SURVIVING IN NANAIMO

A GUIDE TO LOCAL RESOURCES



CITY OF NANAIMO
THE HARBOUR CITY

Updated September 2026

What's in here...

This guide has information and contacts for low-cost and free resources available for individuals living in Nanaimo. Use it to find shelter, clothing, water, food, medical clinics, counselling services and more. Where resources may not be available in Nanaimo call 2-1-1 for help, 24 hours a day, 7 days a week (text services available from 8 am - 11 pm).

Emergency

- Crisis lines
- Shelters
- Day-Use Spaces

Basic Needs

- Clothing
- Food
- Drinking Water
- Housing
- Hygiene

Health Services

- Medical Clinics
- Substance Use & Addictions
- Mental Health
- Counselling Services

Pathways™ Community Service Directory

Can't find the service you're looking for? Try Pathways Community Service Directory here!

Community Resources and Services

- First Nations
- Services for People with Diverse Abilities
- Youth
- Seniors
- LGBTQ2SIA+
- Furniture and Household Goods
- Transportation
- Personal Identification (I.D)
- Employment
- Legal
- Family Services
- Immigration/Migration
- Veteran's Support

The materials presented in this guide are for informational purposes only and do not represent endorsement of any agency or service. If you have any questions about the Surviving in Nanaimo Guide or wish to provide updates please contact socialdevelopment@nanaimo.ca

Emergency

IN AN EMERGENCY CALL **911**

Crisis lines

If you require health care advice for a non-urgent concern, call HealthLink BC at 811 (24/7)

B C 211

Phone	211
Hours	24/7 Navigators are available 24/7 and can access an interpreter in over 150 languages.
Services	
Email	W@bc211.ca
Website	www.bc211.ca

CIRCLE OF CARE: KUU-US FIRST NATIONS AND ABORIGINAL CRISIS LINE SUPPORT

Phone	1-800-588-8717
Hours	24/7
Services	Help comes in various forms, from a listening, supportive ear, with an opportunity to problem solve, through to a risk assessment to determine the level of help that is needed or the opportunity to have a worker or band member sit with the individual in person if that is wanted.
Website	www.fnha.ca
Social	

HAVEN SOCIETY TRANSITION HOUSE - CRISIS LINE

Phone	1-888-756-0616 or 250-756-0616
Hours	24/7
Services	Support for women, children and families fleeing domestic violence.
Website	
Social	

HUMAN TRAFFICKING HOTLINE

Phone	1-833-900-1010
Hours	24/7
Services	You can reach out 24/7- whether you're being trafficked, you know someone who is, or you're a trafficking survivor. We'll help you explore options that feel right for you. Everything is confidential. We also welcome calls from social service providers and law enforcement agencies who want to know how to better support victims and survivors of trafficking.

KIDS HELP PHONE

Phone	1-800-668-6868 or TEXT 686868
Hours	24/7 across Canada
Services	Mental health services for kids, teens and young adults.
Website	kidshelpphone.ca
Social	

MENTAL HEALTH SUPPORT

Phone	250-310-6789
Hours	24/7
Services	Answers the provincial 310Mental Health Support 24/7/365 to provide emotional support and support relating to mental health concerns. Information on resources, mental health, mental disorders, and substance use and addictions.
Website	www.heretohelp.bc.ca
Social	

Emergency

Crisis lines

SUICIDE CRISIS HELPLINE

Phone	988 (call or text, toll free)
Hours	24/7/365
Services	If you are thinking about suicide, or you're worried about someone else, we want to help.
Website	988.ca

SERVICE LINK

Phone	1-888-885-8824
Hours	8:30 am - 7:45 pm, daily
Services	Connects callers to mental health, substance use, harm reduction, treatment and recovery resources in their community. If a call is not answered, callers may leave a message and will be contacted later that day or next.

VANCOUVER ISLAND CRISIS SOCIETY - CRISIS LINE

Phone	1-888-494-3888
Text	1-250-800-3806
Hours	24/7
Social	

VICTIM LINK BC

Phone	1-800-563-0808 (Call or Text)
Email	211-victimlinkbc@uwbc.ca
Hours	24/7 in different languages
Services	A support program for victims of crime and trauma across BC.

Emergency

Shelters

FRIENDSHIP LELUM - ABORIGINAL YOUTH SAFE HOUSE

Phone	250-753-8266
Services	Friendship Lelum provides short-term shelter for youth aged 12 - 18 years experiencing stressful experiences and have been identified as “at-risk”. Our staff works to promote a safe, secure, stable and nurturing environment for the youth who stay with us. We provide counselling, advocacy, referrals and support.
Website	www.tillicumlelum.ca

THE SALVATION ARMY NEW HOPE CENTRE

Phone	250-714-1142
Address	19 Nicol Street
Hours	24/7 New Hope Centre offers 24 beds for emergency shelter (first come first serve basis) and beds for transitional housing. Three meals, showers, laundry, and support services are available to residents. Meals: Breakfast and Dinner meals are distributed through community partners at various locations.
Website	www.salvationist.ca
Bus Route	#1, #5, #6, #7, #20, #20A, #25, #30, #40, #70, #72, #78
Social	

SAMARITAN PLACE - ISLAND CRISIS CARE SOCIETY

Phone	250-753-1474
Address	702 Nicol Street
Hours	24/7
Services	Shelter space available for 14 women, plus an additional 5 overflow spaces in extreme weather conditions. Residents will have wraparound support services including meals, laundry services and access to mental health and wellness.
Bus Route	#7
Social	

UNITARIAN SHELTER - NANAIMO FAMILY LIFE ASSOCIATION

Phone	250-754-3720
Address	595 Townsite Road
Hours	7 days a week, 5:00 pm - 7:00 am
Services	25 emergency shelter beds for men and women. To check bed availability, please call or arrive after 5 pm.
Website	www.nflabc.org/unitarianshelter/
Bus Route	#72
Social	

SOBERING AND ASSESSMENT CENTRE

Phone	250-824-3333
Address	126 Halburton Street
Hours	24/7
Services	8 beds for people under significant influence to rest, be monitored, and connect to other health and social services. Clients can walk-in and typically stay for less than 24 hours.
Bus Route	#7

Emergency

Winter Shelter

ST. PETER'S CHURCH TEMPORARY WINTER SHELTER

Phone	250-591-9531 (answered 8pm - 7:30am)
Address	301 Machleary St.
Hours	**Open October 1, 2026 - March 31, 2027** 7 days a week, 8:00 pm - 7:30 am
Services	60 emergency shelter beds for women and men 19+ with Case Management on site. Meals provided and pets are welcome. Guests can arrive after 7pm. To check bed availability, please call 250-591-9531.
Website	https://nflabc.org/programs/the-st-peters-winter-shelter
Bus Route	#5, 40

CENTRE OF HOPE TEMPORARY WINTER SHELTER

Phone	250-714-1142
Address	19 Nicol Street
	Open November 1, 2026 to March 31, 2027
Hours	7pm to 7am, 7 days a week
Services:	30 emergency winter beds for men 19+. First come, first served. Two meals provided. Operated by Salvation Army.
Bus Route	#1, #5, #6, #7, #20, #20A, #25, #30, #40, #70, #72, #78

For Extreme Cold Weather event service announcements visit the City's Emergency Supports & Services page:

Check out what the City is doing to address homelessness.

Women Transition Shelters

CEDAR WOMAN HOUSE

Phone	250-591-5580 or 250-268-4922
Hours	24/7
Services	Cedar Woman has 10 beds and offers 24/7 staffed, safe transition housing for women and their children who have experienced or who are at risk of violence, on a short term basis. Cedar Woman House is designed around Indigenous values, and programming. Services are available to women and children of any cultural background.
Email	cwh@xpey.ca
Website	www.cedarwomanhouse.org
Social	

HAVEN SOCIETY TRANSITION HOUSE

Phone	250-756-2452
Hours	24/7
Services	The Transition House provides temporary shelter and support for women and children who have experienced violence and are seeking safety. The House and the Crisis Line are available 24/7. Services include individual and group support and referral to community resources. All programs and services are confidential and available at no cost.
Email	haven@havensociety.com
Website	www.havensociety.com/transitionhouse
Social	

Emergency

Day-Use Spaces

LOBBIES AT THE RECREATION CENTRE LOCATIONS

Phone 250-756-5222

Services All drop-ins are welcome under the terms of the City of Nanaimo's Respectful Spaces Bylaw 2024 No. 7381.

Beban Social Centre:

Address 2300 Bowen Road

Hours Sunday to Saturday, 8:00 am - 10:00 pm

Bus Route #25, #30, #40

Bowen Recreation Complex:

Address 500 Bowen Road

Hours Monday to Friday 8:30 am - 4:00 pm

Bus Route #30, #40

Frank Crane Arena:

Address 2300 Bowen Road

Hours Sunday to Saturday, 5:00 am - 1:00 am (September to March)
Sunday to Saturday, 7:00 am - 11:00 pm (April to August)

Bus Route #25, #30, #40

Nanaimo Aquatic Centre:

Address 741 Third Street

Hours Sunday to Saturday, 6:00 am - 9:00 pm

Bus Route #5, #6, #15, #15A, #40

Nanaimo Ice Centre:

Address 750 Third Street

Hours Sunday to Saturday, 5:00 am - 1:00 am (September to March)
Sunday to Saturday, 7:00 am - 11:00 pm (April to August)

Bus Route #5, #6, #15, #15A, #40

Oliver Woods Community Centre:

Address 6000 Oliver Road

Hours Sunday to Saturday, 8:00 am - 10:00 pm

Bus Route #40

Emergency

Day-Use Spaces

VANCOUVER ISLAND REGIONAL LIBRARIES

Services	All drop-ins are welcome under terms of VIRL's code of conduct.
Address	**Nanaimo Harbourfront**: 90 Commercial Street
Phone	250-753-1154
Hours	Friday to Monday: 10:00 am - 6:00 pm Tuesday to Thursday: 10:00 am - 7:00 pm
Bus Route	#1, #5, #6, #20, #20A, #25, #30, #40, #72
Address	**Nanaimo North**: 6250 Hammond Bay Road
Phone	250-933-2665
Hours	Friday to Monday: 10:00 am - 6:00 pm Tuesday to Thursday: 10:00 am - 7:00 pm
Bus Route	#20, #40
Address	**Nanaimo Wellington Branch**: 3200 North Island Highway
Phone	250-758-5544
Hours	Monday to Thursday: 10:00 am - 6:00 pm Friday: 10:00 am - 8:00 pm Saturday: 10:00 am - 6:00 pm Sunday: 10:00 am - 5:00 pm
Bus Route	#1, #20, #20A, #25, #30, #40, #72
Website	www.virl.bc.ca
Email	info@virl.bc.ca
Social	

