

NANAIMO

Youth Resource

DIRECTORY

EMERGENCY NUMBERS

POLICE, FIRE, AMBULANCE..... 911
Crisis Line 1.888.494.3888
Text Line..... 250.800.3806
Canada Wide Call/Text..... 988
Hope for Wellness Crisis Line 250.310.6789
Kids Help Phone 1.855.242.3310
KUU-US Aboriginal Crisis Line..... 1.800.588.8717
Mental Health Info Line..... 250.310.6789
Suicide Line 1.800.SUICIDE (784.2433)
Tenant Info Hotline 1.800.665.1185
Victim Services..... 1.800.563.0808

NON EMERGENCY NUMBERS

Crimestoppers..... 1.800.222.8477
Hospital 250.755.7691
*Sexual Abuse Nurse Examiner - Go to hospital
Kids Help Phone 1.800.668.6868
Text Line..... 686868
Website..... www.kidshelpphone.ca
Police..... 250.754.2345

ALCOHOL & DRUG INFO

Alcoholics Anonymous 250.753.7513
206B-321 Wallace Street
Mon to Fri, 9 am-4 pm
www.nanaimoaa.org
Alcohol & Drug Info & Referrals 1.800.663.1441
Referral service for youth and adults.
Island Health - Discovery Youth & Family Substance Use Services 250.739.5790
Free community-based counselling services related to substance youth.
Narcotics Anonymous..... 1.800.494.2404
Website..... www.cviana.ca
NARSF (Nan & Area Resource Services for Families) 250.754.2773 (102)
1A-170 Wallace St
www.narsf.org
Tillicum Lelum Wellness Centre 250.753.6578
Programs Include: addictions counselling, building better babies, men's wellness group, diabetes education, creating healthy families, free STI, HIV, HepC, and pregnancy testing and treatment.
602 Haliburton Street
Mon to Fri, 9 am-5 pm
www.tillicumlelum.ca

DROP-IN PROGRAMS

BGC Central Vancouver Island South Side Teen Centre & Generation Q: 250.713.5787
Teen Centre: Wed, 6:30-8:30 pm
Thu, 6:30-8:30 pm
20 Fifth Street
bgccvi.com
Facebook: bandgclubofcvi
Instagram: bgc.cvi & bgccviyouth GenQ
Crisis Counselling Clinic 250.739.5710
Brooks Landing (203-2000 Island Hwy N.)
Mon to Fri, 10 am-5:15 pm
Neutral Zone
Tillicum Lelum offers youth programming which provides relevant social and recreational activities for youth between 10-24 years.
www.tillicumlelum.ca
Facebook: tillicumlelum

One Stop Youth Centre (13-23 yrs)..... 250.754.1989
290 Bastion Street
Tue, Wed, Thu, 5-9 pm; Sat, 12-4 pm
www.nysa.bc.ca
Facebook: Nanaimo Youth Services
Spareblox 250.756.5200
City of Nanaimo free drop-in recreation sports on school days in school gyms or at Oliver Woods.
Schedule is as follows:
Mon: Park Avenue, 5-6:30 pm
Mon: Fairview Elem, 7-8:30 pm
Tue: Uplands Elem, 6-7:30 pm
Tue: Oliver Woods, 6:30-8 pm
Wed: John Barsby, 8:30-10 pm
Thu: Chase River Elem. 6-7:30 pm
Youth Lounge 250.756.5200
Free drop-in at Nanaimo Aquatic Centre in Jack Little Room. Pre-registration is required.
Thu, 3-7 pm
Fri, 2-9 pm

EMPLOYMENT SERVICES

AKG Canada..... 250.714.0085
Mon/Tue/Fri, 8:30 am-4:30 pm
Wed, 8:30 am-6 pm
Thu, 8:30 am-3 pm
www.akgcanada.ca
Nanaimo Youth Services Association (NYSA) 250.754.1989
Provides employment assistance and learning opportunities for youth 15 to 30.
290 Bastion Street
www.nysa.bc.ca

