



Community Resources and Services



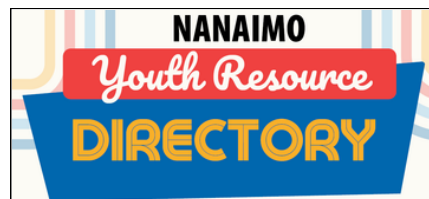
Youth

BGC CENTRAL VANCOUVER SLAND

Phone 250-754-3215
 Email reception@bgccvi.com
 Hours Monday - Friday 9 am - 5 pm
 Address [2290 Bowen Road](#)
 Services We offer a variety of youth programs for ages 11+
 Website www.bgccvi.com
 Bus Route #25, #30, #40
 Social

BIG BROTHERS & BIG SISTERS

Phone 250-756-2447
 Email admin@bigscvi.ca
 Hours Monday - Friday 9 am - 5 pm
 Address [2030 Northfield Road](#)
 Services Provides children and youth with the highest quality volunteer-based mentoring programs.
 Website www.cvi.bigbrothersbigsisters.ca
 Bus Route #25, #40
 Social



More Youth Resources are
 available on the City's
 website here:



CHILD DEVELOPMENT CENTRE

Phone 250-753-0251
 Email info@nanaimocdc.com
 Hours Monday - Friday 8:30 am - 4:30 pm
 Address [1135 Nelson Street](#)
 Services Provides individualized services for children up to age 19 and their families that promote optimum child development. Most programs and services are available at no cost except for preschool. Programs include infant development, family support services, supported child development, physiotherapy, occupational therapy and speech/language therapy.
 Website nanaimocdc.com
 Bus Route #30
 Social

GIRL GUIDES OF CANADA

Phone 1-800-565-8111
 Email info@girlguides.ca
 Services Provides girls ages 5-17 with the opportunity to try new experiences, challenge themselves and build their confidence, all within a safe environment. Volunteers help deliver a unique program that encourages girls to build life skills in outdoor adventure, financial literacy, mental health, advocacy and more.
 Website www.girlguides.ca
 Social



Youth

HAVEN SOCIETY - PEACE PROGRAM FOR CHILDREN AND YOUTH EXPERIENCING VIOLENCE

Phone	250-756-2452 ext 301
Address	2270 Labieux Road
Email	peace@havensociety.com
Services	An intervention/prevention counselling program created by the BC Society of Transition Houses to address the needs of children and youth ages 3-18 who have been exposed to domestic violence or experienced intimate partner violence. Our Team provides safety planning, individual and group counselling, and community education to children, youth and their caregivers. The goal of the PEACE Program is to interrupt and break the cycle of intergenerational violence and abuse. All programs and services are confidential and available at no cost.
Website	www.havensociety.com
Bus Route	#25, #30, #40

CHILDREN AND YOUTH WITH SUPPORT NEEDS OFFICE (MCFD)

Phone	250-741-5734
Hours	Monday to Friday 9 am - 4 pm, closed from 12-1pm
Address	#201 - 190 Wallace Street
Services	Support for primary caregivers, parents, or guardians who have children or teens with support needs. For children and teens, this may include social and life skills training, behavioural and other professional support services. Assistance for families may include respite, counselling, support groups, and homemaker services.
Website	www2.gov.bc.ca
Bus Route	#1, #20, #20A, #25, #30, #40, #72

KIDS HELP PHONE

Phone	Toll free 1-800-668-6868 or text 'TALK' to 686868
Email	info@kidshelpphone.ca
Services	Free, anonymous and confidential 24/7 phone and on-line professional counselling service for youth. Large or small concerns.
Website	www.kidshelpphone.ca
Social	 

MINISTRY OF CHILDREN & FAMILY DEVELOPMENT

Phone	250-741-5444
Hours	Monday to Friday, 9 am – 4 pm, closed from 12 to 1 pm
Address	#202 - 488 Albert Street
Services	Offers a variety of child, teen, and family services including child protection, investigating claims of abuse and neglect, protective services for teens aged 13+, guardianship, foster parenting and adoption, youth justice, youth probation program, and youth services.
Website	www2.gov.bc.ca
Bus Route	#1, #5, #6, #20, #20A, #30, #40, #72

AGED OUT

Phone	604-320-7330
Email	info@agedout.com
Website	www.agedout.com
Services	This is a resource for young adults who were in government care in BC. It's an up-to-date warehouse of information on resources and services available to young adults and a learning tool to help people feel empowered as they leave care.