RISEBRIDGE COMMUNITY DROP-IN

Services	Provide snacks & coffee with access to a free community clothing closet.
Address	520 Prideaux Street
Phone	250-268-8428
Hours	Every Tuesday from 9:00 am - 12:00 pm
Bus Route	#5, #6
Website	www.risebridgeproject.ca
Email	risebridgeproject@gmail.com

Basic Needs

Clothing

HAPPY FEET

Address	303 Prideaux Street, outside of the RCMP Detachment
Hours	Last Friday of every month, 9:00 am - 11:00 am
Services	Those in need can access a lightly used or new pair of shoes, socks, and a snack. Hosted by RCMP, COR, CMHA and Front Runners. Drop off donations happily accepted for lightly used or new runners at RCMP detachment, Monday to Friday, 8:30 am - 4:30 pm
Bus Route	#40, #5

NANAIMO HOSPICE SHOPPE

Phone	250-585-0885
Address	35 - 1925 Bowen Road
Hours	Tuesday to Saturday 9:30 am - 4:30 pm
Services	Gently used clothing and jewelry.
Website	www.nanaimohospice.com
Email	shop2@nanaimohospice.com
Bus Route	#30, #40

SALVATION ARMY THRIFT STORE - NORTH END

Phone	250-390-1881
Address	205 - 6750 Island Highway North
Hours	Tuesday to Saturday 10:00 am - 5:00 pm
Services	Quality clothing at an affordable price for varied incomes.
Website	www.nanaimosa.ca
Email	CCNanaimo.GivingHope@salvationarmy.ca
Bus Route	#1, #9, #15, #15A, #20, #20A, #25, #30, #31, #40

SALVATION ARMY THRIFT STORE

Phone	250-754-9340
Address	1613 Bowen Road
Hours	Tuesday to Saturday 10:00 am - 5:00 pm
Services	Clothing, jewelry, housewares, tools, small appliances, auctions, and more for sale to the general public.
Website	www.nanaimosa.ca
Email	sherry.laroche@salvationarmy.ca
Bus Route	#30, #40
Social	

ST. ANDREW'S THRIFT STORE

Phone	250-753-1924
Address	315 Fitzwilliam Street
Hours	Monday, Wednesday & Friday 9:30 am - 3:00 pm
Services	Gently used women's, men's and children's clothes.
Website	www.standrewsunitednanaimo.com
Email	office.stauc@shaw.ca
Bus Route	#1, #20, #20A, #30, #40, #72
Social	



Basic Needs

Food

HOW TO ACCESS FOOD BANKS

Clients are eligible for a full hamper once every two weeks and Fresh Eats hampers are available once per day. You will need to register upon your first visit and re-register every 6 months with one piece of government-issued ID for each person in your household that you will be collecting food for.

7-10 CLUB SOCIETY

Phone	250-797-0531
Hours	Monday to Friday 8:30 - 11:00 am
Services	Bagged lunches delivered to the shower program at Caledonia Park (110 Wall Street). Food is also available throughout the week in the Downtown area.

HARVEST CHURCH (FORMERLY MARANATHA CHURCH)

Phone	250-390-2152
Address	6553 Portsmouth Road, at the back of the building
Hours	Sundays at 5pm (closed for July and August)
Services	The doors open at 4:30pm every Sunday afternoon when hot and cold refreshments and healthy snacks are available. We usually have live music from 4:30-6:00pm. At 5:00pm, a brief word of encouragement is shared before a meal is served. Before and during the meal, our hosts connect with the guests, offering friendship, support, and encouragement.
Bus Route	#1, #9, #15, #15A, #20, #20A, #25, #30, #31, #40

ST. ANDREW'S COFFEE GROUP

Phone	250-754-6539 Every Wednesday from
Hours	9:30 to 11:30 am
Address	315 Fitzwilliam Street
Services	Refreshments and music, open to all.
Bus Route	#1, #20, #20A, #30, #40, #72

LOAVES & FISHES COMMUNITY FOOD BANKS

Phone	250-754-8347
Services	Food is provided, free of charge, in a "shopping" model at 11 food bank depots. ID for everyone in the household required for registration. Regular Hampers available bi-weekly. Fresh Eats Hampers available 7 days a week. Visit the website for the full schedule of locations.
Website	www.viloavesandfishes.org
Social	

Addresses	Bus Routes
2221 Bowen Road	#25, 30, 40
471 Irwin Street	#7
394 Shepherd Ave	#6, 8, 40
2020 Estevan Road	#20, 20A, 25, 72
1797 Cedar Road	#8
1609 Meredith Road	#30
4951 Rutherford Road	#1, 25, 40
4235 Departure Bay Road	#1, 20, 20A, 25, 30, 40, 72
505 Eighth Street	#6, 8
1300 Princess Royal Ave	#1, 72
900 Fifth Street (VIU Trades Building 108, off Wakesiah Ave)	#5, 6, 8, 40
6553 Portsmouth Road	#1, 9, 15, 15A, 20, 20A, 25, 30, 31, 40

Scan the QR code for more information and how to register with Loaves & Fishes

Basic Needs

Food

MEALS ON WHEELS

Phone	250-740-2840
Hours	Monday to Friday, 9 am to 12 pm
Address	1233 Kiwanis Crescent
Services	Delivers hot meals to people's homes for a small fee. Must be referred by another person.
Website	www.kiwanisvillage.ca
Email	mownanaimo@shaw.ca
Bus Route	#30
Social	

NANAIMO COMMUNITY KITCHENS SOCIETY

Phone	250-753-7470
Address	271 Pine Street
Services	Participants build practical food skills, nutrition knowledge, confidence, and community connections while preparing healthy, affordable meals together. Our programs include a variety of community cooking programs which are listed on our website. This includes Cooking Out of the Box, Growing Healthy Families, Cultivate & Cook and hands-on cooking programs for youth.
Website	www.nanaimocommunitykitchens.org
Email	nanaimocommunitykitchens@gmail.com
Bus Route	#5, #6, #15, #15A, #40
Social	

NANAIMO FOODSHARE SOCIETY

Phone	250-753-9393
Hours	Monday - Friday, 10 am - 2 pm (Drop in)
Address	271 Pine Street
Services	Provides referrals to food resources including food banks and community kitchens. Provides a variety of food related programs including fruit gleaning, Good Food Box, Employment programs, School and Summer, Food Provision, Farmer's Market Coupon program, Cooking and food growing programs for kids and adults.
Website	www.nanaimofoodshare.ca
Email	info@nanaimofoodshare.ca
Bus Route	#5, #6, #15, #15A, #40
Social	

NANAIMO FOOD SHARE - MONDAY LUNCH

Phone	250-753-9393
Address	St. Paul's Anglican Church, 100 Chapel Street
Hours	Monday from 12 - 1 pm
Services	Nutritious lunches are available to community members from all walks of life. Meals are served and prepared by members of Nanaimo Foodshare employment programs donations are appreciated but not required.
Email	info@nanaimofoodshare.ca
Bus Route	#1, #20, #20A, #25, #30, #40, #72

Check out these links for great tips on saving food and reducing waste!

LOVE FOOD hate waste

EAT or TOSS

Basic Needs

Food

THE MOBILE HUB

Hours	Wednesday to Sunday 10:30am - 2:30pm at various locations downtown
Services	Saturdays from 10:30am - 2:30pm at St. Peter's Church Providing food, hygiene products, some clothing, harm reduction supplies, phone charging and support filling out paperwork.



REAL MEALS NANAIMO

Phone	250-716-6033
Address	621 Townsite Road
Services	$7 Dinners with Real Meals Nanaimo.
Bus Route	#72

SELBY MISSION

Phone	250-753-3446
Hours	Every Thursday from 12-2 pm
Address	315 Fitzwilliam Street
Services	Full free lunch meal provided at the St. Andrew's United Church.
Bus Route	#1, #20, #20A, #30, #40, #72

SNUNEYMUXW HULIT LELUM - HEALTH CENTRE

Phone	250-714-8792 (Lea-Lah) or 250-714-9993 (Lance)
Hours	Mondays, Wednesdays and Fridays: 4:30pm - 5:30pm dinner
Services	Free hot meals delivered at 1 Port Drive (beside the bus stop) with a snack pack delivered downtown twice a week. Clothing available by phone request.
Website	https://www.snuneymuxw.ca/services/health-services/

ST. ANDREW'S PRESBYTERIAN CHURCH

Phone	250-758-2676
Address	4235 Departure Bay Road
Hours	11 am - 12:30 pm, Thursdays September - June
Services	Each week, we welcome up to 100 guests, primarily high school students but all are welcome for a wholesome free meal such as soup, sandwiches, fruit, cookies and beverages.

ST. PAUL'S ANGLICAN CHURCH

Phone	250-753-2523
Hours	Every Sunday at 12:30 pm
Address	100 Chapel Street
Services	Free hot home-cooked meal.
Bus Route	#1, #20, #20A, #25, #30, #40, #72

Drinking Water

Click on the icon for an interactive map of water stations around the city.