HOUSING SERVICES

BC Housing 250.475.7550
Ballenas Housing Society 250.755.1158
Provides housing for low to moderate income.
10 Buttertubs Drive
www.ballenas.ca
Friendship Lelum Youth Emergency Shelter 250.753.8266
Provides services for ages 11 to 18 years.
www.tillicumlelum.ca
Nanaimo Youth Services Association (NYSA) 250.753.3212
Provides safe, supportive, affordable housing for youth (ages 17 to 19) in a drug, alcohol, violence free environment.
www.nysa.bc.ca
On-Reserve Residential Rehabilitation Assistance..... 1.800.668.2642
Provides funding for major repairs, emergency repairs and adaptations to improve the health and safety of on-reserve housing.
bcinhs@cmhc-schl.gc.ca
www.cmhc.ca
Residential Tenancy Office 1.800.665.8779

Tenant Info Hotline..... 604.255.0546 / 1.800.665.1185
Provides tenants across BC with free legal information and referral services.
Mon, Tue, Thu, 1-5 pm
Wed, 4:30-7:30 pm
Fri, 9 am-1 pm
www.tenants.bc.ca
Facebook: tracbc

LEGAL SERVICES

Community Victim Services Nanaimo Haven Society .. 250.756.2452 / 1.888.756.0616 (crisis line)
Offers support, risk assessment, safety planning, resources and referral information for women, children, youth and family survivors of crime and violence.
Connective Support Society 250.754.1266
Offers community assistance and service work, employment program, housing, public education and restorative justice.
Mon-Fri, 8:30 am-4 pm
#200-1585 Bowen Road
www.connective.ca
Dial-A-Law 1.800.565.5297
www.dialalaw.peopleslawschool.ca
Legal Services Society/BC 1.866.577.2525
#201 - 321 Wallace Street
www.legalaid.bc.ca
Nanaimo RCMP Victim Services 250.755.3100
Offers support, information and referrals to victims of crime and their families.
303 Prideaux Street
Victims Link 1.800.563.0808
Toll-free, confidential, 24/7 support program for victims of crime and trauma. Different languages available.
211-Victimlinkbc@uwbc.ca

OTHER SERVICES

Big Brother / Big Sisters CVI 250.756.2447
Provides volunteer one on one services to children 6 to 16. Includes Big Deal Boutique.
www.bigscvi.ca
Cedar Community Schools 250.734.3512
Central Vancouver Island Multicultural Society 250.753.6911
www.cvims.org
Facebook: Central Vancouver Island Multicultural Society
Outreach Worker: 250.802.4742
Child and Youth Mental Health (MCFD) . 250.741.1250
Provides protection services for teens aged 13 years and up.
#202-488 Albert Street
Community Gardens..... 250.816.4769
271 Pine Street
• Wed, 11 am-3 pm
• Sun, 11 am-1 pm
Beban Pickleball Courts
• Wed, 10 am-12 pm
• Sat, 10 am-12 pm
https://nanaimocommunitygardens.ca

Community Kitchens 250.753.7470
271 Pine Street
ed@nanaimocommunitykitchens.org
www.nanaimocommunitykitchens.org

Community Schools.....

Central Zone

- Fairview: 250.753.3418
- Brechin: 250.754.7523
- Mountain View: 250.753.2831
- NDSS: 250.740.2000
- Pleasant Valley: 250.390.4027
- Rock City: 250.758.2434

North Zone

- Pleasant Valley: 250.390.4027
- Rock City: 250.758.2424

South Zone

- Bayview: 250.754.3231
- Georgia Avenue: 250.753.1044
- John Barbsy: 250.753.8211

Drop-in Youth Clinic..... 250.739.5889
Services for youth age 24 and under. Contraceptives, public health nurses, birth control, STI, HIV, Pap testing and pregnancy support.
550 Seventh Street

Erase Bullying www.erasebullying.ca

Haven Society..... 250.756.2542 (PEACE)
Prevention, education, advocacy, counselling, empowerment program for ages 3 to 18 that have experienced family abuse.

