



### First Nations

#### M'AKOLA HOUSING SOCIETY

Phone	250-756-4217 or After Hours Emergencies: 1-877-384-1423 EXT. 2
Hours	Tuesday- Thursday 9 am - 4 pm
Email	<a href="mailto:info@makola.bc.ca">info@makola.bc.ca</a>
Address	<a href="#">#22- 3201 Shenton Road</a> (Nanaimo Regional Office)
Services	Provides homes primarily for indigenous people where they can feel connected to traditional values and community.
Website	<a href="http://www.makola.bc.ca">www.makola.bc.ca</a>
Bus Route	#30

#### MID-ISLAND METIS NATION

Phone	250-585-7441
Hours	Tuesday- Friday 10 am - 4 pm
Email	<a href="mailto:office.mimn@shaw.ca">office.mimn@shaw.ca</a>
Address	<a href="#">#26- 1708 Bowen Road</a>
Services	Protects and promotes Métis culture through developing and implementing training, cultural programming, education, and economic opportunities while ensuring effective communication to all members on Central Vancouver Island.
Website	<a href="http://www.midislandmetis.com">www.midislandmetis.com</a>
Bus Route	#40
Social	

#### ABORIGINAL CHILD & FAMILY SERVICES

Phone	250-741-5734 or Toll Free: 1-866-722-2235
Hours	Monday- Friday 9 am - 4 pm (closed from 12- 1 pm)
Address	<a href="#">#301- 190 Wallace Street</a>
Services	Services offered include family service team, investigations into claims of abuse and neglect, child and youth special needs.
Website	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>
Bus Route	#1, #20, #30, #50

#### ISLAND URBAN INDIGENOUS WELLNESS SOCIETY

Email	<a href="mailto:admin@iuiws.ca">admin@iuiws.ca</a>
Address	<a href="#">2595 McCullough Road</a>
Services	Offers a variety of education programs/schooling services for students in grades K-12. Operates one housing complex Nuutsumuut Lelum (1406 Bowen Road). Programs/ services/community activities are open to all Nanaimo residents and visitors.
Bus Route	#30, #40, #50



### First Nations

#### SNUNEYMUXW FIRST NATION - HEAD OFFICE

Phone	250-740-2300 or Toll free 1-888-636-8789
Email	<a href="mailto:mail@snuneymuxw.ca">mail@snuneymuxw.ca</a>
Hours	Monday- Friday 8 am- 4 pm (closed 12- 1 pm)
Address	<a href="#">668A Centre Street</a>
Services	Offer many services and programs including social assistance, family based programs, training, housing and more.
Website	<a href="http://www.snuneymuxw.ca">www.snuneymuxw.ca</a>
Bus Route	#7

#### SNUNEYMUXW FIRST NATION - TRADITIONAL MEDICINES CLINIC

Phone	250-740-2323
Hours	Monday- Thursday 9 am- 12 pm and 1- 4 pm
Address	<a href="#">1984 Woodbank Road</a>
Services	Offering traditional treatments for maternal and child health issues, sleep, anxiety, physical pain and depression.
Website	<a href="http://www.snuneymuxw.ca">www.snuneymuxw.ca</a>
Bus Route	#8

#### TILICUM LELUM ABORIGINAL FRIENDSHIP CENTRE

Phone	250-753-4417
Services	Promotes justice, fairness, and equality for aboriginal people through a holistic approach to programming and services.
Website	<a href="http://www.tillicumlelum.ca">www.tillicumlelum.ca</a>

#### TILICUM LELUM ABORIGINAL FRIENDSHIP CENTRE - EDUCATION CENTRE

Phone	250-753-8291
Hours	Monday- Friday 9 am- 5 pm
Address	<a href="#">927 Haliburton Street</a>
Bus Route	#7

#### TILICUM LELUM ABORIGINAL FRIENDSHIP CENTRE - HEALTH CENTRE

Phone	250-753-6578
Hours	Monday- Friday 9 am- 5 pm
Address	<a href="#">602 Haliburton Street</a>
Bus Route	#7