



Health Services



Medical Clinics

AIDS VANCOUVER ISLAND

Phone	250-754-9111 or toll free at 1-877-311-7400
Hours	Monday 9 am - 2 pm Tuesday - Thursday 9 am - 5 pm
Address	102 - 55 Victoria Road
Services	Provides integrated services such as education, advocacy, and client support to individuals with HIV/AIDS, Hepatitis C, and other communicable diseases. Provides education and harm reduction information to schools, the broader community, and target populations.
Website	www.avi.org
Bus Route	#5, #6, #7, #40

BC CANCER SCREENING

Phone	250-716-5904
Hours	Monday - Thursday 8:30 am - 4 pm Friday 8:30 am - 3:30 pm Every Second Saturday 8:30 am - 12:35 pm
Address	1804B Bowen Road
Website	www.bccancer.bc.ca
Bus Route	#40

CANADIAN DIABETES ASSOCIATION

Phone	1-800-226-8464
Hours	Monday - Friday 10 am - 2 pm
Services	Diabetes Canada is the nation's most trusted provider of diabetes education, research, resources, and services.
Website	www.diabetes.ca
Social	

CANADIAN CANCER SOCIETY

Phone	1-888-939-3333
Email	info@cancer.ca (for information and support) or connect@cancer.ca (general inquiries)
Services	Provides emotional and practical support and assistance to cancer patients, arranges out-of-town transport for cancer patients during treatment. Wigs, hats, scarves, bras, prosthesis, brochures, books, videos, and appointments for the wig and hair stylist are available at no cost. Register for the Look Good Feel Better Program online (lookgoodfeelbetter.ca) or by telephone 1-800-914-5665.
Website	www.cancer.ca
Social	



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CENTRAL NANAIMO URGENT AND PRIMARY CARE CENTRE

Phone	1-833-688-8722 for same day (within 12-24 hour) appointment
Hours	8 am to 8 pm, 7 days a week
Address	3260 Norwell Drive
Services	Medical services which are routinely available in a primary care doctor's office such as common illnesses, minor injuries, reproductive and sexual health. Not an emergency facility or an essential service.
Website	www.islandhealth.ca
Bus Route	#1, #20, #20A, #25, #30, #40, #72



Scan the QR Code for
Emergency Care resources
and hospital wait times

COMMUNITY OUTREACH DENTAL ENDEAVOUR (CODE)

Phone	250-591-0771
Email	codedental@shaw.ca
Address	201 - 489 Wallace Street
Services	Not for Profit Dental Clinic. Patients are asked to make a donation to the clinic for their treatments. Check website or call for hours of operation.
Website	www.connective.ca
Bus Route	#1, #5, #6, #20, #20A, #30, #40, #72

COMMUNICABLE DISEASE CLINIC

Phone	250-740-2615
Hours	Monday - Friday 8:30 am - 4:30 pm
Address	1665 Grant Avenue
Services	Counselling and treatment for sexually transmitted infections, testing and referral for communicable diseases and TB, and central island viral hepatitis service. Appointments required.
Bus Route	#30

HEALTH INSURANCE BC

Phone	1-800-663-7100
Services	General information about the Medical Services Plan and Pharma Care benefits and services.
Website	www2.gov.bc.ca

HEALTH LINK BC

Phone	811
Services	Free-of-charge provincial health information and advice phone line available in British Columbia.
Website	www.healthlinkbc.ca



Health Services



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HEALTH MATTERS CLINIC

Phone	250-753-6759
Hours	Monday - Thursday 8:30 am - 5:30 pm
Address	103 - 1450 Waddington Road
Services	Provides free and confidential STI, Hep C, and Rapid HIV testing and treatment. The clinic is located on the main floor at the end of the hall on your left side in suite #103. Call or Text: 250-753-6759 for an appointment.
Bus Route	#30

MEDICAL ARTS URGENT AND PRIMARY CARE CENTRE

Phone	778-776-5144 for same day (within 12-24 hour) appointment
Hours	Monday - Friday: 8 am to 9 pm Saturday & Sunday: 9 am to 6 pm
Address	103 - 650 South Terminal Avenue
Services	Medical services which are routinely available in a primary care doctor's office such as common illnesses, minor injuries, reproductive and sexual health. Not an emergency facility or an essential service.
Website	www.islandhealth.ca
Bus Route	#1, #5, #6, #20, #20A, #25, #30, #40, #72, #78

MOBILE HEALTH OUTREACH

Phone	Toll free 1-844-482-4239 or text 250-510-3637
Hours	Friday and Saturday 1:30 pm - 9:30 pm
Services	Free and confidential safer sex and drug use supplies, HIV testing, referral, overdose prevention and harm reduction. Mobile Health Outreach provides harm reduction supplies, information and referral on a confidential basis in the Cowichan Lake, Duncan, Ladysmith, Nanaimo and Parksville areas.
Website	www.narsf.org

NANAIMO PUBLIC HEALTH UNIT

Phone	250-755-6200																				
Email	NanaimoPublicHealth@islandhealth.ca																				
Hours	7 days a week 8:30 am - 4:30 pm																				
Address	1665 Grant Avenue																				
Bus Route	#30																				
website	www.islandhealth.ca																				
Social																					
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Medical Clinics

NANAIMO REGIONAL GENERAL HOSPITAL

Phone 250-755-7691
 Hours 24/7
 Address [1200 Dufferin Crescent](#)
 Website www.islandhealth.ca
 Bus Route #30
 Social  

OPTIONS FOR SEXUAL HEALTH

Phone 250-753-9511
 Hours Monday - Wednesday 5 pm - 8 pm
 Address [#8 - 1599 Dufferin Crescent](#)
 Services Reproductive health services including birth control information and supplies, fertility awareness, pregnancy testing information and counselling, sexually transmitted infections testing and treatment. Appointments preferred.
 Bus Route #30, #40
 Social  



PRINCESS ROYAL FAMILY CENTRE HEALTH UNIT (SOUTH END PUBLIC HEALTH)

Phone 250-739-5845
 Hours Monday - Friday 8:30am - 4:30pm, hours may vary
 Address [80 Chapel Street](#)
 Services Offers a range of services to promote health and wellness in the community including dental health, nutrition programs, prenatal and parenting education, access to a Public Health Nurse, immunizations, parent and child support services, sexual health, youth support and speech and language services.
 Website www.islandhealth.ca
 Bus Route #1, #20, #20A, #25, #30, #40, #72
 Social 

VIU DENTAL CLINIC

Phone 250-740-6240
 Services All treatment is provided by dental students who are supervised by licensed faculty and dentists.
 Address [900 Fifth Street](#)
 Website <https://hshs.viu.ca/dental-clinic>
 Bus Route #5, #6, #8, #15, #15A, #40