Indigenous Child & Youth Mental Health 250.741.5701 / 1.866.722.2235
#301-190 Wallace Street

Island Urban Indigenous Wellness Society250.585.0947
Healing, housing, special needs and child care support.
2595 McCullough Road

Ministry of Child & Family Development.....

Child’s Helpline: 250.310.1234
Child Protection Screening Report: 7.800.663.9122
Child Protection Unit: 250.741.5444
Children’s Resources: 250.741.3600
Child & Youth Mental Health: 250.741.5701

Nanaimo Brain Injury Society 250.753.5600
Information, education, referral and support for people with acquired brain injury, their families and caregivers.
www.bnis.ca
Facebook: nanaimobrain
Instagram: nanaimobraininjurysociety

Nanaimo City FC..... www.nanaimocityfc.com
Providing Youth in Nanaimo access to play organized community-based soccer.

Nanaimo Community Hospice 250.591.8811
Offers grief support services for anticipatory, bereaved, and palliative grief.
1080 George Crescent
www.nanaimohospice.com
Facebook: Nanaimo Community Hospice
Instagram: Nanaimo_hospice

Nanaimo Family Life 250.754.3331
Individual counselling for youth aged 13to 18 years.
Gender Journey’s Youth Group: 250.754.3311 (ext. 710)
Counselling Programs: 250.754.3311 (ext. 427)
1070 Townsite Road
www.fnlabc.org
Facebook: NFLABC
Instagram: NFLA.BC

Nanaimo Foodshare 250.753.9393
Programs offered are Good Food Box, Homegrown Program, farm drop-ins and work groups, teen cooking classes. Funding is available through the Youth Resilience Project.
271 Pine Steet
www.nanaimofoodshare.ca
Facebook: Nanaimofoodshare
Instagram: Nanaimofoodshare

Nanaimo Youth Wellness Centre (Public Health Nurse)
250.619.0651
Tue, 1-4 pm
Wed, 1-6 pm
Thu, 1-4 pm
1665 Grant Avenue

Options for Sexual Health 250.753.9511
LGBTQ2S+ friendly sexual health clinic offering free contraceptives, STI screening, cervical screening, pregnancy testing/support, pro-choice options for counselling, referrals.
741 Third Street
www.optionsforsexualhealth.org
Facebook: optbc
Instagram: optionsforsexualhealth

Pacific Child Care Resource & Referral Program..... 250.756.2022
Offering families access to licensed child care and providing information, resources and referrals.
mailbox@pacific-care.bc.ca

Positive Space VIU 250.753.3245
https://adm.viu.ca/positive-space

Rainbows / Nanaimo & Vancouver Island 250.802.3716
Curriculum is designed to assist children, adolescents and adults who are grieving death, divorce or any other painful transition in their family.
rainbowsnanaimo@gmail.com
www.rainbowsnanaimo.ca/contact-us
Facebook: RainbowsNanaimo

Vancouver Island Regional Libraries (Nanaimo)

- 90 Commercial Street, 250.753.1154
- 6250 Hammond Bay Road, 250-933.2665
- Country Club Centre, 250.758.5544

www.virl.bc.ca/teens
Facebook: MyVIRL
Instagram: vilibrary

Youth Wellness Centre..... 250.818.3131
Services for ages 12 to 25.
3260 Norwell Drive (open 7 days/week, 8 am-8 pm)

THINGS TO DO

Clubs & Organizations in Nanaimo.... www.nanaimo.ca
Visit the City of Nanaimo website and search “clubs” for a listing of available clubs and organizations in the community.

Basketball..... www.nanaimo.ca/parks-search/parks

- Beban Park (2300 Bowen Rd)
- Forest Gyro Park (2035 Forest Drive)

Bike Parks.....

