



Community Health Needs and Resources

Community Asset Listing: Corner Brook Bay of Islands

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Introduction

The Primary Health Care (PHC) area of Corner Brook-Bay of Islands (CBBOI) is inclusive of the city of Corner Brook, the towns of Massey Drive, Gallants, and Steady Brook, and all communities within the north and south shores of the Bay of Islands. Communities along the north shore of the Bay of Islands include: Hughes Brook, Irishtown - Summerside, Meadows, Gilliams, McIvers and Cox's Cove. Communities along the south shore of the Bay of Islands include: Mt. Moriah, Halfway Point, Benoit's Cove, John's Beach, Frenchman's Cove, York Harbour and Lark Harbour. Corner Brook, being the largest municipality in this PHC area, is the regional center for services and businesses including Western Memorial Regional Hospital, a regional hospital for all residents of the western region. The distance between Corner Brook and the farthest community on the north shore of the Bay of Islands is 38.8 km whereas the distance between Corner Brook and the farthest community on the south shore of the Bay of Islands is 47 km. The majority of residents of this PHC area travel to Corner Brook for most of their service needs.

Community assets include anything that can be used to improve the quality of community life. This may include things such as a physical structure or place, community service or health service. The PHC community assets provide insight into the resources that communities have available to them to support health and wellness. Community assets can be used as a foundation for community improvement. Understanding a community's strengths makes it easier to understand what kinds of programs or initiatives might be possible to address the community's needs. The purpose of this community asset listing is to identify the assets available in the CBBOI Primary Health Care Area. It is recognized that while this listing may not include every community asset, it should provide an overview of the major assets available within a health region, with a focus on health and community resources that support individuals and communities in maintaining a safe and healthy environment. Please find below the community assets summary of the CBBOI Primary Health Care area.

Community Assets Listing

Health Related Assets

Western Memorial Regional Hospital, located in Corner Brook, is a 217 bed facility providing a comprehensive range of inpatient and outpatient services to the people of the Western region, approximately 78,000 people. It is the major acute health center for the region. The Health

Services provided are comprehensive and family physicians are supported by specialist services in: Cardiology, Geriatrics, Internal Medicine and Surgery, Nephrology, Neurology, Obstetrics/Gynecology, Ophthalmology, Orthopedics, Pediatrics, Psychiatry, Urology.

The Corner Brook Long Term Care Home (CBLTC) is a 250 bed facility that provides a range of services to its residents. The three main programs offered within this facility include Long Stay Program, Restorative Care, Protective Care and Respite Care. The Long Term Stay Program offers permanent care to individuals who are no longer capable of living in their own home or community, Restorative Care program provides slow paced rehabilitative care for adults 65+ following a stay in acute care. The Protective Care program is for those individuals experiencing severe cognitive impairment which warrants a secure, dementia specific environment for residents who are mobile without aids. The Respite Care program provides care for a brief predetermined period of time for caregivers and is accessible pending bed availability. Protective Community Residences are also available as an enhanced assisted living for individuals with mild to moderate dementia.

Private health services centrally located in Corner Brook but service the CBBOI primary health care area. These services are varied and include, but are not limited to disciplines as physiotherapy, occupational therapy, chiropractors, dentists etc. In addition, there are also a number of Wellness Centers which offer a broad range of services from fitness to on site physicians.

There are a number of Provincial programs and services that are accessible to all residents of the province by way of toll free numbers, mobile apps and the internet. These programs include the Newfoundland and Labrador Health Line, Smokers’ Helpline, Gambling Help Line, Planned Parenthood Sexual Health Center, Bridge the Gapp, and Strongest Families.

Table 1 below provides a listing of health related assets by community for the CBBOI area.

Table 1: Health Related Assets

Health Asset	Community
Western Memorial Regional Hospital <ul style="list-style-type: none"> • 217 beds • Medical Services • Nursing Services • Emergency Services • Surgical Services • Renal Care • Pharmacy Services • Laboratory Services 	Corner Brook