CITY OF NANAIMO
THE HARBOUR CITY

Meal Schedule - Drop in

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown Locations **8:30 - 10:30am** 7-10 Club Bagged Lunches 110 Wall Street/ Downtown **8:30 - 11:00am**	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown locations **8:30 - 10:30am** 7-10 Club Bagged Lunches 110 Wall Street/ Downtown **8:30 - 11:00am**	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown locations **8:30 - 10:30am** 7-10 Club Bagged Lunches 110 Wall Street/ Downtown **8:30 - 11:00am**	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown locations **8:30 - 10:30am** 7-10 Club Bagged Lunches 110 Wall Street/ Downtown **8:30 - 11:00am**	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown locations **8:30 - 10:30am** 7-10 Club Bagged Lunches 110 Wall Street/ Downtown **8:30 - 11:00am**	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown locations **8:30 - 10:30am**	Salvation Army Breakfast Delivery 110 Wall Street/ Downtown locations **8:30 - 10:30am**
LUNCH	St. Paul's Anglican Church/ Nanaimo Foodshare Community Lunch 100 Chapel Street **12:00 - 1:00pm**		St Andrew's United Church Coffee Group 315 Fitzwilliam **9:30 - 11:30am** **Mobile Hub** Food and Services Various Locations **10:30 - 2:30pm**	**Mobile Hub** Food and Services Various Locations **10:30 - 2:30pm** St. Andrew's Presbyterian Church 4235 Departure Bay Rd. **11:00 - 12:30pm** Selby Mission St. Andrew's United Church 315 Fitzwilliam St. **12:00 - 2:00pm**	**Mobile Hub** Food and Services Various Locations **10:30 - 2:30pm**	**Mobile Hub** Food and Services Various Locations **10:30am - 2:30pm** At St. Peter's Church 301 Machleary St. **12:30 - 2:00pm**	**Mobile Hub** Food and Services Various Locations **10:30 - 2:30pm** St Paul's Anglican Church Hot Lunch with **Mobile Hub** 100 Chapel Street **12:30pm**
	Salvation Army Community Meal St **1:00 - 2:00pm**	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**	Salvation Army Community Meal 19 Nicol St **1:00 - 2:00pm**
DINNER	Snuneymuxw Hulit Lelum - Health Hot Dinner 1 Port Drive **4:30 - 5:30pm**		Snuneymuxw Hulit Lelum - Health Hot Dinner 1 Port Drive **4:30 - 5:30pm**		Snuneymuxw Hulit Lelum - Health Hot Dinner 1 Port Drive **4:30 - 5:30pm**		

Updated September 25, 2026

Basic Needs

Housing

BC HOUSING - FIND HOUSING

Phone	1-800-257-7756
Services	Information on housing programs and listings for all subsidized housing projects in Nanaimo can be found on BC Housing's website.
Website	www.bchousing.org
Email	vanislandregion@bchousing.org
Social	

BALLENAS HOUSING SOCIETY

Phone	250-755-1158
Services	Develop and operate housing for people with low to moderate income.
Website	www.ballenas.ca
Email	info@ballenas.ca

CONNECTIVE SUPPORT SOCIETY

Phone	604-872-5651
Email	info@connective.ca
Services	Offers housing support programs, including the Nanaimo Region Rent Bank, semi-independent supportive living for individuals who have been found Not Criminally Responsible due to Mental Disorder (NCRMD), supports for those at risk of homelessness, temporary emergency housing, and more.
Website	www.connective.ca
Social	

HABITAT FOR HUMANITY

Phone	250-758-8078
Address	#1 - 4128 Mostar Road
Services	Promotes home ownership by building simple, decent, safe, and affordable homes for those who are unable to qualify for a conventional mortgage. Affordable because of an interest-free mortgage and no down payment required. Homes are built by volunteer labour and donated materials.
Website	www.habitatmvi.org
Email	info@habitatmvi.org
Bus Route	#15, #15A, #30
Social	

ISLAND CRISIS CARE SOCIETY

Phone	250-585-5505
Email	info@iccare.ca
Address	#3 - 2025 Bowen Road
Services	ICCS works with people who have experienced adversity and homelessness, providing housing alternatives and holistic support to their forward development, recovery and independence.
Website	www.islandcrisiscaresociety.ca
Bus Route	#30, #40
Social	



Basic Needs

Housing

KIWANIS HOUSING

Phone	250-753-6471
Address	1233 Kiwanis Crescent
Services	Offers unique housing options, from independent housing and living with home-care support, to 24-hour nursing care.
Email	info@kiwanisvillage.ca
Bus Route	#30
Social	

M'AKOLA HOUSING SOCIETY

Phone	250-756-4217
Hours	Tuesday - Thursday 9 am - 4 pm
Address	22 – 3201 Shenton Road
Services	Information on Indigenous housing programs and listings for all subsidized housing projects in Nanaimo can be found on BC Housing's website.
Website	www.makola.bc.ca
Bus Route	#30
Social	

PACIFICA HOUSING

Phone	250-933-1940
Services	A non-profit charitable organization that provides affordable housing for low-income families, persons with disabilities, and adults who are homeless or at risk of experiencing homelessness.
Website	www.pacificahousing.ca
Social	

TILLICUM LELUM ABORIGINAL FRIENDSHIP CENTRE - SALISH LELUM YOUTH & ELDERS HOUSING

Phone	250-716-3438
Services	This is Tillicum Lelum's new housing complex at 479 Tenth Street for elders & youth. Building has laundry facilities, a computer lab, outdoor BBQ, patios and lots of common areas.
Website	www.tillicumlelum.ca

Basic Needs

Housing

WOODGROVE SENIOR CITIZENS HOUSING SOCIETY

Phone	250-741-8856
Address	1145 Seafield Crescent
Services	Provide people 55 years of age and over and those with designated disabilities, according to the BC Government with affordable rental housing.
Website	www.wschs.ca
Email	info@wschs.ca
Bus Route	#30

NANAIMO FAMILY LIFE ASSOCIATION (NFLA)

Phone	250-754-3331
Email	reception@nflabc.org
Hours	Monday - Thursday 9 am - 4 pm
Address	1070 Townsite Road
Services	Provides housing supports and services for seniors 55+ through the Seniors Housing Information & Navigation Ease Program (SHINE) and Better at Home program as well as for veterans through the Veterans Information and Navigation Ease (V.I.N.E) program. Offers case management housing support for shelter guests.
Website	www.nflabc.org
Bus Route	#30, #40
Social	

SNUNEYMUXW FIRST NATION HOUSING

Phone	250-740-2354 (For emergency after-hour support: 250-716-6548)
Email	housing@snuneymuxw.ca
Hours	Monday - Friday 9 am - 5 pm
Address	1451 MacMillan Road
Services	Offers housing and housing supports for Snuneymuxw First Nations members including managing the housing registry for on and off reserve housing, pest control, renovations, maintenance, and tenant support and wellness.
Website	www.nflabc.org
Bus Route	#8

Basic Needs

Hygiene

PUBLIC WASHROOMS AND WATER

Starting November 1, 2026

Beban Park Artificial Turf Fields (Merle Logan Field) 8 am- 11 pm

Bowen Park East 8 am- 6 pm

Brechin Boat Ramp 7 am- 6 pm

Cable Bay Trail 24 hours

Colliery Dam Park 9 am- 7 pm

Deverill Square Gyro Park 9 am- 6 pm

Diana Krall Plaza 24 hours

Diver Lake Park 6 am- 9 pm

Harewood Centennial Park 9:30 am- 7 pm

Kinsmen Park 8 am- 9 pm

Loudon Park 9 am- 6 pm

Maffeo Sutton Park 6 am- 8 pm

Neck Point Park 6 am- 9 pm

Northfield Rotary Lookout Park (Visitor Centre) 9 am- 7 pm

Overdose Prevention & Supervised Consumption Site 11:15 am- 9 pm

Pipers Lagoon Park 6 am- 9 pm

Westwood Lake Park 7 am- 9 pm

A map of water fountains and washrooms is now accessible using the following link: www.nanaimo.ca/goto/waterfountains.

SHOWER PROGRAM

Phone	250-754-3720
Hours	Monday - Friday 7 am - 12 pm
Address	Caledonia Sports Field at 110 Wall Street
Services	Free showers available, towels and toiletries are supplied.
Bus Route	#1, #30, #72



Click on the icon for an interactive map of water stations around the city.

CITY OF NANAIMO
THE HARBOUR CITY

Basic Needs

Hygiene

BUSY BUBBLE LAUNDROMAT

Phone	250-390-1222
Hours	9 am - 6 pm 7 days a week
Address	6353 Hammond Bay Road
Bus Route	#1, #15, #15A, #20, #30, #40

CRYSTAL CLEAN LAUNDROMAT

Phone	250-751-8111
Hours	Monday - Friday 9 am - 6 pm Saturday - Sunday 9 am - 4 pm
Address	2220 Bowen Road
Bus Route	#25, #30, #40

HAREWOOD LAUNDROMAT

Phone	250-753-6312
Hours	Wednesday - Monday 9 am - 5 pm
Address	550 Fifth Street
Bus Route	#5, #6, #8, #40

JINGLE POT LAUNDROMAT

Hours	9 am - 10 pm 7 days a week
Address	2201 Jingle Pot Road
Bus Route	#5, #15, #15A

TERMINAL LAUNDROMAT

Phone	250-716-1956
Hours	6 am - 10 pm
Address	1050 Terminal Ave North
Bus Route	#1, #72

VIU HAIRDRESSING PROGRAM

Phone	250-740-6115
Hours	Monday - Thursday 9 am - 4 pm
Address	900 Fifth Street Building 164
Services	Hairdressing by student hairdressers (with professional supervisor) at low prices.
Website	www.tradesappliedtech.viu.ca
Bus Route	#5, #8, #15, #15A, #40



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	

Health Services

Medical Clinics

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

Medical Clinics

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	

Services

Public Health Nursing	250-755-3388
Primary Care Memory Clinic	250-755-3301
Immunization Appointments	250-755-3342
Adult & Youth Health Clinic	250-755-3345
Infant, Child & Family Intake	250-755-3388
Postpartum Depression Support	250-755-3388
Hearing Services Appointment	250-755-6269
Speech Services	250-739-6827
Dental Health Program	250-739-5845
Nutrition Services	250-739-5845

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

Substance Use & Addictions

AL-ANON

Phone	1-888-425-2666
Services	Support for friends and families of alcoholics.
Website	www.bcyukon-al-anon.org

ALCOHOLICS ANONYMOUS

Phone	1-833-753-7513
Email	nanaimoaa@shaw.ca
Website	www.nanaimoaa.org

ADDICTIONS RECOVERY CENTRE

Phone	250-591-1000
Email	info@arcclinic.ca
Hours	Monday - Thursday 9 am - 4 pm Friday 9 am - 12 pm
Address	#200 - 55 Victoria Road
Services	Addiction Medical Clinic which provides outpatient Opiate Agonist Therapy (OAT) programs to support people struggling with Opiate Addiction. ARC Clinic is a low barrier clinic facilitating same or next day intake by self referral or health practitioner referral. As part of their commitment to low-barrier services, there are no private clinic fees.
Website	www.arcclinic.ca
Bus Route	#1, #5, #6, #7, #20, #20A, #30, #40, #72

