your own laundry. Laundry detergent and Bounce are provided. Laundry can only be done during the designated times.

Alcohol/Other Drug Screening - Random urine testing for drug screening will be required throughout the program. All such testing will be administered by treatment attendants.

When requested, a sample must be provided within one hour. Failure to comply may be considered grounds for discharge.

Participation in the Program - Unless specifically excused by treatment staff, it is your responsibility to be present and on time for all program activities. Noncompliance may be considered grounds for dismissal from the program.

Respect for Staff and Clients - Verbal or physical abuse and sexual harassment of staff or residents will not be tolerated. Such behavior will result in immediate discharge from the program. Cursing or offensive language is not permitted. Out of respect for others, we ask that noise levels be kept to a minimum i.e. no shouting, loud voices etc.

Property of the Centre – We ask that you respect the property of Humberwood Centre. You will be held responsible for any loss and/or damages caused by you during your stay. This may include discharge, invoice for property damage and/or criminal charges.

Money - Humberwood staff are not responsible for obtaining money through Human Resources and Employment for residents. Please make sure you have enough money to purchase personal items prior to attending Humberwood. The Centre is not responsible for paying in-town transportation costs to medical appointments, hospital visits, etc. We discourage you from bringing large amounts of money to the Centre. For those individuals in the Gambling Treatment Program, you are asked not to bring a bank card and only the minimum amount of cash for your stay. If handling money is a risk factor for you, arrangements can be made to provide assistance.

Bars/Clubs/High Risk Areas - You are not permitted to enter any bars, clubs, or other areas which might put you at risk/temptation for drinking, using, or gambling. This will be discussed individually between you and your counselor.

Pornography - Is not permitted at Humberwood Centre in any form.

No Pranks or Horseplay

Relationships - While in treatment you are advised not to date or get involved with any other person at Humberwood. This could be harmful to your recovery process and the treatment experiences of others. Such behavior will result in discharge.

DISCHARGE

Upon completion of the program you will be connected with follow-up supports prior to discharge. This may include:

- individual counseling with a mental health or addictions counselor, social worker, psychologist or other professional;
- Humberwood follow-up groups. These groups are available at designated sites throughout the province and meet weekly or bi-weekly in some areas.
- Self-help groups: Alcoholics Anonymous, Narcotics Anonymous, Gamblers Anonymous.

For individuals who reside in rural areas with limited formal supports other means of follow-up can be arranged, such as regular telephone contact. Your chance of recovery success will be increased if you use follow-up supports when you return home.

EVALUATION

During your stay you will be asked to fill out an Evaluation Form about the Humberwood program. We want your ideas and suggestions so that we can continue to improve. If you have any questions or concerns during your stay at Humberwood, please feel free to speak to any member of the treatment team. We are here to help! Good luck and enjoy your stay.

WHAT TO BRING TO HUMBERWOOD

Personal Items. Please keep in mind that you will not be permitted passes from the facility during your first week of stay (two weeks for withdrawal management program). Therefore you will not have access to a store. Please ensure you bring enough personal items with you to last.

M.C.P. card or number. If no MCP#, then out-of-province health insurance number.

Adequate clothing. Please bring enough clothing for your stay. This includes:

- boots, coat, hat, gloves during winter months
- raincoat, umbrella, running shoes, and casual clothing for walks and active living.
- Night attire and slippers

Personal toiletries: shampoo, toothbrush, sanitary napkins, etc.

Drug Card

Phone Card: In order to make long distance phone calls.

Return Bus/Plane Ticket (if applicable)

Recreation/Sports Equipment - Depending on the season, clients are encouraged to bring their own recreation equipment, such as:

- skates/rollerblades
- swimwear
- skis (downhill and cross country)
- snowshoes
- golf clubs

Money - Small amount of money for personal expenses and in-town transportation costs. Do not bring large amounts of cash, jewelry, or other valuables. **Humberwood Centre is not responsible for lost or stolen items.** There is no locked area for valuables.

HUMBERWOOD CENTRE

VISION

The vision of Humberwood is that people suffering from addiction will learn to lead healthy, addiction-free lives and achieve physical, emotional and spiritual well being.

MISSION

The mission of the Humberwood Treatment Centre is to provide quality addiction treatment services to the people of Newfoundland and Labrador.