Health Asset	Community
<ul style="list-style-type: none"> • Medical Imaging Services • Intensive Care Services • Cardiology • Geriatrics • OBS/Gynecology • Psychiatry • Ophthalmology • Orthopedics • Nephrology • Neurology • Pediatrics • Urology • Diabetes Services • Chemotherapy • Respiratory Therapy • Nutrition Services • Physiotherapy • Speech and Hearing • CDC • Occupational Therapy • Outpatients • Palliative Care • Pastoral Care and Volunteer Services • Health Promotion • Social Work • Psychology • Mental Health and Addictions 	
<p>Population Health</p> <ul style="list-style-type: none"> • Community Health Services(Community Health Nursing-Public Health and School Health, Child Management Specialist, Speech Language Pathology, Audiology, Developmental Psychology • Community Support Services(Community Health Nursing, Social Work, Behaviour Management Specialist, Occupational Therapy, Physiotherapy, Nurse Practitioner,) 	<p>Corner Brook- services all PHC area</p>

Health Asset	Community
<ul style="list-style-type: none"> • Mental Health and Addictions (Counsellors/Social Work, Psychologist, Youth Outreach Worker, ACT Team) 	
<p>Medical Clinics</p> <ul style="list-style-type: none"> • Western Memorial Health Clinic • Medical Consultants of Western NL • Crestview Medical Clinic • Murray Clinic • West Coast Medical Clinic • Doctors at City Pharmacy • Doctors in the Goodhouse Building 	Corner Brook
Physician offices - Fee for Service	Corner Brook
<p>Corner Brook Long Term Care</p> <ul style="list-style-type: none"> • 250 bed LTC Home • Restorative Care Unit • Protective Community Residences (40 beds) 	Corner Brook
<p>Blomidon Place</p> <ul style="list-style-type: none"> • Mental Health and Addictions for children under 18 and families 	Corner Brook
<p>West Lane Recycling</p> <ul style="list-style-type: none"> • Community-based occupational therapy program for individuals living with a mental illness 	Corner Brook
<p>Humberwood Treatment Centre</p> <ul style="list-style-type: none"> • Inpatient addictions add row that says mental health and addictions services 	Corner Brook
<p>Dental Services</p> <ul style="list-style-type: none"> • Orthodontist Services • Dentists • Dental Hygienists 	Corner Brook
Optometrists	Corner Brook
Chiropractor Services	Corner Brook
Hearing Health	Corner Brook
Orthotic Clinic	Corner Brook

Health Asset	Community
Pharmacy Services	Corner Brook
Massage Therapy	Corner Brook
Home Support/Home Care	All areas
Supportive Housing (eg: Personal Care Homes, alternate family care) <ul style="list-style-type: none"> • 104 affordable housing units for seniors • Mountainview Estates • North Shore Manor • Lohnes Complex • Brakes Personal Care Home • Mountain View House 	Personal Care Homes - Corner Brook, Meadows,
School Health Services (eg: school health nurses, immunization, sexually transmitted disease, stress management, health promotion)	All schools in CBBOI
Provincial Health Programs and Services <ul style="list-style-type: none"> • NL Health Line • NL Planned Parenthood Sexual Health Center • Bridge the Gapp • Strongest Families 	Provincial
Support Groups: ie. CHANNAL Peer Support, Alcoholics Anonymous, Alzheimer’s Support Group, Cancer Support Group etc	
Private multi-disciplinary clinics <ul style="list-style-type: none"> • Veitch Physiotherapy and Wellness Center • Health and Performance • Physical Rehab Inc. • West Coast Therapy 	

Emergency Related Assets

Emergency health services such as volunteer fire departments and ambulance services are located throughout CBBOI with Corner Brook being the main center for regional services. Other emergency services such as Royal Canadian Mounted Police, Royal Newfoundland Constabulary and Search and Rescue are centrally located in Corner Brook. Table 2 below provides a listing of emergency services related assets by community for the CBBOI area.

Table 2: Emergency Related Community Assets

Emergency Asset	Community
WMRH Emergency Department	Corner Brook
Community Trauma Response Team	Corner Brook
WMRH Ambulance <ul style="list-style-type: none"> • Road Ambulance • Air Ambulance 	Corner Brook
Reliable Ambulance	Corner Brook
St. John Ambulance	Corner Brook
Fire Department	Corner Brook
RCMP Detachment <ul style="list-style-type: none"> • Services Massey Drive, North and South Shore, east to Boom Siding, west to George’s Lake 	Corner Brook
Royal Newfoundland Constabulary <ul style="list-style-type: none"> • Services Corner Brook 	Corner Brook
Bay of Islands Search and Rescue	Corner Brook
Red Cross	Corner Brook
Transition House	Corner Brook
Volunteer Fire Department	Meadows, Benoit’s Cove and Frenchman’s Cove, Lark Harbour & York Harbour, Mount Moriah, Hughes Brook, McIvers, Cox’s Cove Irishtown/Summerside, Gillams

Churches

There are many churches in the CBBOI area serving a number of different denominations, the majority of which are Christian. These include but are not limited to, Roman Catholic, Anglican, United, Pentecostal, Baptist and Seventh Day Adventist. The Bay of Islands Ministerial Association is a group of religious leaders from the area who meet to address the spiritual needs of the communities together.