AVI COMMUNITY HEALTH CENTRE

Phone	250-754-9111
Email	health.centre@avi.org
Hours	Health Centre: Monday - Thursday 10 am - 5 pm Addiction Medicine Walk In: Monday - Friday 10 am - 4:30 pm EHR: Monday - Sunday 10 am - 5:30 pm
Address	#102 - 55 Victoria Road
Services	Walk-in access to team of physicians, nurse practitioners, and nurse prescribers for opioid agonist treatment (OAT) for clients who meet eligibility criteria. Provides access to a diverse range of low-barrier harm reduction, primary care, sexual health, outreach and referrals and substance abuse, Hepatitis C and HIV/AIDS counselling.
Website	www.avi.org
Bus Route	#1, #5, #6, #7, #20, #20A, #30, #40, #72

BC ALCOHOL & DRUG INFO & REFERRAL LINE

Phone	1-800-663-1441
Hours	24/7
Services	Alcohol & Drug Information Referral Service (ADIRS) provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs). Referral to community substance use treatment services is available for all ages. Information available from ADIRS includes prevention resources, support groups, and addiction related topics such as fetal alcohol syndrome.
Website	www.healthlinkbc.ca

Substance Use & Addictions

NANAIMO ADDICTION CLINIC

Phone	250-824-3077
Email	info@addictionclinic.ca
Hours	Monday - Thursday 9 am - 5 pm (Closed 12 pm - 1 pm for lunch)
Address	17 Victoria Road
Services	Walk-in access to team of physicians, nurse practitioners, and nurse prescribers for opioid agonist treatment (OAT) for clients who meet eligibility criteria.
Website	www.addictionclinic.ca
Bus Route	#1, #5, #6, #7, #20, #20A, #30, #40, #70, #72, #78

NANAIMO PAIN CLINIC

Phone	250-591-2565
Hours	Tuesday and Wednesday 9 am - 3 pm Thursday 9 am - 1:00 pm Friday 9 am - 1:30 (by appointment only)
Address	A - 495 Dunsmuir Street
Services	Treats opiate dependence using medication-assisted therapy, recovery, and weekly/bi-weekly support sessions.
Website	www.nanaimorecovers.com
Bus Route	#1, #5, #6, #20, #20A, #30, #40, #72

DR EVAN AILON: ALCOHOL USE DISORDER SPECIALIST

Phone	250-753-2446, requires Physician referral
Address	#205 - 1621 Dufferin Crescent
Bus Route	#30, #40

SERVICE LINK/ACCESS CENTRAL

Phone	1-888-885-8824
Hours	7 days a week from 9 am - 7:45 pm
Services	Connects callers to mental health, substance use, harm reduction, treatment and recovery resources in their community including: • Same or next-day clinical screening and assessment • Placement in a withdrawal management/detox bed according to medical need, and/or rapid connection to outpatient services • Initiation of opioid agonist therapy (OAT) or anti-craving medications for alcohol use, when appropriate • Ongoing support throughout the withdrawal and recovery journey

TREW BEGINNINGS

Phone	250-591-6454
Email	trewbeginnings@shaw.ca
Hours	Monday - Thursday 9 am - 4 pm
Address	#216 - 55 Victoria Road
Services	A medical practice that provides outpatient substance use services.
Website	www.oatrx.xa
Bus Route	#1, #5, #6, #7, #20, #20A, #30, #40, #72

Substance Use & Addictions

CENTRAL VANCOUVER ISLAND AREA NARCOTICS ANONYMOUS

Phone	1-800-494-2404
Hours	24/7
Services	A recovery process and peer support network open to all addicts.
Website	www.cviana.ca

DISCOVERY YOUTH & FAMILY SUBSTANCE USE SERVICES

Phone	250-739-5790
Email	discovery@islandhealth.ca
Hours	Monday - Friday 8:30 am - 5 pm
Address	#206 - 96 Cavan Street
Services	Free community-based counselling services, access to residential care and treatment for youth struggling with substance use.
Website	www.islandhealth.ca
Bus Route	#1, #5, #6, #20, #20A, #25, #30, #40, #72, #78

EATING DISORDERS PROGRAM

Phone	250-754-2773 ext 213
Email	admin@narsf.org
Address	#201 - 190 Wallace Street
Services	Prevention and treatment services to lessen the impact of harm associated with serious eating patterns for referred youth and families in the Nanaimo/Ladysmith area.
Website	www.narsf.org
Bus Route	#1, #20, #20A, #30, #40, #72

MOMS STOP THE HARM - FAMILY PEER NAVIGATION

Phone	778-674-8638
Email	bcfamilynavigator@momsstoptheharm.com
Services	A family, peer navigation service for those who are supporting loved ones who use substances. This service is on demand with resource navigation, emotional, and educational support.
Website	www.momsstoptheharm.com

MOMS STOP THE HARM - HEALING HEARTS

Phone	778-674-8638
Email	nanaimohealinghearts@gmail.com
Hours	Second Thursday of the month at 6 pm
Address	2020 Estevan Road, Brechin United Church
Services	Free bereavement support group specific to those grieving the loss of a loved one due to overdose or substance-use related harms.
Website	www.momsstoptheharm.com
Bus Route	#20, #20A, #25, #72

MOMS STOP THE HARM - HOLDING HOPE

Email	bcholdinghope1@gmail.com
Hours	First and third Thursday of the month at 6 pm
Address	2020 Estevan Road, Brechin United Church
Services	Peer-led support groups, offered at no cost, to families with loved ones living with addiction.
Website	www.momsstoptheharm.com
Bus Route	#20, #20A, #25, #72

Substance Use & Addictions

NANAIMO MENTAL HEALTH AND SUBSTANCE USE ADVISORY COMMITTEE

Phone	250-760-6031
Email	contact@mhrpci.com
Hours	Second Wednesday of the month at 11:15 am
Services	Since 2015, the Mental Health Substance Use Advisory Committee (MHSUAC) has been a key place for individuals with lived experience and their loved ones to connect directly with Island Health and community organizations. The Committee exists to give a voice to all in the Nanaimo community, lowering barriers, identifying needs, gaps and opportunities, and amplifying voices and fostering real conversation for change in our community.

NANAIMO SOBERING AND ASSESSMENT CENTRE

Phone	250-824-3333
Email	nsac@vimhs.org
Hours	24/7
Address	126 Haliburton Street
Services	A program run in collaboration with CMHA Mid-Island and Vancouver Island Mental Health Society. A safe place to sleep up to 24 hours while substance affected. Anyone can access the centre by coming to the door and buzzing the intercom.
Bus Route	#7

NAR-ANON

Phone	250-739-9010 or 250-618-5036
Hours	Mondays 7 - 8 pm (Virtual over Zoom) Wednesdays 7 pm at 6553 Portsmouth Road Thursdays 1 pm at 6553 Portsmouth Road
Services	A 12 step self-help program offering recovery and support for families and friends of addicts. Weekly meetings are held for those who know or have known a feeling of desperation due to the problem of addiction.
Website	https://naranonbc.com/meetings-in-bc
Bus Route	#1, #9, #15, #15A, #20, #20A, #25, #30, #31, #40

NARSF PROGRAMS LTD.

Phone	250-754-2773
Email	admin@narsf.org
Hours	Monday - Friday 8:30 am - 5 pm
Address	#201 - 170 Wallace Street
Services	Services and programs for families, those experiencing violence, addictions, and more. Drop-in pre/post HIV testing is available.
Website	www.narsf.org
Bus Route	#1, #20, #20A, #25, #30, #40, #72

QUIT NOW BY PHONE SMOKERS HELPLINE

Phone	1-877-455-2233
Services	A helpline offering evidence-based support - like counseling, referrals to local programs, and free medication - to people who want to quit tobacco.
Website	www.cdc.gov

Substance Use & Addictions

OPIOID TREATMENT ACCESS LINE

Phone	1-833-804-8111
Hours	7 days a week from 9:00 am - 4:00 pm (last intake at 3:30 pm, voicemail after hours)
Services	The Opioid Treatment Access Line is an immediate step to improve same-day access to opioid agonist treatment for BC residents who need help to stop using and better connect them to further treatement and supports in the community. Speak to a trained doctor or nurse practioner who will conduct an initial addiction-medicine consultation over the phone, prescribe an opioid agonist treatment medication, if appropriate, and connect to regional health teams for further treatment and supports in the community.

OVERDOSE PREVENTION SITE (OPS)

Phone	250-244-4042 ext 402
Hours	7 days a week from 11:15 am - 9:00 pm
Address	250 Albert Street - Access on Dunsmuir Street
Services	This site operates as a lifeguard station for drug consumption, providing a welcoming and culturally safe environment, harm reduction supplies, sterile environments for safer drug consumption, lifeguards to witness consumption, best practices education for drug consumption, and low-barrier employment opportunities for community members.
Website	www.cmhamidisland.ca
Bus Route	#1, #5, #6, #20, #20A, #30, #40, #72

SMART RECOVERY MEETINGS

Hours	Meetings are online and in person. Times vary.
Services	SMART stands for Self-Management and Recovery Training.
Website	www.smartrecoverybc.com
Social	

SUBSTANCE USE SERVICES OUTREACH TEAM (SUSO)

Phone	250-713-5118
Hours	7 days a week from 8:30 am - 7:30 pm
Services	Team of nurses, clinicians, and support workers. Supports include overdose follow up, treatment referrals, home withdrawal management, linkages to primary care and OAT physicians, support to sobering and assessment beds, supportive recovery beds, and crisis/stabilization beds. Team also case manages individuals with intensive substance use challenges.

YOUTH SHORT-TERM ASSESSMENT AND RESPONSE TEAM (YSTAR)

Phone	236-628-1503
Hours	7 days a week from 9:00 am - 5:00 pm
Services	Serving youth in the community between the ages of 13 to 19 who are experiencing issues with substance use and mental health. The team consists of a social worker, nurse, and family support worker.