VALUES

We value the physical, mental, emotional, social and spiritual Well being of the individual.

We value and respect the dignity and worth of every person.

We value an individual's right to self-determination.

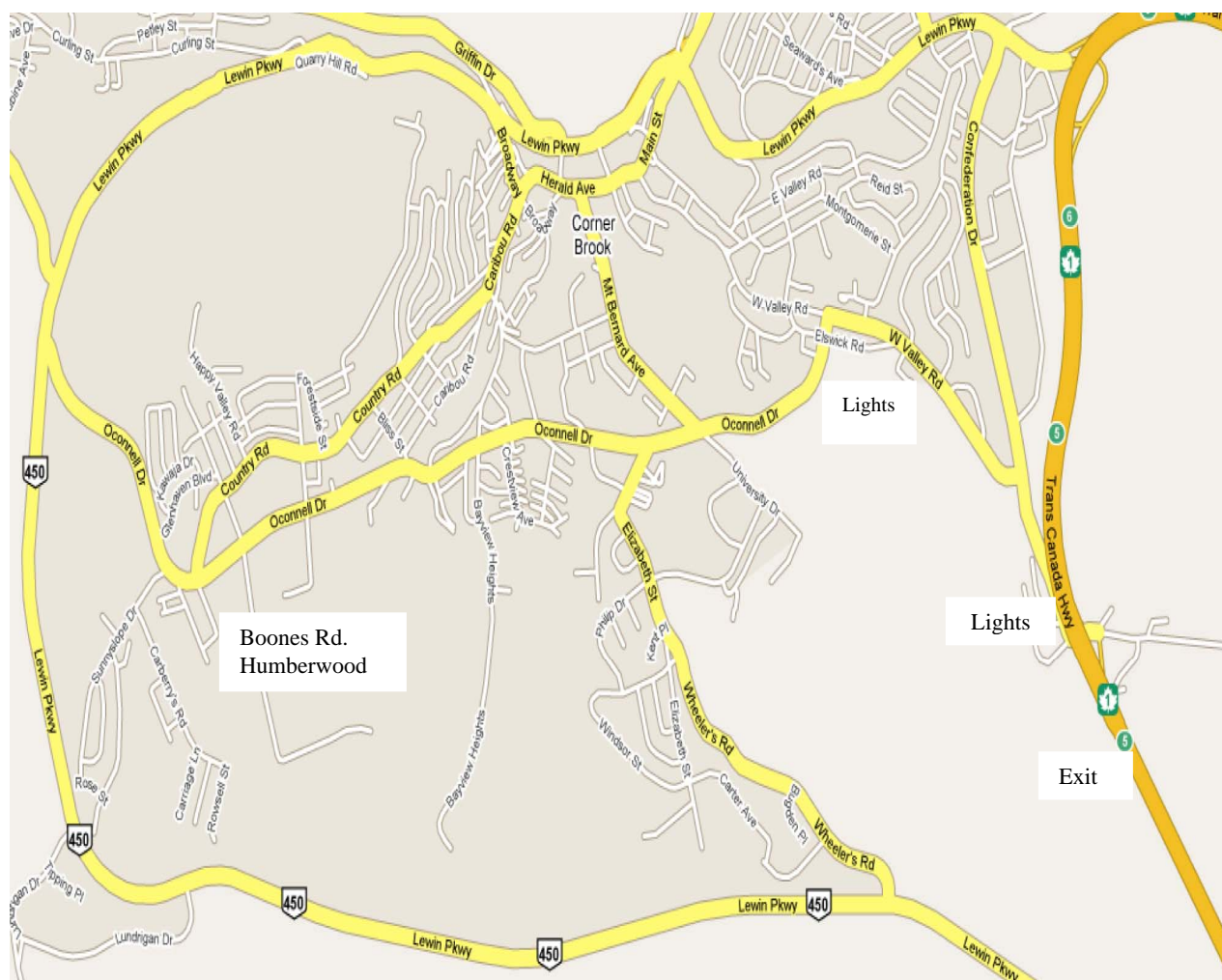
We value ethical decision-making.

We value practices which are grounded in research and experience.