Table 3: Churches

Denomination	Church	Community
Roman Catholic	Our Lady Star of the Sea	Benoit's Cove
	Sacred Heart Parish	Corner Brook
	All Hallow's Parish	Corner Brook
	Cathedral Parish	Corner Brook
	St. Brendan's	Irishtown/Summerside
Anglican	St. Ambrose	Benoit's Cove
	All Saints	Corner Brook
	Anglican Church Synod	Corner Brook
	St. John the Evangelist	Corner Brook
	St. Mary's	Curling
	St. Michael's	Corner Brook
	St. James	Lark Harbour
United	First United	Corner Brook
	Humber United	Corner Brook
	Oakland United	Corner Brook
	Memorial United	Curling
Pentecostal	First Pentecostal	Corner Brook
	Pentecostal Tabernacle	Corner Brook
	Pentecostal Church	Cox's Cove
Other	Ambassador Faith	Corner Brook
	Ambassador Baptist	Corner Brook
	Corner Brook Kingdom Hall	Corner Brook
	Corner Brook Baptist Church	Corner Brook
	Latter Day Saints	Corner Brook
	Country Road Gospel Hall	Corner Brook
	SonRise Ministries	Corner Brook
	Seventh Day Adventist	Corner Brook

Denomination	Church	Community
Salvation Army	Salvation Army Citadel	Corner Brook
	Salvation Army Temple	Corner Brook
	Salvation Army	Mount Moriah

Education

There are ten schools in the CBBOI area that include primary/elementary, junior high school, high school and two all grade schools. There is one private school which includes junior kindergarten to grade 8. There are three public post-secondary schools in Corner Brook. Grenfell Campus of Memorial University Newfoundland enrolls approximately 1300 students in degree programs including arts, education, fine arts, science, nursing and resource management. Western Regional School of Nursing (WRSON) enrolls approximately 50 nursing students per year as part of a collaborative program in partnership with Grenfell Campus and Memorial University. College of the North Atlantic registers 700 full time students per semester, with another 100 registered part-time. The College of the North Atlantic also supports an additional 1,200 students in Continuing Education evening courses. Academy Canada, an independent accredited college is located in Corner Brook and offers a variety of one and two year diploma programs. Table 4 below provides a listing of schools and the community in which it is located.

Table Four: Schools

School	Type	Community
C.C. Loughlin	Primary Elementary (K-6)	Corner Brook
JJ Curling	Primary Elementary (K-6)	Corner Brook
Eastside Elementary	Primary Elementary (K-6)	Corner Brook
Sacred Heart	Primary Elementary (K-6)	Corner Brook
Immaculate Heart of Mary	JK-8	Corner Brook
CBI	7-9	Corner Brook
Corner Brook High	L1-L4	Corner Brook
Templeton Academy	K-L4	Meadows
St. James All Grade	K-L3	Lark Harbour
St. Peter's	K-9	Benoit's Cove
Grenfell Campus	University-MUN	Corner Brook

School	Type	Community
College of the North Atlantic	Post-Secondary	Corner Brook
Academy Canada	Post-Secondary	Corner Brook
Western Regional School of Nursing	Post-Secondary	Corner Brook

Early Learning and Childcare

Early learning and childcare is essential for healthy child development. In the CBBOI area there are a number programs and services for pregnant mothers, young children and families. Family Resource Centers provide fun and supportive environments for children from birth to age 6 and their parents/caregivers. Programs include but are not limited to Healthy Baby Clubs, First Steps, Car Seat Safety Clinics and Resource Mother Support. The YMCA offers after school outreach programs throughout the city of Corner Brook and outside city limits. There are several licensed private Day Cares in the area that provide regulated care to children in a child care provider's own home.