Substance Use & Addictions

PERINATAL OUTREACH – SOUTH END PUBLIC HEALTH

Phone	250-619-7672 (call or text)
Email	phoutreach@islandhealth.ca
Hours	Monday - Friday, 9 am - 4 pm
Address	80 Chapel Street
Services	Support for pregnant and/or parenting individuals who are substance affected (or are in early recovery) with pregnancy testing and options, medical care and/or substance use harm reduction and/or treatment options during pregnancy and post-partum, access to a Maternity doctor, lactation support, birth control, childhood immunizations and more.
Website	Flyer
Bus Route	#1, #20, #20A, #25, #30, #40, #72
Social	

NEEDLE DISPOSAL BOX LOCATIONS	NEEDLE DISPOSAL BOX HOURS
Beban Park at 2300 Bowen Road	8 am - 8 pm
Bowen Park Recreation Centre at 500 Bowen Road	8 am - 6 pm
Deverill Square Park at 200 Irwin Street	8 am - 9 pm
Harewood Centennial Park at 740 Howard Drive	10 am - 5 pm
Kinsmen Park at 2730 Departure Bay Road	8 am - 9 pm
Maffeo Sutton Park at 100 Comox Road	6 am - 8 pm
Nanaimo Aquatic Centre at 741 Third Street	6 am - 8 pm
Nanaimo Ice Centre at 750 Third Street	6 am - 8 pm
Northfield Tourist Centre at 2450 Northfield Road	6 am - 8 pm
Oliver Woods Community Centre at 6000 Oliver Road	8 am - 8 pm
Parks Yard at 69 Prideaux Street	7 am - 5 pm
Westwood Lake Park at 381 Westwood Road	6 am - 11 pm (Spring/summer) 7 am - 9 pm (Fall/winter)
Wharf Street Loo (Diana Krall Plaza) at 51 Gordon Street	24/7

Health Services

Mental Health

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)

Phone	250-244-4042
Hours	Monday - Friday 10 am - 6:15 pm
Address	437 Wesley Street
Services	Dedicated to the promotion and improvement of mental health and quality of life in the community, through effective services, advocacy, awareness and education, resource generation, and partnerships.
Website	www.cmhamidisland.ca
Bus Route	#1, #5, #6, #20, #20A, #30, #40, #72
Social	

(CMHA) BOUNCEBACK

Phone	1-866-639-0522
Services	Free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness. Available for youth 13-18 and 19+.
Website	www.bouncebackbc.ca
Email	bounceback@cmha.bc.ca
For youth	What is BounceBack?
For 19+	What is BounceBack?

MENTAL HEALTH RECOVERY PARTNERS - CENTRAL ISLAND

Phone	250-760-6031
Hours	Tuesday - Thursday 12:30 pm - 4 pm (by appointment only)
Address	2353 Rosstown Road
Services	Provides support for the caregivers of those suffering from mental illness. They offer family-to-family education programs to equip loved ones, as well as a bi-weekly support group.
Website	mhrpci.com
Bus Route	#25, #30, #40
Social	

VANCOUVER ISLAND MENTAL HEALTH SOCIETY

Phone	250-758-8711
Email	info@vimhs.org
Address	2356 Rosstown Road
Services	Provides rehabilitative residences and community oriented support services for adults with a psychiatric disability including those with addictions.
Website	www.vancouverislandmentalhealthsociety.org
Bus Route	#25, #30, #40
Social	

CHILD & YOUTH MENTAL HEALTH

Phone	250-741-5701
Hours	Intake on Wednesdays 9 am - 11 am, 1 pm - 3 pm
Address	#301 - 190 Wallace Street
Services	Provides service to children/youth (up to 19) and families who are seeking assistance regarding a mental health concern.
Bus Route	#1, #5, #20, #20A, #30, #40, #72

Health Services

Counselling Services

CREDIT COUNSELLING SOCIETY

Phone	250-741-8558 or toll free at 1-888-527-8999
Email	info@nomoredebts.org
Hours	Monday - Thursday 5:30 am - 8 pm, Friday 5:30 am - 4:30 pm and Saturday 7:30 am - 3 pm
Address	#203 - 335 Wesley Street
Services	Non-profit service providing confidential credit counselling, personal budget planning, and debt repayment programs and alternatives. Counselling is free, non-judgmental, and solution focused.
Website	www.nomoredebts.org
Bus Route	#1, #20, 20A, #30, #40, #72

CROSSROADS PREGNANCY CENTRE

Phone	250-716-1633
Email	info@cpcnanaimo.com
Hours	Monday - Thursday 9 am - 4:30 pm
Address	1717 Kerrisdale Road
Services	Non-profit service offering free pregnancy tests, options counselling, post abortion recovery, pregnancy loss support, practical help, maternity & baby clothing, gear, diapers, formula, and pregnancy/parenting classes. All services are free & confidential.
Website	www.cpcnanaimo.com
Bus Route	#40
Social	

GAMBLING HELPLINE

Phone	Toll free at 1-888-795-6111
Hours	24/7
Services	Treatment for the negative impacts of gambling, you can request support online or contact the multilingual Gambling Support Line (24/7 toll free): 1-888-795-6111.
Website	www2.gov.bc.ca

HAVEN SOCIETY - STOPPING THE VIOLENCE

Phone	250-756-2452 ext 302 or Haven Society Crisis line at 1-888-756-0616
Email	haven@havensociety.com
Hours	Drop-in Tuesday - Thursday 1-3 pm
Address	2270 Labieux Road
Services	Free and confidential individual and group counselling to women who have experienced domestic violence or abuse, sexual assault, and/or childhood abuse.
Website	www.havensociety.com
Bus Route	#25, #30, #40

ISLAND HEALTH - WALK-IN CRISIS COUNSELLING CLINIC

Phone	1-250-739-5710 or 1-888-885-8824
Hours	Monday - Friday 10 am - 5:15 pm
Address	#203 - 2000 Island Highway
Services	In-person and mobile crisis response, walk-in single session counselling, and referral to mental health and substance use hospital and community treatment and recovery services.
Bus Route	#20, #20A, #30, #72

Health Services

Counselling Services

ISLAND COMMUNITY COUNSELLING

Phone	250-716-8888
Email	office@icc.care
Hours	Counsellors work variable hours, including evenings and weekends, to meet client needs.
Address	#406 & #207 - 235 Bastion Street
Services	A non-profit agency striving to provide affordable therapeutic counselling for individuals, couples, families, and group therapy.
Website	www.islandcommunitycounselling.ca
Bus Route	#1, #5, #6, #20, #20A, #25, #30, #40, #72
Social	

NANAIMO COMMUNITY HOSPICE - CHILD/YOUTH PROGRAM

Phone	250-591-8811
Email	info@nanaimohospice.com
Hours	Monday - Friday 9 am - 4 pm
Address	1080 St. George Crescent
Services	Nanaimo Community Hospice provides one to one grief support for children and youth aged 3-18 years old. The children and youth program utilizes expressive play therapy tools to support individuals understanding and coping with grief. The program is an open referral.
Website	www.nanaimohospice.com
Bus Route	#30

NANAIMO COMMUNITY HOSPICE

Phone	250-591-8811
Email	info@nanaimohospice.com
Hours	Monday - Friday 9 am - 4 pm
Address	1080 St. George Crescent
Services	Offers professional grief counselling, groups, peer support and wellness programs to all residents of Nanaimo, Lantzville and Cedar, free of charge.
Website	www.nanaimohospice.com
Bus Route	#30

NANAIMO FAMILY LIFE ASSOCIATION

Phone	250-754-3331
Email	reception@nflabc.org
Hours	Monday - Thursday 9 am - 4 pm
Address	1070 Townsite Road
Services	Provides affordable individual, relationship, youth, and senior's counselling.
Website	www.nflabc.org
Bus Route	#30, #40
Social	

Counselling Services

NANAIMO FAMILY LIFE - SENIOR PEER COUNSELLING

Phone	250-754-3331
Email	reception@nflabc.org
Hours	Monday - Thursday 9 am - 4 pm
Address	1070 Townsite Road
Services	Provides counselling and support to alleviate loneliness and isolation of seniors who are age 55+. The service is offered in the home, the office and community.
Website	www.nflabc.org
Bus Route	#30, #40

NARSF PROGRAMS LTD. - LIVING IN FAMILIES WITH TEENS (LIFT)

Phone	250-754-9285
Hours	Monday - Friday 9 am - 5 pm
Address	#201 - 170 Wallace Street
Services	An open referral program that supports parents and teens that are experiencing relationship difficulties to the extent that the teen's placement in the home is in jeopardy.
Website	www.narsf.org
Bus Route	#1, #20, #20A, #25, #30, #40, #72

NARSF PROGRAMS LTD. - SEXUAL ABUSE INTERVENTION

Phone	250-754-2773
Address	#201 - 190 Wallace Street
Services	An open community 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, #30, #40, #72

THE RESTORATIVE WELLNESS PROJECT LTD. (RWP)

Phone	250-619-0901
Email	intake@restwp.com
Address	2371 Arbot Road
Services	Offers rapid response mental health stabilization services using a culturally enriched group model with Elders from a variety of Nations.
Website	www.restorativecounselling.com
Bus Route	#5

THE MEN'S CENTRE

Phone	250-716-1551
Hours	Tuesday - Thursday 10 am - 12 pm and 1 - 3 pm
Email	info@themenscentre.ca
Address	418D Fitzwilliam Street
Services	Individual counselling support. "Dealing with the Dragon," a course on managing the emotional landscape and violence prevention, is for men only.
Website	www.themenscentre.ca
Bus Route	#1, #20, #20A, #30, #40, #72

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	info@makola.bc.ca
Address	#22 - 3201 Shenton Road (Nanaimo Regional Office)
Services	Provides homes primarily for indigenous people where they can feel connected to traditional values and community.
Website	www.makola.bc.ca
Bus Route	#30

MID-ISLAND METIS NATION

Phone	250-585-7441
Hours	Tuesday - Friday 10 am - 4 pm
Email	office@mimn.ca
Address	#26 - 1708 Bowen Road
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	www.midislandmetis.com
Bus Route	#30, #40
Social	

ISLAND URBAN INDIGENOUS WELLNESS SOCIETY

Email	admin@iuiws.ca
Address	2595 McCullough Road
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	#25, #40

First Nations

SNUNEYMUXW FIRST NATION - HEAD OFFICE

Phone	250-740-2300 or Toll free 1-888-636-8789
Email	mail@snuneymuxw.ca
Hours	Monday - Friday 8 am - 4 pm (closed 12 - 1 pm)
Address	668A Centre Street
Services	Offers many services and programs including social assistance, family based programs, training, housing and more.
Website	www.snuneymuxw.ca
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	1984 Woobank Road
Services	Offering traditional treatments for maternal and child health issues, sleep, anxiety, physical pain and depression.
Website	www.snuneymuxw.ca
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	www.tillicumlelum.ca

TILICUM LELUM ABORIGINAL FRIENDSHIP CENTRE - EDUCATION CENTRE

Phone	250-753-8291
Hours	Monday - Friday 9 am - 5 pm
Address	927 Haliburton Street
Bus Route	#7