Youth

NANAIMO YOUTH WELLNESS CENTRE

Address	1665 Grant Avenue located behind the hospital
Phone	250-619-0651 call or text
Hours	A Public Health nurse is available by appointment or drop in: Tuesday, Wednesday & Thursday 1 pm - 4 pm
Bus Route	#30
Address	3260 Norwell Drive - Central Nanaimo Urgent Primary Care Clinic
Phone	250-818-3131 call or text for an appointment
Hours	8 am - 8 pm, 7 days a week
Services	Youth (up to 25 years) has access to Physicians, Counsellors, and Public Health Nurses. Confidential services include: • Low Cost Birth Control • Relationship Support • Counselling • STI Screening • Pregnancy Testing • Mental Health Support • Healthy Lifestyle • Emergency Contraception Pill (ECP) • Sexual Decision Making • Gender Identity Support • Family Support
Website	www.islandhealth.ca
Bus Route	#1, #20, #20A, #25, #30, #40, #72
Social	 

NANAIMO YOUTH SERVICES ASSOCIATION

Phone	250-754-1989
Email	reception@nysa.bc.ca
Hours	Monday - Friday 8:30 am - 4:30 pm
Address	290 Bastion Street
Services	Services include job training, supports for mental, physical and emotional health and housing.
Website	www.nysa.bc.ca
Bus Route	#1, #20, #20A, #25, #30, #40, #72
Social Media	

INDIGENOUS CHILD & YOUTH MENTAL HEALTH (SNUNEYMUXW, SNA NAW AS AND STZ'UMINUS)

Phone	250-741-5701
Hours	Intake on Wednesdays, 9 am - 11 am & 1 pm - 3 pm
Address	#301 - 190 Wallace Street
Services	Provides confidential, free, mental health and outreach services to indigenous children, youth and families.
Bus Route	#1, #20, #20A, #25, #30, #40, #72



Youth

NARSF - SEXUAL ABUSE INTERVENTION

Phone	250-754-2773
Address	#201 - 190 Wallace Street
Services	Open referral program for children, teens and families who have disclosed sexual abuse or are at risk for sexual exploitation.
Website	www.narsf.org
Bus Route	#1, #20, #20A, #25, #30, #40, #72

NARSF - TRANSITIONS WITHDRAWAL MANAGEMENT & SUPPORTIVE RESIDENTIAL PROGRAM

Phone	250-754-2773
Address	190 Wallace Street
Services	A NARSF Program. Referral through Discovery Youth and Family Addictions (VIHA) for youth with problematic drug and alcohol use to achieve their goal of abstinence or reduction of harmful consequences of substance use.
Website	www.narsf.org
Bus Route	#1, #20, #20A, #25, #30, #40, #72

PACIFICCARE

Phone	250-756-2022 or Toll free 1-888-480-2273
Email	mailbox@pacific-care.bc.ca
Hours	Tuesday: 11:30 am - 4:30 pm Wednesday: 8:30 am - 4:30 pm Thursday: 10:00 am - 6:00 pm Friday: 8:30 am - 4:30 pm Saturday: 8:30 am - 12:30 pm
Address	#101 - 3156 Barons Road
Services	The Child Care Resource and Referral (CCRR) is the community's best source for child care information, resources and child care referrals. PacificCare offers access to liability insurance coverage for Registered Child Care providers and Mother Goose Programs.
Website	www.pacificcare.ca
Bus Route	#1, #20, #20A, #25, #30, #40, #72

RAINBOWS NANAIMO

Phone	250-802-3716
Email	rainbowsnanaimo@gmail.com
Address	2221 Bowen Road
Services	A grief support group program offered in Nanaimo through community sites and School District 68. Provides support to children, teens and their families when dealing with a significant loss—death, divorce, abandonment, etc. 12-week programs offered throughout the year: registration required, free of charge.
Website	www.rainbowsnanaimo.ca
Bus Route	#25, #30, #40
Social	



Youth

SALVATION ARMY - KIDS & YOUTH

Phone	250-753-8834 ext 408
Services	Summer camps, art groups, 'kids in the kitchen', family playgroup, Sunday School.
Website	www.nanaimosa.ca
Social	 

SCOUTS CANADA

Phone	1-888-855-3336
Services	Scouts Canada is the country's leading co-ed youth organization, offering programming for children and youth aged 5-26. Through a variety of fun experiences, outdoor adventures and contributions to their community, Scouts builds resilience and skills that set them up for life.
Website	www.scouts.ca
Social	 

SIDESCHOOL

Phone	250-802-7699
Services	Sideschool offers 1-on-1 and group tutoring services for youth, based on their needs and interests. They also offer resources and workshops for parents and people who work with youth.
Website	sideschool.ca

TILLICUM LELUM ABORIGINAL FRIENDSHIP CENTRE

Phone	250-753-4417
Services	Essential services for the urban aboriginal population in the Nanaimo area. The Centre includes programs for adults, children, Elders, families, and more. See a full list of programs on their website.
Website	www.tillicumlelum.ca

VOLUNTEER NANAIMO

Phone	250-758-7121
Services	Volunteer Nanaimo offers the following programs: Income Tax Program, Watchdog Computer Services, YouthNetwork/Youth 2020 Can, Angel Network, Computers On Site, Autism Library and Hand in Hand Intergenerational Storytelling program.
Website	www.volunteernanaimo.ca
Social	

YOUTH AGAINST VIOLENCE

Phone	1-800-680-4264
Services	Call if you're in any way concerned about your safety or the safety of others. Confidential and 24/7.
Website	www.youthagainstviolenceline.com