Table 5: Early Learning and Childcare Assets

Early Learning and Childcare	Community
ABC Pre-school	Corner Brook
Creative Beginnings	Corner Brook
YMCA-Playing to Learn-All Saints Church	Corner Brook
Fisher's Children's Centre	Corner Brook
Stepping Stones Day Care	Corner Brook
YMCA After School Program-Kinsmen	Corner Brook
YMCA After School Program-YMCA	Corner Brook
YMCA After School Program-JJ Curling	Corner Brook
Family Resource Centre	Corner Brook
Share & Care Day Care	Meadows
Family Resource Centre	Meadows
Family Resource Centre	Cox's Cove
Learn Star –After School Program-Eastside Elementary	Corner Brook

YMCA After School Program-CC Loughlin	Corner Brook
YMCA After School Program-Sacred Heart	Corner Brook
After School Program-Immaculate Heart of Mary	Corner Brook
YMCA After School YMCA-St. Peter's	Benoit's Cove
Family Resource Centre	Benoit's Cove
Family Child Care Homes (19)	Licensed Family Child Care Provider-Corner Brook

Community/ Volunteer Organizations or Groups

There are many community and volunteer based organizations throughout the CBBOI area that provide a variety of services to residents. These include but are not limited to volunteer fire departments, leisure and recreation, sports organizations, youth groups, seniors clubs, support groups, etc. Some community groups have paid staff to support the work that they do, while others may be entirely operated by volunteers. Table 6 shows a listing of community and volunteer groups and organizations.

Table 6: Community /Volunteer Organizations or Groups

Community and Volunteer Organization/Groups	Community
ACAP Humber Arm Environment Association Aids Committee NL Alcoholics Anonymous ALS Society of NL Arthritis Society Autism Society of Newfoundland & Labrador Bay of Islands NL West SPCA Canadian Cancer Society Canadian National Institute for the Blind Canadian Paraplegic Association Children's Wish Foundation Chapter Committee on Family Violence Community Coalition on Housing & Homelessness Community Mental Health Association Community Mental Health Initiative Community Soup Kitchens (various) Community Youth Network Corner Brook Kinsmen Club	Corner Brook

Community and Volunteer Organization/Groups	Community
Corner Brook Lions Club (various) Corner Brook Sea Cadets Corner Brook Shrine Club Corner Brook Status of Women Crohn's & Colitis Foundation of Canada Chapter Disabled Athletes Foundation Ducks Unlimited Easter Seals NL Elks Lodge Employment Preparation Centre Federation of Newfoundland Indians Food Bank (various) Gallipoli Army Cadets Greater Corner Brook Board of Trade 511 Humber Air Cadets Humber Literacy Council Janeway Children's Hospital Foundation MADD Canada Chapter Model Forest of Newfoundland & Labrador Multiple Sclerosis Society of Canada Chapter Parkinson's Society of NL Chapter Rotary Club of Canada Royal Canadian Legion Royal Purple Lodge Schizophrenia Society of NL Support Groups (various) Vine Place Community Centre Western Environment Centre Western Health Hospital Foundation Western Pride NL Western Regional Coalition to End Violence Western Regional Wellness Coalition	
Community Youth Network 50+ Seniors Group	Irishtown - Summer Side
Community Youth Network 50+ Seniors Group	Meadows
50+ Seniors Group	Gillams
50+ Seniors Group	McIver's

Community and Volunteer Organization/Groups	Community
The Cox's Cove Youth Centre (CYN) 50+ Seniors Group	Cox's Cove
Newfoundland Native Women's Association	Town of Humber Arm South (Halfway Point, Benoit's Cove, John's Beach, Frenchman's Cove)
Community Youth Network	York Harbour – Lark Harbour

Public Facilities or Services

Table 7: Public Facilities

Public Facility	Community
Accommodations (various) Bay of Islands Yacht Club Canada Post Office (2) Corner Brook Port Corporation Corner Brook Public Library Loretta Bartlett Home For Youth Personal Care Home (various) Scotia Recycling The Corner Brook Museum & Archives Xavier House	Corner Brook
Post Office Convenience Store (2) Auto Shop (3)	Irishtown - Summer Side
Outdoor Ice Rink Community Garden Convenience Store Hair Salon Pottery Shop	Meadows
Gas Bar Auto Shop Convenience Store (2) Restaurant	McIver's
Post Office Convenience Store (2) Restaurant	Cox's Cove