TILICUM LELUM ABORIGINAL FRIENDSHIP CENTRE - HEALTH CENTRE

Phone	250-753-6578
Hours	Monday - Friday 9 am - 5 pm
Address	602 Haliburton Street
Bus Route	#7

Services for People with Diverse Abilities

ANGLING LICENSE FEE REDUCTION

Phone	250-741-3636
Hours	Monday - Friday 8:30 am - 4:30 pm
Address	460 Selby Street
Services	Any BC resident with a severe and permanent physical or mental disability who wishes to obtain an annual Non-Tidal angling license for a reduced fee.
Website	www2.gov.bc.ca
Bus Route	#5, #6, #40

COMMUNITY LIVING BC

Phone	250-390-7200
Email	clbcnanaimo@gov.bc.ca
Hours	Monday - Friday 8:30 am - 4:30 pm
Address	6531 Metral Drive
Services	Delivers support and services to adults with developmental disabilities due to FASD or ASD.
Website	www.communitylivingbc.ca
Bus Route	#1, #15,#15A, #20, #30
Social	

ISLAND DEAF & HARD OF HEARING CENTRE

Phone	250-753-0999
Email	nanaimo@idhhc.ca
Hours	Monday - Friday 8:30 am - 4:30 pm
Address	#102 – 6588 Applecross Road
Services	Provides counselling, support, hearing loss, employment, family, community, and interpreting services.
Website	www.idhhc.ca
Bus Route	#1, #20, #20A, #30, #40
Social	

NANAIMO ASSOCIATION FOR COMMUNITY LIVING

Phone	250-741-0224
Email	info@nanaimoacl.com
Hours	Monday - Friday 8:30 am - 4 pm
Address	#201 - 96 Cavan Street
Services	Provides services to meet the needs of Nanaimo citizens with developmental disabilities and the people that care for them.
Website	www.nanaimoacl.com
Bus Route	#1, #5, #6, #20, #20A, #30, #40, #78
Social	

Services for People with Diverse Abilities

NANAIMO BRAIN INJURY SOCIETY

Phone	250-753-5600 or Text Line: 250-268-3959
Email	info@nbis.ca
Hours	Monday - Thursday 9 am - 4 pm (closed 12 - 1 pm)
Address	#101 - 235 Bastion Street
Services	Provides assistance to persons with an acquired brain injury, their families and/or caregivers through education, advocacy, and community rehabilitation support.
Website	www.nbis.ca
Bus Route	#1, #20, #20A, #25, #30, #40, #72
Social	

NANAIMO DISABILITY RESOURCE CENTRE (NDRC)

Phone	250-758-5547
Email	reception@ndrc.info
Hours	Monday - Friday 9 am - 12 pm & 12:30 - 3:30 pm
Address	#2 - 4166 Departure Bay Road
Services	Provides support, resources, and opportunities for empowerment, which allow people living with disabilities and seniors to make informed choices about their lives.
Website	www.ndrc.info
Bus Route	#1, #20, #20A, #25, #30, #40, #72
Social	

NANAIMO SUPPORTIVE LIFESTYLES PROGRAM

Phone	250-753-0332
Email	supportstaff@nanaimosl.ca
Hours	Monday - Friday 9 am - 5 pm
Address	#2 - 1601 Bowen Road
Services	Training in social and personal skills for adults with developmental disabilities. All referrals for service accepted directly from Community Living BC.
Bus Route	#30, #40

REDUCING POVERTY INITIATIVE

Phone	778-421-0821 ext 214
Email	reducingpoverty@nidmar.ca
Services	Occupational Rehabilitation Initiative aims to support individuals who have acquired a physical or mental health impairment and their employers in the return-to-work journey.
Website	www.reducingpoverty.nidmar.ca

SEMI-INDEPENDENT LIVING PROGRAM

Phone	250-754-5015
Hours	Monday - Friday 9 am - 4:30 pm
Address	#307 - 235 Bastion Street
Services	Training and support for adults with developmental disabilities who live on their own. Teaches skills required to live independently.
Bus Route	#1, #20, #20A, #25, #30, #40, #72

Services for People with Diverse Abilities

SPECIAL OLYMPICS BC - NANAIMO

Phone	250-208-5402 or 1-888-854-2276
Email	nanaimo@specialolympics.bc.ca
Services	Through the power of sport, Special Olympics BC transforms the lives of individuals with intellectual disabilities and those who support them. SOBC-Nanaimo offers a wide selection of summer and winter sport programs for athletes of all ages and abilities.
Website	www.specialolympics.bc.ca

SUPPORTING ADVOCATES IN LEADERSHIP

Phone	250-753-1907
Hours	Monday - Friday 9 am - 5 pm
Address	271 Pine Street
Services	Supports adults with diverse abilities to have their voices heard, look for solutions, take positive actions, learn, educate others and raise awareness to help create a more inclusive society for all, funded by Community Living BC.
Bus Route	#5, #6, #15, #15A, #40

VANCOUVER ISLAND VOCATIONAL & REHABILITATION SERVICES

Phone	250-753-4225
Email	office@vivrs.ca
Hours	Monday - Friday 8:30 am - 4:30 pm
Address	#203 - 155 Skinner Street
Services	Vocational and life skills services for persons with disabilities or employment barriers who wish to achieve employment, access training, or attain community attachment.
Website	www.vivrs.ca
Bus Route	#1, #20, #20A, #25, #30, #40, #72

Check out this online resource to discover inclusive and welcoming places around Nanaimo and beyond!



myCommunity BC

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.caca
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 Bus	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

Seniors

ALZHEIMER SOCIETY RESOURCE CENTRE

Phone	250-734-4170 or toll free 1-800-462-2833
Email	info.nanaimo@alzheimerbc.org
Hours	8:30 am to 4:30 pm Monday to Friday, or call the First Link Dementia Helpline at 1-800-936-6033 for support in English between 9 am and 8 pm Monday to Friday.
Address	#4 - 4488 Wellington Road
Services	Resources for those suffering from Alzheimer's and Dementia.
Website	www.alzheimer.ca
Bus Route	#1, #15, #15A, #25, #30
Social	

BC BLIND SPORTS SENIOR FITNESS PROGRAM

Phone	1-877-604-8638
Email	susan@bcblindsport.bc.ca
Services	Fitness Programs for Adults of all ages who are blind or partially sighted individuals living in Nanaimo. This is a low impact fitness program with emphasis on balance, flexibility and muscle strength. To participate you must be a member of BC Blind Sports (application form available online).
Website	www.bcblindsports.bc.ca

BETTER MEALS

Phone	1-888-838-1888
Email	contact@bettermeals.ca
Hours	8:30 am - 3 pm Monday to Friday (phone-in hours) Delivery days for Nanaimo - Thursday or Friday depending on address.
Services	To address the nutritional challenges faced by seniors, we provide delivery of fully-cooked frozen and fresh meals, catering to various dietary needs.
Website	www.bettermeals.ca

ELDER COLLEGE

Phone	250-797-9055
Email	info@eldercollege.org
Hours	Monday - Friday 8:30 am - 5 pm
Services	Offers short, low-cost, general interest courses on a wide range of subjects for people age 50+.
Website	www.eldercollege.org

ELDER DOG - DOG CARE SUPPORT FOR SENIORS

Phone	1-855-336-4226
Email	info@elderdog.ca
Services	Free assistance for seniors with exercising their dogs, picking up dog food, providing light tasks associated with animal hygiene such as nail clipping or help with brushing. Transportation to appointments and temporary care during hospitalization.
Website	www.elderdog.ca

Seniors

FIRST LINK DEMENTIA HELP LINE

Phone	1-800-936-6033
Email	info@alzheimerbc.org
Hours	Monday - Friday 9 am - 8 pm
Services	For anyone affected by dementia, professionally or personally. Get the support you need, when you need it.
Website	www.alzheimerbc.org
Social	

GRAY SKILLS

Phone	250-741-8116
Email	grayskills@ethoscmg.com
Services	Free, virtual program that incorporates foundational skills training and pre-employment preparations for those 55+.
Website	www.grayskills.ethoscmg.com

MAKING A COMPLAINT ABOUT A RESIDENTIAL CARE FACILITY

Phone	250-739-5800 (Nanaimo Island Health)
Services	If you have a concern about the health, safety, or well-being of a person in a licensed residential care facility make a complaint immediately.
Website	https://www2.gov.bc.ca/gov/content/health/accessing-health-care/finding-assisted-living-or-residential-care/residential-care-facilities/making-a-complaint-about-a-residential-care-facility

GRIEF SUPPORT FOR SENIORS

Phone	250-591-8811
Email	info@nanaimohospice.com
Hours	Monday - Friday 9 am - 4 pm
Address	1080 St. George Crescent
Services	Information sessions, individual counselling and group support for seniors dealing with caregiving and loss.
Website	www.nanaimohospice.com
Bus Route	#30
Social	

GENERATIONS EATING TOGETHER - NANAIMO FOODSHARE SOCIETY

Phone	250-753-9393
Email	raquel.wicks@nanaimofoodshare.ca
Address	271 Pine Street
Services	Create social connections, receive and offer support & guidance to the community, and maintain healthy habits around cooking & eating food! 55+.
Website	www.nanaimofoodshare.ca
Bus Route	#5, #6, #15, #15A, #40
Social	



Seniors

HEART TO HOME MEALS

Phone	1-888-777-2219
Services	Order online or by phone and one of our friendly, trusted members of our delivery team will deliver your meals straight to your door. We can even place them in your freezer for you!
Website	www.hearttohomemeals.ca

HOME & COMMUNITY CARE CENTRAL ISLAND

Phone	250-739-5749
Hours	Monday - Friday 8 am - 4 pm
Address	1665 Grant Avenue
Services	Services include assisted living and residential care, rehabilitation services, home nursing, case management, community nutrition, home support, adult day services, hospice and palliative care, social work, and respite.
Bus Route	#30

SENIORS FIRST BC

Phone	604-437-1940 or toll free 1-866-437-1940
Services	A charitable, non profit society that provides information, legal advocacy, support, and referrals to older adults across BC with issues affecting their well-being, as well as those who care for them.
Website	www.seniorsfirstbc.ca/

BC ASSOCIATION OF COMMUNITY RESPONSE NETWORKS

Phone	604-437-1940 or toll free 1-866-437-1940
Services	A provincial non-profit dedicated to preventing the mistreatment of vulnerable adults through community awareness, collaboration, and action.
Website	www.bccrns.ca

NANAIMO FAMILY LIFE ASSOCIATION - SENIORS HOUSING INFORMATION & NAVIGATION EASE PROGRAM (SHINE)

Phone	250-754-3331 (EXT. 205 & 212)
Email	reception@nflabc.org
Hours	Monday - Thursday 9 am - 4 pm
Address	1070 Townsite Road
Services	The Nanaimo Family Life Association provides information on housing options for seniors (60+). We are not a housing provider nor are we able to provide housing placements; however, our Seniors Housing Navigator can provide information that will help Nanaimo seniors find and maintain safe and appropriate housing.
Website	www.nflabc.org
Bus Route	#30, #40

NANAIMO HARBOUR CITY SENIORS

Phone	250-755-7501
Email	info@nanaimoharbourcityseniors.com
Hours	Monday - Friday 8:30 am - 4:30 pm
Address	Bowen Park Complex at 500 Bowen Road
Services	Offers a complete range of cultural and recreational activities to anyone age 60+ (or anyone who has a partner 60+). Also offers hearing and blood pressure clinics. Membership cost is $41.45 annually.
Website	www.nanaimo.ca
Bus Route	#30, #40

Check out this online resource to help us all plan for, and live, a healthy lifestyle as we age.



