

FALL
2020

NANAIMO youth RESOURCE GUIDE



EMERGENCY NUMBERS

POLICE, FIRE, AMBULANCE.....911
Crisis Line1.888.494.3888
Kids Help Phone.....1.800.668.6868
Mental Health Info Line.....250.310.6789
Sex Abuse Nurse Examiner.....(SANE) 250.754.2141
Suicide Line 1.800.SUICIDE (784.2433)
Tenant Info Hotline.....1.800.665.1185
Victim Services.....1.800.563.0808

NON EMERGENCY NUMBERS

NANAIMO
Crimestoppers.....1.800.222.8477
Hospital *.....250.755.7691
*Use this number for Sex Abuse Nurse Examiner
Police.....250.754.2345

ALCOHOL & DRUG INFO

Alanon.....250.756.3068 or 250.758.8767
Support for friends and families of alcoholics.
Alateen.....250.756.3068 or 250.758.8767
Support for teens with friends and families with alcohol problems.
Alcoholics Anonymous.....250.753.7513
212-285 Prideaux Street
•Monday to Friday, 9 am-5 pm
www.nanaimoaa.org (Vancouver Island Region)
Central V.I. Addiction Services.....1.800.663.1441
Regional program offering out-patient treatment for women.
Island Health - Discovery Youth & Family Substance Use Services.....250.739.5790
Free community based counseling services for youth using substances, youth who are affected by another person's use of substances and/or parents/caregivers concerned about adolescent substance use.
206-96 Cavan Street
•Monday to Friday, 8:30 am-5 pm
www.viha/youth-substance-use
Email: discovery@viha.ca
NARSF - Alcohol & Drug Section.....250.714.8167
Offers skills-based day programming called "Pathways to Wellness" and home-based "Group on the Go" activity boxes. Withdrawal Management and Supportive Recovery beds in Care Family Homes for youth 13-19 years.
1A-170 Wallace St
www.narsf.org
Narcotics Anonymous.....1.877.379.6652
Narcotics Anonymous Directory Assist......#2030
Referral Service.....1.800.663.1441
Tillicum Lelum Health Centre.....250.753.6578
Programs include: Addictions counseling; Building Better Babies; Men's Wellness Group; Diabetes Education; Creating Healthy Families. Free testing and treatment for STI, HIV, HepC & pregnancy.
602 Haliburton Street
•Monday to Friday, 9 am-5 pm
www.tillicumlelum.ca

DROP-IN PROGRAMS/ CENTRES

Crisis Counselling Clinic.....250.739.5710
Brooks Landing (203-2000 Island Hwy N.)
•Monday to Friday, 10 am-7 pm
Neutral Zone.....250.753.8291
421 Franklyn Street
Tuesday, Wednesday, Thursday, 3-5 pm
Friday & Saturday, 2-9 pm
www.tillicumlelum.ca
Facebook: tillicumlelum
One Stop Youth Centre (13-16 yrs).....250.754.1989
290 Bastion Street
Saturday, 5-9 pm
www.nysa.bc.ca
Facebook: Nanaimo Youth Services
Spareblox.....250.756.5200
City of Nanaimo Drop-in Sports Program
•Spare Blox Jr. (11-14 yrs) held Mon, Sep 11-May 28, 7-8:30 pm at Fairview Community School
•Spareblox (13-17 yrs) held Wed, Sep 13-May 30, 8-9:30 pm John Barsby School
•Spareblox Arenas (10-15 yrs) Fri, Sep 15-May 25, 7:15-8:15 am at Nanaimo Ice Centre
Facebook.com/youthnanaimo

The Teen Centre (Boys & Girls Club).....250.713.5787
Programming for youth ages 12-18 years
20 Fifth Street
Email: sstc@bgccvi.com
bgccvi.com
Facebook: bandgclubofcvi*
Youth Lounge.....250.755.7570
Nanaimo Aquatic Centre (740 Third St)
•Thursdays, 3-7 pm during the school year
Youth Zone.....250.245.6424
With Ladysmith Parks, Recreation & Culture on most Friday evenings from 6-9 pm
Facebook/Twitter/Instagram: @ladysmithPRC

EMPLOYMENT SERVICES

GT Hiring Solutions.....250.714.0085
•Monday to Wednesday, 8:30 am-5 pm
•Thursday, 8:30 am-3 pm
•Friday, 8:30 am-4:30 pm
gthiringsolutions.ca
Facebook: gthiringsolutionsemploymentservicecentre
Nanaimo WorkBC Centre.....250.754.1989
Free employment services for youth 16-30.
155 Skinner Street
•Mon, Tue, Fri, 8:30 am-4:30 pm
•Wed, 8:30 am-6 pm
•Thu, 8:30 am-3 pm
Email: nanaimo-centre@workbc.ca
Facebook: @workbcnanaimo