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

Bowling (Splitsville) 250.754.2442
www.splitsville.ca

Disc Golf.....course located at Bowen Park

Gymnasium Sports.....recreation.nanaimo.ca

- Oliver Woods Community Centre (6000 Oliver Road)
- Frank Jameson Community Centre (www.ladysmith.ca)

Movies.....

- Avalon Theatre - www.landmarkcinemas.com
- Galaxy Cinemas - www.cineplex.com

Multi-Use Sports Courts
www.nanaimo.ca/parks-search/parks

- Departure Bay Cent. Park (1413 Wingrove Street)
- Forest Gyro Park (2035 Forest Drive)
- Groveland Gyro Park (6239 Groveland Drive)

Rock Climbing

- Romper Room Indoor Gym (climbromperroom.com)
- Bloc Bouldering (www.theblocbouldering.com)

Skate Parks..... www.nanaimo.ca/parks-search/parks

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

Skating (Ice)..... recreation.nanaimo.ca / 250.756.5200

- Frank Crane Arena (2300 Bowen Road)
- Cliff McNabb Arena (2300 Bowen Road)
- Nanaimo Ice Centre (750 Third Street)

Swimming recreation.nanaimo.ca / 250.756.5200

- Beban Park Pool (2300 Bowen Road)
- Kin Pool at Bowen Park (500 Bowen Road)
- Nanaimo Aquatic Centre (741 Third Street)
- Westwood Lake Park (summer guarded beach)

Tennis www.nanaimo.ca/parks-search/parks

- Beban Park Pool (2300 Bowen Road)
- Bob O Link Park (1663 Bob O Link Way)
- Bowen Park (500 Bowen Road)
- Departure Bay Centennial (Wingrove Street)
- Diver Lake Park (2430 Blacks Drive)
- Harewood Centennial Park (740 Howard Avenue)
- John Week Park (1707 Island Hwy South)
- May Richards Bennett Pioneer Park (6700 Dover Road)
- Stacey Crescent Park (2004 Cinnabar Drive)
- Westwood Lake Tennis (www.westwoodlake.com)

Weight Rooms..... recreation.nanaimo.ca / 250.756.5200

- Beban Park (2300 Bowen Road)
- Nanaimo Aquatic Centre (741 Third Street)

Skating (Ice)..... recreation.nanaimo.ca / 250.756.5200

- Frank Crane Arena (2300 Bowen Road)
- Cliff McNabb Arena (2300 Bowen Road)
- Ladysmith (www.ladysmith.ca)

Volleyball (outdoor)recreation.nanaimo.ca / 250.756.5200

- Bowen Park (500 Bowen Road)

LOW COST/NO COST FOOD

7-10 Club 250.714.0917
Low to no cost food access.

Bowen Road Farmer’s Market Coupon Nutrition Program
Markets that accept coupon and community partners that provide the coupons: Nanaimo Island Roots Bowen Road market, Cedar Farmer’s Market, Gabriola Farmer’s Market.
www.bcfarmerksmarket.org/coupon-program/how-it-works/

Community Gardens 250.816.4769
Gleaning program.
gleaning.ncgs.ca

Community Kitchens..... 250.753.7470
Nourishing and empowering youth through cooking and cooking outside the box.
271 Pine Street
ed@nanaimocommunitykitchens.org
www.nanaimocommunitykitchens.org

Loaves & Fishes..... 250.754.8347
www.vifoodbank.org
Facebook: ViLoavesFishes
Instagram: loavesandfishesfoodbank

Nanaimo Foodshare Society..... 250.753.9393
Youth Programs: Good Food Box (VIU), Homegrown Program, Farm drop-ins, teen cooking classes.
271 Pine Street
Facebook: Nanaimofoodshare
Instagram: Nanaimofoodshare

U-19 Food Depot..... 250.753.8211
School breakfast program at John Barsby School from 7:45-8:25 am in the school foyer and free snack program in Room 300 during lunch break.



RDN BUS SCHEDULE