Seniors

NANAIMO LIFELINE PROGRAM

Phone	250-739-5770
Hours	Monday - Friday 8:30 am - 4 pm
Address	#2-3188 Barons Road
Services	24 hour emergency response system designed to support medically at-risk or disabled persons living at home and those who are at risk for physical health reasons. Owned and operated by the Nanaimo & District Hospital Foundation, all profits donated to healthcare in our region.
Website	www.nanaimolifeline.ca
Bus Route	**#1,** #20, #20A, #25, #30, #40, #72

SENDIAL PROGRAM (THRIFTY FOODS)

Phone	250-544-1234 or Toll free 1-866-948-0196
Hours	Monday - Friday 8 am - 6 pm Saturday, Sunday and Holidays 8 am - 4 pm
Services	Shopping and home delivery service designed for those who are physically unable to shop for themselves ($5 delivery charge and payment required upon delivery - they do not accept cash).
Website	www.thriftyfoods.com
Social	

FINDING AN ASSISTED LIVING RESIDENCE

Services	To find out what assisted living residences are available in your community, use the website below and use the search boxes on the web page to find a community, specific residence or class of residence.
Website	www.connect.health.gov.bc.ca/assisted-living-residence

SENIORS OUTREACH TEAM (SORT)

Phone	250-755-3301
Hours	Monday - Friday 9 am - 5 pm
Address	1665 Grant Avenue
Services	Provides assessment and treatment services to seniors over 65 who are experiencing mental health problems such as, Alzheimer's disease or depression. Support and education to family and professional caregivers is available.
Bus Route	#30

SENIORS ABUSE AND INFORMATION LINE (SAIL)

Phone	604-437-1940 or Toll free 1-866-437-1940
Hours	Monday - Friday 8 am - 8 pm excluding statutory holidays
Services	A confidential information line for older adults and those who care about them to speak to a professional intake worker about abuse, mistreatment and any issues that impact the health and well-being of older adults in BC.
Website	https://seniorsfirstbc.ca/programs/sail/

OFFICE OF THE SENIORS ADVOCATE BRITISH COLUMBIA

Phone	Toll free 1-877-952-3181 or the office in Victoria 250-952-3181
Hours	Monday - Friday 8:30 am - 4:30 pm
Address	6th floor, 1405 Douglas Street Victoria, BC
Email	info@seniorsadvocatebc.ca
Services	Monitors key services affecting seniors and provides referrals to help them access health care, housing, income supports, community programs and transportation services.
Website	https://www.seniorsadvocatebc.ca/

LGBTQ2SIA+

BGC - GENERATION Q

Phone	250-754-3215
Email	youth@bgccvi.com
Hours	Thursday 6:30 - 8:30 pm
Address	20 Fifth Street
Services	Gen Q invites young people ages 12-18 who identify as LGBTQ2SIA+ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Two-Spirit, Intersex, Asexual/ Aromantic/Agender, or another gender or sexual orientation minority) to meet every Thursday night for a variety of activities and conversations.
Bus Route	#6, #7

GENDER CREATIVE KIDS CANADA

Email	info@gendercreativekids.ca
Services	For gender creative kids, their families, schools, and communities.
Website	www.gendercreativekids.com
Social	

GENDER SPECTRUM

Services	Resources for gender diverse families and teens, including navigating medical, legal, mental health, and educational systems.
Website	www.genderspectrum.org
Social	



NANAIMO FAMILY LIFE ASSOCIATION - GENDER JOURNEYS

Phone	250-754-3331 ext 170
Address	1070 Townsite Road
Services	Nanaimo-based peer support groups are for all gender identities: transgender, nonbinary, agender, genderfluid, gender nonconforming, Two-Spirit, etc – or gender questioning. The program offers a safe space to explore, learn, connect, and build community. They offer support groups for adults, youth, and their parents and caregivers.
Website	www.nflabc.org
Bus Route	#30, #40
Social	

NANAIMO PRIDE SOCIETY

Email	hello@nanaimopride.ca
Services	Nanaimo Pride Society brings together members of the Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, and Non-Binary communities, their friends, allies, and supporters in celebration of the unique spirit and culture of the 2SLGBTQIA+ community by producing quality, inclusive events such as the Pride Parade, Pride Festival and much more.
Website	www.nanaimopride.ca
Social	

LGBTQ2SIA+

SOGI123

Services	SOGI 1 2 3 helps educators make schools inclusive and safe for students of all sexual orientations and gender identities (SOGI). Site includes curriculum supports and policies.
Website	www.bc.sogieducation.org

TRANS CARE BC

Phone	1-866-999-1514
Email	transcareteam@phsa.ca
Services	BC-wide information service and resource hub that includes information to access gender affirming health care and supports.
Website	www.phsa.ca

VANCOUVER ISLAND TRANS RESOURCES

Phone	250-721-7577
Email	transchair@viu.ca
Services	Resource and information site for trans and gender diverse people and their allies on Vancouver Island. Hosted by the Chair in Transgender Studies, UVic.



Furniture and Household Goods

DENI'S DYNAMITE DEALS

Phone	778-441-3364
Hours	Monday - Saturday 10 am - 5 pm
Address	499 Seventh Street
Services	Donate or shop a wide variety of affordable used home goods, clothing, sporting equipment, furniture, and much more! Proceeds go towards local charities in the community.
Bus Route	#6, #8

HABITAT RESTORE

Phone	250-758-8078
Email	restoremanager@habitatmvi.org
Hours	Monday - Saturday 9 am - 5 pm
Address	#1 - 4128 Mostar Road
Services	Provides a wide variety of affordable new and gently used home furnishings, appliances, lighting, plumbing, hardware, building materials and supplies for sale to the general public.
Website	www.habitatmvi.org
Bus Route	#15, #15A, #30
Social	

NANAIMO HOSPICE THIRFT SHOPPE

Phone	250-585-0885
Email	shop2@nanaimohospice.com
Hours	Monday - Saturday 9:30 am - 4:30 pm
Address	#35 - 1925 Bowen Road
Services	Volunteer, shop, or donate gently used clothing, jewelry, collectables, books, household tools, items, and furniture.
Website	www.nanaimohospice.com
Bus Route	#30, #40
Social	

ST. ANDREW'S THRIFT STORE

Phone	250-753-1924
Email	office.stauc@shaw.ca
Hours	Monday, Wednesday & Friday 9:30 am - 3:30 pm
Address	315 Fitzwilliam Street
Services	The Thrift Store sells gently used women's, men's and children's clothes, books and small kitchen and household items.
Website	www.standrewsunitednanaimo.com
Bus Route	#1, #20, #20A, #30, #40, #72
Social	

Transportation

AC TAXI

Phone	250-753-1231
Email	actaxinanaimo@gmail.com
Hours	24/7
Address	835 Old Victoria Road (main office)
Services	24/7 door-to-door transportation service.
Website	www.actaxi.ca
Bus Route	#6, #7
Social	

BC BUS PASS PROGRAM

Phone	1-866-866-0800
Email	BCBusPassProgram@gov.bc.ca
Hours	Monday - Friday 9 am - 4 pm
Services	Annual bus pass for low-income seniors and persons with disabilities on restricted incomes. Allows unlimited travel on the Regional transit system.
Website	www2.gov.bc.ca

BC FERRIES (HEAD OFFICE)

Phone	1-888-223-3779
Hours	Monday - Friday 7 am - 10 pm
Address	#500 - 1321 Blanshard Street, Victoria
Services	Provides reliable passenger and vehicle ferry service to coastal and island communities.
Website	https://www.bcferries.com/
Social	

BC FERRIES (DEPARTURE BAY TERMINAL)

Phone	250-758-1728
Address	680 Trans-Canada Highway
Services	Departure Bay is a major BC Ferries terminal that provides services across the Strait of Georgia to Horseshoe Bay in West Vancouver. The route covers approximately 30 nautical miles and takes about 1 hour and 40 minutes to cross.
Website	www.bcferries.com
Bus Route	#20, #20A, #25
Social	

Transportation

BC FERRIES (DUKE POINT TERMINAL)

Phone	1-888-223-3779
Address	400 Duke Point Highway
Services	Duke Point is a major ferry terminal that provides ferry service across the Strait of Georgia to Tsawwassen. This ferry terminal is the only major terminal in the BC Ferries system that does not have a connection to public transit.
Website	www.bcferries.com
Social	

BC FERRIES (GABRIOLA TERMINAL)

Phone	1-888-223-3779
Address	160 Front Street
Services	Vehicle and walk-on ferry service from Nanaimo Harbour terminal to Gabriola Island.
Website	www.bcferries.com
Bus Route	#1, #6, #7, #20, #20A, #25, #30, #40, #72
Social	

HULLO FERRIES

Phone	236-362-1045
Address	100 Port Drive
Services	Provides walk-on ferry service between Nanaimo and downtown Vancouver.
Website	www.hullo.com
Social	