HOUSING SERVICES

BC Housing.....250.475.7550
Friendship Lelum Youth Emergency Shelter.....250.753.8266
For youth 12 to 18 years.
tlsh01@tillicumlelum.ca
Nanaimo Affordable Housing Society.....250.755.1158
Operates a complex for low income families and single adults with disabilities.
350 Prideaux Street
www.nahs.ca
Nanaimo Lion's Housing Society.....250.741.0025
Subsidized housing.
1612 Bowen Road
Nanaimo Youth Services Assoc. (NYS).....250.753.3212
Youth Residence is to provide safe, supportive and affordable housing for youth between 16 and 19 years of age. The residence is a drug, alcohol and violence free environment.
housing@nysa.bc.ca
Residential Rehabilitation Assistance.....1.800.668.2642
Provides forgivable loans to rehabilitate substandard housing for people on low incomes. Also for accessibility.
www.cmjc.ca
Residential Tenancy Office.....1.800.665.8779
Tenants Info Hotline.....1.800.665.1185
Provides information on tenants' rights, including eviction, repairs, security deposits and rent increases.
•Monday to Thursday, 9 am-5 pm
www.tenants.bc.ca
Facebook: tracbc

LEGAL SERVICES

Dial-A-Law.....1.800.565.5297
www.cbabc.org/For-the-Public/Dial-A-Law
Community Victim Services Nanaimo Haven Society.....250.756.2452
.....1.888.756.0616 (24-Hour Crisis Line)
Offers support, risk assessment, safety planning, resources and referral information for women, children, youth and family survivors of crime and violence.
John Howard Society.....250.754.1266
Involves community in criminal justice. Offers community assistance and service work, forensic outreach, housing, public education and restorative justice/restorative justice mentorship program.
200-1585 Bowen Road
•Monday to Friday, 8:30 am-4 pm
www.johnhoward.nanaimo.org
Legal Services Society/BC.....1.866.577.2525
Provincial call centre.
201-321 Wallace Street
•Monday, Wednesday, Thursday, 9-11:30 am, 1-1:30 pm
•Tuesday, 1-3:30 pm
www.lss.bc.ca
Nanaimo RCMP Victim Services.....250.755.3146
Offers support, information and referrals to victims of crime and their families.
303 Prideaux Street

Victims Link.....1.800.563.0808
Information and referral service for victims of crime throughout BC that is available 24/7.
www.vpl.vancouver.bc.ca/redbook.com
www.communityinfo.bc.ca

OTHER SERVICES

Aboriginal Child and Youth Mental Health Services.....250.741.5701 or 1.866.722.2235
301-190 Wallace Street
Big Brothers and Big Sisters of CVI.....250.756.2447
Provides volunteer one-on-one services to children 6 to 16. Operates the Big Deal Boutique.
www.bigscvi.ca
Boys and Girls Club - Teen Centre.....250.713.5787
Email: sstc@bgccvi.com
Facebook: bandgclubofcvi
Cedar Family Community School.....250.734.2512
Central Vancouver Is. Multicultural Soc......250.753.6911
www.cvims.org
Facebook: immigrant.welcome.centre.nanaimobc
Child and Youth Mental Health - Ministry of Children and Family Development.....250.741.5701
Community Kitchens.....250.754.2621
Learn how to cook on a budget.
19 Nicol Street
Email: Leehsanmiya@gmail.com
Community Schools - Central Zone:
Fairview/Brechin.....250.741.1250
Mountain View.....250.753.2831
NDSS.....250.740.2026
Community Schools - North Zone:
Pleasant Valley.....250.390.4027
Rock City.....250.758.2424
Community Schools - South Zone:
Bayview.....250.754.3231
Cedar Family Community.....250.722.2414
Georgia Avenue/John Barsby.....250.616.7984
Drop-in Youth Clinic.....250.755.3345
Services for youth age 24 and under. Contraceptives, public health nurses, birth control, testing for STI, HIV, pap and pregnancy.
•Tuesdays, 2-4:30 pm (drop-in)
1665 Grant Avenue
Erase Bullying.....www.erasebullying.ca
Esteem Child and Family Services.....250.668.7454
Provides specialized self-esteem, body-confidence, healthy living education and individual counselling for youth or women. Financial assistance available.
www.esteemedchics.com
First Nations Health Authority.....1.866.913.0033
Works to reform the way health care is delivered to BC First Nations. Provides programming and links to cultural, medical and mental health supports)
#103-12600 Trans Canada Hwy, Ladysmith
www.fnha.ca/youth
Facebook: First Nations Health Authority
Generation Q (Safe & Supportive Group for LGBTQ2 Youth & their Allies).....250.753.3245 (2271)
•Thursdays, 7-9 pm
20 Fifth Street
www.positivespace@viu.ca
Facebook.com/PositiveSpaceAlliance
Harbour Mission
338 Victoria Crescent
•Sunday, Tuesday, Friday, 11 am-4 pm with Christian Service and lunch at 1 pm
Haven Society.....250.756.2452
PEACE (Prevention, Education, Advocacy, Counselling, Empowerment) program for children and youth 3-18 that have experienced family abuse.
Immigrant Welcome Centre.....250.753.6911
Provides the support of Settlement Workers in Schools (SWIS) for newcomers to Canada.
101-319 Selby Street
www.cvims.org
Facebook: Immigrant.welcome.centre.nanaimobc
Kids Help Phone.....250.756.2452
Phone and web counseling, referral and information service for children and youth. Toll-free, national, bilingual, anonymous and confidential support, 24 hours a day, 365 days a year.
www.kidshelpphone.ca