MAP OF CORNER BROOK

The Humberwood Centre is located at 35 Boone's Road. If you are driving to Humberwood Centre take Exit 5 (Corner Brook-Massey Drive). At the end of the ramp, turn right on Confederation Drive. Turn left at the lights to West Valley Road. Take left off West Valley Road (at lights) onto O'Connell Drive. Continue up O'Connell Drive and take a left on Boones Road (between Speedy Auto Glass and Harris and Roome Ltd.).

DRL Coachline Bus stops at Confederation Drive Irving. See above directions.



DIRECTORY OF SERVICES

RESTAURANTS

Chicken

Kentucky Fried 639-8909
Mary Browns 634-4007

Pizza

Pizza Delight (Millbrook Mall)..... 634-5315
(Murphy Sq.)..... 634-8100
Greco 310-3030
Sorrento 639-3466
Louis Gee's 632-8500

Chinese

Jade Gardens 639-7003
Dragon 634-4213
Jackie Tans..... 634-6363
Humberview 634-7839
Lucky Star 634-2284

Other

Chafes, 121 Country Rd..... 639-1070
Subway (Broadway) 634-7827
(O'Connell Dr.).....
McDonalds (Confederation Dr./Murphy Sq.) ... 634-4182
A & W 634-3053
Jennifers 632-7878
Jungle Jim's 639-2222
Aromas Plus..... 632-2255

SPORTS

Canada Games Centre 637-1230
YMCA 639-9676
Forever Young Fitness 634-6665
Marble Mountain Ski 637-7600
Blomidon Country Club (Golf)..... 634-2523
Replex (Curling) 639-9212
Arts & Culture Centre - Swimming 637-2546
Grenfell College- Swimming 637-6324
Centre Bowl, Reid St. 634-4934

HOTELS

Hotel Corner Brook 634-8211
Greenwood Inn 634-5381
Glynmill Inn 634-5181
Mamateek Inn 639-8901
Comfort Inn 639-1980

SHOPPING

Valley Mall, Millbrook Mall, Corner Brook Plaza,
Broadway, West Street, Walmart, Murphy Sq.

TRANSPORTATION/TAXI

City Bus (Murphy's) 634-3345
Viking Express 634-4710
DRL Coachline 1-888-738-8091
Star Taxi 634-4343

RENT-A-CAR

Budget 639-9951
Avis 634-4503
Rent-A-Wreck 634-1500

AIRLINES

Air Labrador 1-800-563-3042
Air Canada..... 1-888-247-2262
Provincial 1-800-563-2800

HAIR SALONS

Silver Scissors 634-7641
First Choice 634-6464
Sears Hair Salon 634-0675
Bob's Barber Shop 634-9933
Tangles (Millbrook Mall) 634-6304
Re-Style (110 Country Road) 634-2721

CINEMAS

Millbrook Cinema 634-6064

CULTURE (ARTS)

Arts & Culture Centre 637-2580
Ewing Art Gallery Glynmill Inn
Fine Arts School, SWGC..... 637-6430
State of the Arts 634-9494

COFFEE SHOPS

Tim Horton's West Street/O'Connell Drive/
Murphy Sq./Main St./Valley Mall/Marble Mtn
Brewed Awakenings (West St./Mt. Bernard). 634-7100
Starbucks – Target, Corner Brook Plaza

CHURCHES

Anglican Church, 25 Main Street 639-8712
Baptist, O'Connell Drive 634-2985
Catholic, Mt. Bernard Ave. 634-5161
Gospel Hall, Country Rd. 632-5992
Mormon, Montgomery St. 634-9700
Pentecostal, Elizabeth St. 634-2513
Pentecostal, Premier Dr. 634-4641
Salvation Army, Clarence St. 634-5240
Salvation Army, O'Connell Dr..... 634-5398
Sunrise Ministries..... 634-2341
7th Day Adventist, Philip Dr..... 634-5051
United Church, Park St. 634-5301
United Church, Clarence St..... 634-5280

BANKS

Bank of Montreal, West St. 637-6500
Bank of Nova Scotia, Plaza 637-4700
Bank of Nova Scotia, Broadway 637-4720
Royal Bank, West St. 639-4000
CIBC, Main St. 637-1700
Brook Street Credit Union 634-4632
TD, Valley Mall 637-1076

GROCERY STORES

Sobeys, Valley Mall 639-7193
Dominion, Murphy Sq. 634-9450
Colemans, Caribou Road 637-6600
Colemans, Country Road 637-6660
Colemans, Humber Road 637-6655