Public Facility	Community
Gas Bar Charter and Tour Company	
Convenience Store Canada Post	Mount Moriah
Allen's Fish Market Canada Post Office (2) Convenience Stores (3) Gas Bar (1) Hair Salon (1) Restaurant/Take-out (2)	Town of Humber Arm South (Halfway Point, Benoit's Cove, John's Beach, Frenchman's Cove)
Accommodations (2) Bar/Lounge (1) Canada Post Office (2) Convenience Stores (1) Gift Shop (1) Grocery Store (1) Personal Care Home (1) Public Library (1) Restaurant/Take-out (1 seasonal)	York Harbour – Lark Harbour

Recreation and Leisure Facilities and Organizations

Access to recreation and leisure is very important for the health of communities. There is infrastructure and facilities to support organized and competitive sport such as figure skating, soccer, curling, gymnastics and martial arts; recreation activities such as hiking, trails and skateboard parks and leisure activities such as movie theatres and community clubs. As well, there are opportunities to partake in the arts ranging from painting and other mediums of art expression to performance art and theatre. The CBBOI area is rich in opportunities for outdoor activities on land and water. There is an abundance of trails, parks and outdoor spaces as well as, rivers, lakes and ponds for water sport and recreation. The International Appalachian Trail System of Newfoundland and Labrador includes four marked trails for the adventurous hiker directly in the CBBOI area. There are a number of health and fitness centres that offer fitness classes and gym facilities. The Humber YMCA is a non-profit organization which offers both fitness and community programs and offers membership assistance to those who may not otherwise be able to participate. Table 8 lists recreation facilities and table 9 lists recreation and leisure organizations in the CBBOI area.

Table 8: Recreation & Leisure Facilities

Recreation and Leisure Facilities	Community
Baseball Fields (2) Beach Volleyball Courts Campground (1) Cross-Country Ski Club (1) Cineplex Cinemas Corner Brook Centre Bowl Corner Brook Civic Centre & Annex Corner Brook Curling Club Dance Studio (1) Dog Park (1) Downhill Ski Resort (1) Fitness Centres/gyms (5) Golf Club (1) Gymnastics Club (1) Hiking/Walking Trails (various) Leisure Club Halls (5) Parks (4) Playgrounds (8) Performance Arts Centres (3) Skateboard Park (1) Skating Rinks (3) Soccer Field (4) Softball Field (3) Swimming Pool (1) Tennis Courts	Corner Brook
Outdoor Ice Rink Community Hall (1) Playgrounds (2) Softball field (1)	Meadows
Hiking/Walking Trail	Gillams
Walking/Hiking Trail Community Hall	McIver's
	Cox's Cove
	Mount Moriah
Fitness Centre (1) Playgrounds	Town of Humber Arm South (Halfway Point, Benoit's Cove, John's

Recreation and Leisure Facilities	Community
	Beach, Frenchman's Cove)
Community Hall (2) Blow-Me-Down Provincial Park/campground Hiking/Walking Trails (7)	York Harbour - Lark Harbour

Table 9: Recreation and Leisure Organizations

Recreation and Leisure Organizations	Community
50+ Clubs (various) Atlanti-Con Aquatics Programs (various) A Wonderful Fine Market Bata Sigma Phi (various) Bay of Islands Musical Arts Bennett's Tae Kwon Do Academy Billiards Pool League Blomidon Golf Club Blow Me Down Community Garden Blow Me Down Cross-Country Ski Club Brake's Gym (boxing/kickboxing) Canadian Council for the Blind Catholic Social Centre Cineplex Cinemas Corner Brook Baseball Association Corner Brook Beach Volleyball Association Corner Brook Broomball Association Corner Brook Centre Bowl Corner Brook Civic Centre & Annex Corner Brook Community Choir Corner Brook Curling Club Corner Brook Jazz Ensemble Corner Brook Ladies Fast Pitch Softball League Corner Brook Men's Ball Hockey League Corner Brook Men's Senior Soccer Corner Brook Men's Slo-Pitch Corner Brook Minor Baseball Corner Brook Minor Hockey Association Corner Brook Minor Soccer Association	Corner Brook