Kwumut Lelum 778.441.3495

Family support workers, child and youth care workers, step up workers for education needs, wellness for recreation activities and groups. Salish Storm hockey program for community hockey at lacrosse box at Barbsy on Wednesdays. www.kwumut.org

Ladysmith Resources Centre Assoc. (LRCA) 250.245.3079

Offers free housing support, legal services, victim services, restorative justice, children & youth support services and food bank. www.lrca.ca

Lifeline Harewood Youth Program

Facebook: lifelineharewood

NARFS 250.754.2773

Various programs for youth and families, including Living in Families with Teens (LIFT), eating disorders, Sexual Abuse Intervention Program (SAIP) counselling and transitions. 1A-170 Wallace St www.narsf.org

Salvation Army (Community Gardens).....250.816.4769

Low to no cost food access plus community gardens with work parties and a gleaning program. 271 Pine Street

Ministry of Children and Family Development

Children's Helpline (abuse/neglect).....310.1234
Child Protection Unit250.741.5444
Children's Resources250.741.3600
Child and Youth Mental Health250.741.5701
Youth Team250.741.5444
202-488 Albert Street

NARFS Programs Ltd.250.754.2773

Programs for youth and families, including Family Therapy Program, eating disorders therapy, SAIP counselling, parent/teen mediation, mental health outreach, Transitions Youth Withdrawal Management and Stabilization Program. 201-170 Wallace Street admin@narsf.org * www.narsf.org

Nanaimo Aboriginal Centre.....250.754.3215

Aboriginal youth mentoring programme supporting high school students to set and achieve their goals. 20 Fifth Street
Facebook: NanaimoAboriginalCentre

Nanaimo Brain Injury Society.....250.753.5600

Information, education, referral and support for people with acquired brain injury, their families/caregivers. #101 - 235 Bastion Street www.nbis.ca
Facebook: nanaimobrain

Nanaimo Community Hospice.....250.591.8811

1080 St. George Crescent
www.nanaimohospice.com

Nanaimo Family Life250.754.3331

Provides counseling and support services to individuals, families and groups who are seeking help with personal, emotional, social and relationship problems. 1070 Townsite Road www.fnlabc.org
Facebook: NFLABC

Nanaimo Foodshare Society.....250.753.9393

Hungry? Looking for food, cooking skills, job skills and growing food? We know programs to help you. 271 Pine Street
www.nanaimofoodshare.ca

Nanaimo Women's Resource Centre.....250.753.0633

Information, education, referral and support. 150 Wallace Street
•Tuesday to Friday, 10 am-3 pm
www.nanaimowomen.com
Facebook: NanaimoWomen'sResourcesSociety

Nanaimo Youth Advisory Council

Provides Mayor and Council with a youth perspective on municipal issues. nanaimoyouthadvisorycouncil@gmail.com
www.nanaimo.ca

Options for Sexual Health.....250.753.9511

Birth control, pregnancy education, counselling. 204-285 Prideaux Street

Pacific Child Care Resource/Referral Prog.....250.756.2022

Registry of caregivers; free childcare referrals. mailbox@pacific-care.bc.ca
www.pacific-care.bc.ca

Rainbows/Nanaimo & Vancouver Island250.751.7888

A support group program for children & their families who have suffered a significant loss in their lives. www.rainbowsnanaimo.ca/contact-us
Facebook: RainbowsNanaimo

Society of Equity, Inclusion and Advocacy (SEIA)

https://seia.ca

Tutoring with a Twist250.821.8214

All ages, abilities and work with funding agencies. www.tutoringwithatwist.ca

Vancouver Island Crisis Line1.888.494.3888

..... 250.753.2495 (office):
Provides a 24 hour confidential emotional support and resources. Call anytime. Crisis chat and text services available every day from 6-10 pm via www.vicrisis.ca or by texting 250.800.3806.

Vancouver Island Regional Libraries

•Harbourfront Branch (90 Commercial St)250.753.1154
•Ladysmith Branch (740 First Ave)250.245.2322
•North Branch (6250 Hammond Bay Rd)250.933.2665
•Wellington Branch (Country Club Centre) .250.758.5544
www.virl.bc.ca/teens

things to do

BASKETBALL

Beban Park2300 Bowen Road
Forest Gyro Park 2035 Forest Drive
Groveland Gyro Park..... 6239 Groveland Drive

BIKE PARKS

Nanaimo BMX.....www.nanaimobmx.com
Steve Smith Bike Park...Beban Park (off Labieux Rd)

BOWLING

Brechin Lanes..... www.brechinlanes.com
Splitsville Entertainment www.splitsville.ca

DISC GOLF

Bowen Park500 Bowen Road

GYMNASIUM SPORTS

Oliver Woods Comm. Centre 6000 Oliver Road
www.nanaimo.ca
250.756.5200

Frank Jameson Comm. Centre 810 Sixth Avenue
www.ladysmith.ca
250.245.6424

LIBRARIES

See bottom left column on this page. Visit for games, crafting and more!

MULTI-USE SPORT COURTS

Departure Bay Cent. Park1413 Wingrove Street
Forest Gyro Park 2035 Forest Drive
Groveland Gyro Park.... 6239/6255 Groveland Drive

MOUNTAIN BIKING

Harewood Centennial Park..... 740 Howard Avenue
Westwood Lake Park381 Westwood Road

MOVIES

Avalon Theatre..... www.landmarkcinemas.com

SKATE PARKS

Bowen Park 106 Wall Street
Cedar 2008 Walsh Road
Harewood Centennial Park..... 740 Howard Avenue
May Richards Bennett Pioneer Park 6700 Dover Road

SKATING

Frank Crane/Cliff McNabb2300 Bowen Road
Nanaimo Ice Centre 750 Third Street
www.nanaimo.ca

250.756.5200

SWIMMING

Beban Pool2300 Bowen Road
Nanaimo Aquatic Centre 741 Third Street
Westwood Lake.....(lifeguards in summer)
www.nanaimo.ca

250.756.5200

TENNIS

Beban Park2300 Bowen Road
Bob O Link Park.....1663 Bob O Link Way
Bowen Park500 Bowen Road
Departure Bay Park.....Wingrove Street
Diver Lake Park 2430 Black Franks Drive
Harewood Centennial Park..... 740 Howard Avenue
John Weeks Park1407 Island Highway
May Richards Bennett Pioneer Park..... 6700 Dover
Morningside Park..... 1001 Morningside Drive
Stacey Crescent Park..... Cinnabar Valley
www.nanaimo.ca
250.756.5200
Westwood Lake Tenniswww.westwoodlake.com

WEIGHT ROOMS

Beban Pool2300 Bowen Road
Nanaimo Aquatic Centre 741 Third Street
www.nanaimo.ca
250.756.5200
Frank Jameson Comm. Centre 810 Sixth Avenue
www.ladysmith.ca
250.245.6424

VOLLEYBALL (OUTDOOR)

Bowen Park500 Bowen Road
www.nanaimo.ca
250.756.5200

CLUBS AND ORGANIZATIONS IN NANAIMO

Want to get involved with a group in town in the area of music, art, sports or other special interest? See the City of Nanaimo's "Clubs and Organizations" listings. Find the latest list at www.nanaimo.ca and search for "Clubs and Organizations".

LOW COST / NO COST FOOD

7-10 Club 250.714.0917

Low to no cost food access.
285 Prideaux Street

Bowen Road Farmers' Market Coupon Nutrition Program

Runs May to October.
2300 Bowen Road

Community Gardens 250.754.8347

Wed/Fri work parties and a gleaning program.
271 Pine Street

Community Kitchens.....250.816.4769

Learn how to cook on a budget, as well as gleaning programs.
271 Pine Street
www.nanaimocommunitykitchens.org

Loaves & Fishes 250.754.8347

Offers various food depot locations around town, including a youth depot at John Barsby. 1109 Farquhar Street
www.nanaimoloavesandfishes.org
Facebook: nanloavesfishes

Nanaimo Foodshare Society 250.753.9393

Looking for food, cooking skills, job skills and information on growing food? We can help. 271 Pine Street
www.nanaimofoodshare.ca
Facebook: nanaimofoodshare

Salvation Army 250.754.2621

19 Nicol Street
www.salvationarmynanaimo.com

U-18 Food Depot..... 250.616.7984

John Barsby Community School



Explore Nanaimo's Parks & Trails!
www.nanaimo.ca/recreation-parks



Find out the RDN Transit Schedule!
visit www.rdn.bc.ca

The Youth Resource Guide is produced by the Nanaimo Youth Advocates Committee. For more information on the committee, or to request changes to future versions of the Youth Resource Guide, please contact youth@nanaimo.ca.