Recreation and Leisure Organizations	Community
<p> Corner Brook Touch Football Corner Brook Triathlon Corner Brook Rapids Swim Club Corner Brook Reflections Synchro. Swim Club Corner Brook Running Club Corner Brook Senior Baseball Corner Brook Stream Development Corp. Corner Brook Tennis Club Corner Brook Winter Carnival Committee Corner Brook Women's Senior Soccer Counter Balance Conditioning & Fitness Inc. CrossFit Heavy Timber Cyber Zone Dance Studio West Elks of Canada Fitness Classes (various) Forever Young Fitness Centre Freedom Arts Bellydance Girl Guides of Canada (various) Hiking/Walking Trails (various) Humber Community YMCA Humber Valley Speed Skating Jui-Jitsu (2) Kinsmen Club Kinsmen Prince Edward Campground Lions Club Marble Mountain Downhill Ski Resort Marble Mountain Ski Patrol Marble Zip Tours Markus Karate School Newfoundland & Labrador Volleyball Association Off Broadway Players Rotary Club of Humber Dog Park Royal Canadian Air Cadets Royal Canadian Army Cadets Royal Canadian Sea Cadets Saltos Gymnastics Club Scottish Country Dancing Scouts Canada (various) </p>	

Recreation and Leisure Organizations	Community
Silver Blades Skating Club Special Olympics Newfoundland & Labrador Stage West Theater Festival Summer Camp Programs (various) Tennis Courts Theatre Newfoundland & Labrador The Humber Natural History Society The Humber Valley Hiking Group The Humber Valley Rowing Club Tung Yen Judo West Coast Cycle Association Youth Basketball Program Youth Ventures	
Hughes Brook 50+ Club Recreation Committee	Hughes Brook
Community Hall Recreation Group- various exercise groups	Irishtown - Summer Side
Recreation Group-various exercise groups	Meadows
Gillam's Historical Society Recreation Committee	Gillams
Recreation Group- various exercise groups	McIver's
Recreation Group-various exercise groups	Cox's Cove
Recreation Group-various exercise groups	Mount Moriah
Humber Arm South 50+ Club Humber Arm South BayFest Committee Humber Arm South Recreation Committee Exercise Classes (various)	Town of Humber Arm South (Halfway Point, Benoit's Cove, John's Beach, Frenchman's Cove)

Other

Other community based assets include celebrations, carnivals, festivals and fun days celebrated by most communities throughout the CBBOI area. Most communities have Canada Day celebrations and Christmas parades coordinated by their local town councils or volunteers. The following table is not inclusive of all events but represent the types of activities or celebrations that occur in communities through the year.

Table 10: Other Community Assets

Other Assets	Community
Bay of Islands Radio Corner Brook Transit (bus) Qalipu Mi'kmaq First Nations Taxi Services (various) Enviro Fair Funeral Homes Festivals, Carnivals, Fun Days (includes but not limited to) <ul style="list-style-type: none"> • Winter Carnival • Craft Fairs • Community Walks • Canada Day • Come Home Year 	Corner Brook Communities throughout CBBOI
Arctic Tern Colony The Rattler Falls	McIver's
Tour Company Lookout and Waterfall	Cox's Cove
Cook's Brook Swimming Basin	Mount Moriah
	Town of Humber Arm South (Halfway Point, Benoit's Cove, John's Beach, Frenchman's Cove)
Blow-Me-Downer Newsletter (monthly) Taxi Service (1)	York Harbour – Lark Harbour

Conclusion

The Primary Health Care area for Corner Brook-Bay of Islands includes eight municipalities: Corner Brook, Massey Drive, Steady Brook, Irishtown-Summerside, Hughes Brook, Gillams, Meadows, McIvers and the residents of Little Rapids, Humber village and Pinchgut Lake. Corner Brook is the main hub for most health related services, although other programs such as Community Supports offers home based services to clients. There is a wide array of health services in the area including medical specialities, physician services, dental, pharmacy, physiotherapy, occupational therapy and massage therapy. Residents of CBBOI utilize most health services in Corner Brook but may have to travel to St. John's for other specialist services that are not available locally.

The area includes both public and private secondary and post-secondary institutions, churches and many community groups and non-profit organizations which all contribute to the health of the area. Many programs and services in the area are provided by local volunteers who support fire departments, social and seniors clubs, youth groups and sports and recreation.

The Corner Brook- Bay of Islands area provides an opportunity for many outdoor pursuits both on land and in the water. From downhill skiing on Marble Mountain, hiking on the many trails, boating on the rivers and lakes, the CBBOI area offers people a chance to connect with nature.