HANDY DART

Phone	250-390-3000
Hours	Monday - Friday 8 am - 4:30 pm Bus Service Hours: Monday - Friday 7 am - 7:30 pm, Saturday 8 am - 7 pm and Sunday 9:00am - 5:00 pm
Address	6400 Applecross Road
Services	handyDART is an accessible, door-to-door shared transit service for people with permanent or temporary disabilities that prevent them from using fixed-route transit without assistance from another person. handyDART picks you up at your accessible door and drops you off at the accessible door of your destination. You must first register at no charge.
Website	www.rdn.bc.ca
Social	

NANAIMO REGIONAL TRANSIT SYSTEM

Phone	250-390-4531
Services	Provides conventional bus services within Nanaimo and offers a variety of fare options and kids under age 5 ride free. The “Kids Ride Free” program allows a paying family member or guardian to bring 2 children (age 14 and younger) on board for free travel between 5 pm Friday to the end of service Sunday.
Website	www.bctransit.com
Social	

Transportation

WHERE TO BUY

Vendor	Address
Academy of Learning	1702 Bowen Road
49th Parallel Grocery	1824 Cedar Road
Bowen Park Seniors	500 Bowen Road
Bowen Road General Store	1702 Bowen Road
Central Drugs	#16 - 2220 Bowen Road
Circle K	4286 Departure Bay Road
Country Grocer	1800 Dufferin Crescent
Fairway Markets	#103 - 4750 Rutherford Road
Discovery College	495 Dunsmuir Street
Jingle Pot General Store	2201 Jingle Pot Road
Kiwanis House	1233 Kiwanis Crescent
London Drugs	4750 Rutherford & 650 Terminal Avenue
Mac's Convenience Stores	#1 - 4286 Departure Bay Road
Man Lee Oriental Foods	385 Terminal Avenue S.
The Medicine Shoppe	Terminal Park Plaza
Mid Island Co-op	Any location



BUS FARES - ADULTS

Cash Fare	$2.75
Day Pass	$5.50
Monthly Pass	$65.00
Monthly Pass (Post Secondary Students)	$55.00
University Semester Pass (Post Secondary Students)	$176.00

BUS FARES - SENIOR (65+) & STUDENT (AGE 13 - 18)

Cash Fare	$2.75
Day Pass	$5.50
Monthly Pass	$45.00

BUS FARES - HANDYDART

Cash Fare	$2.75
Registered User (5Tickets)	$13.75
Registered User (20 Tickets)	$55.00

BUS FARES - 70 NCX NANAIMO - COWICHAN EXPRESS

Cash Fare	$5.00
Zone C NCX Pass (Monthly Pass)	$125.00
Zone D NCX Pass (Monthly Pass)	$175.00

Travel made simple with the Umo App!
Plan your route and make contactless payments

For more vendor locations see www.bctransit.com

Personal Identification (I.D.)

ICBC DRIVER LICENSING

Phone	1-800-950-1498
Hours	Monday, Tuesday, Thursday & Friday 8:30 am - 4:30 pm and Wednedsay 9 am - 4:30 pm
Address	6475 Metral Drive
Services	Get your driver's license, ID, car registration and insurance, and make a claim if you've been in a car accident.
Website	www.icbc.com
Bus Route	#1, #9, #15, #15A, #20, #20A, #25, #30, #31, #40
Social	

SERVICE BC CENTRE NANAIMO

Phone	250-741-3636
Email	servicebc.nanaimo@gov.bc.ca
Hours	Tuesday - Friday 9 am - 4:30 pm
Address	460 Selby Street
Services	ICBC driver licensing, ID verification, marriage license, changing name, birth services, hunting and fishing, Provincial government payments, landlord and tenant relations and more.
Website	www2.gov.bc.ca
Bus Route	#1, #5, #6, #20, #20A, #30, #40, #72

Employment & Income

MINISTRY OF SOCIAL DEVELOPMENT AND POVERTY REDUCTION

Phone	1-866-866-0800
Hours	Tuesday to Friday, 9am to 4pm, closed 12 to 1pm
Address	108 Richards Street (South) 101-2100 Labieux Road (North)
Services	Income/disability assistance, My Self Serve, WorkBC, BC Bus Pass Program, Health Kids Program, Senior's Supplement Program.
Website	www2.gov.bc.ca
Bus Route	#1, #20, #20A, #25, #30, #40, #72 (South) #25, #30, #40 (North)

SERVICE CANADA CENTRE

Phone	1-800-622-6232
Hours	Monday - Friday 8:30 am - 4 pm
Address	#201 - 60 Front Street
Services	Access to federal government services, benefits, and passports.
Website	www.servicecanada.gc.ca
Bus Route	#1, #20, #20A, #25, #30, #40, #72

VANCOUVER ISLAND VOCATIONAL AND REHABILITATION SERVICES LTD. (VIVRS)

Phone	250-753-4225
Address	#203- 155 Skinner Street
Services	Offers individualized skills training and employment support for persons with multiple barriers to employment and vocational assessments for people with or without diversabilities.
Website	www.vivrs.ca
Bus Route	#1, #20, #20A, #25, #30, #40, #72

WORK BC - EMPLOYMENT CENTRE

Phone	1-844-453-5506
Email	info-nanaimo@workbc.ca
Hours	8:30 am to 4:30 pm Monday, Tuesday, Friday 8:30 am to 6 pm Wednesday 8:30 am to 3 pm Thursday
Address	#101 - 155 Skinner Street
Services	Resources for job seekers and employers, including career exploration, planning, training, placements, Resource Room.
Website	www.workbc.ca
Bus Route	#1, #20, 20A, #25, #30, #40, #72

Legal

CANADA REVENUE AGENCY (INCOME TAX)

General Inquiries	1-800-959-8281
Child Tax & Childcare Benefits	1-800-387-1193
Tele-refund	1-800-959-1956

DIAL-A-LAW PROGRAM

Phone	1-800-565-5297
Services	General information on the law as it applies in BC.
Website	www.dialalaw.org
Social	

EMPLOYMENT STANDARDS BRANCH

Phone	1-833-236-3700
Hours	Monday - Friday 8:30 am - 4:30 pm
Address	#200 - 6475 Metral Drive
Services	Enforces the Employment Standards Act.
Website	www.gov.bc.ca
Bus Route	#1, #9, #15, #15A, #20, #20A, #25, #30, #31, #40

JUSTICE ACCESS CENTRE

Phone	250-741-5447
Hours	Monday - Friday 8 am - 5:30 pm
Address	#302 - 65 Front Street
Services	Provides help with family and civil law issues.
Bus Route	#1, #20, #20A, #25, #30, #40, #72

LEGAL SERVICES SOCIETY

Phone	1-866-577-2525
Hours	Monday, Tuesday, Thursday & Friday 9 am - 4 pm Wednesday 9 am - 2:30 pm
Services	Provides legal aid in BC.
Website	www.lss.bc.ca
Social	

RESIDENTIAL TENANCY BRANCH INFO LINE

Phone	1-800-665-8779
Website	www.gov.bc.ca

TOGETHER AGAINST POVERTY SOCIETY (TAPS)

Phone	250-824-0995
Email	nanaimo@tapsbc.ca
Address	#502 - 495 Dunsmuir Street
Services	TAPS provides rights-based information and legal advocacy services for those with issues relating to income assistance, disability benefits, and residential tenancy.
Website	www.tapsbc.ca/nanaimo
Bus Route	#1, #5, #6, #20, #20A, #30, #40, #72

TENANT RESOURCE & ADVISORY CENTRE (TRAC)

Phone	1-800-665-1185
Hours	1 - 5 pm Monday, Tuesday, Thursday, Friday 5:30 - 8:30 pm Wednesday
Services	Provides legal education and information about residential tenancy matters.
Website	www.tenants.bc.ca

Family Services

CROSSROADS PREGNANCY CENTRE

Phone	250-716-1633
Email	info@cpcnanaimo.com
Hours	Monday - Thursday 9 am - 4:30 pm
Address	1717 Kerrisdale Road
Services	Non-profit service offering free pregnancy tests, counselling, post abortion recovery, pregnancy loss support, practical help, maternity & baby clothing, gear, diapers, formula, and pregnancy/parenting classes. All services are free & confidential.
Website	www.cpcnanaimo.com
Bus Route	#40
Social	

SALVATION ARMY- FAMILY SERVICES

Phone	250-753-8834 ext 409
Hours	Monday - Friday 9 am - 1pm
Address	505 Eighth Street
Services	Family supports and networks, upstream programs and services around housing loss prevention, access to free pet food, taxes, assistance with applications and forms, support groups and workshops.
Website	www.nanaimosa.ca
Bus Route	#6, #8
Social	

KW'UMUT LELUM

Phone	250-591-0933
Email	info@kwumut.org
Hours	Monday - Friday 8 am - 4:30 pm
Address	544 Centre Street (Administration Office) 534 Centre Street (Wellness and Culture)
Services	Offers services and programs that keep our children safe, strengthen and preserve our families, connect to our culture, and enhance our community wellbeing. Programs include child safety, guardianship, Le'lumilh Caregiving, family support services, wellness, 4 seasons culture, 4 seasons early years, cultural permanency, step up work placement, post-majority and FASD Supports.
Website	www.kwumut.org
Bus Route	#7
Social	

Immigration/Migration

CENTRAL VANCOUVER ISLAND MULTICULTURAL SOCIETY

Phone	250-753-6911
Hours	Monday, Tuesday, Thursday, Friday 8:30 am - 4:30 pm Wednesday 8:30 am - 7 pm
Address	#101 - 319 Selby Street
Services	Find help getting settled in Nanaimo, learn English, or find a job. The Employment Centre is available to all unemployed individuals eligible to work in Canada. The HIPPY program is available to help parents help their preschool aged kids.
Website	www.cvims.org
Bus Route	#1, #20, #20A, #30, #40, #72
Social	

MIGRANT WORKERS CENTER

Phone	604-669-4482 or Toll Free 1-888-669-4482
Hours	Tuesday - Saturday 10:00 am - 4 pm by appointment Saturdays only open during walk-in clinics
Address	302-119 West Pender Street Vancouver, BC
Services	A non-profit organization providing free legal services to migrant workers in British Columbia.
Website	www.mwcbc.ca

Veteran's Support

RCMP VETERAN'S ASSOCIATION

Phone	613-415-7564
Email	contact@rccmpva.org
Hours	Monday -Thursday 9am - 4pm
Services	Our primary role is to provide a network of support for one another. To be responsive to the physical, psychological, social and economic welfare of all former employees of the Royal Canadian Mounted Police and their families.
Website	https://rcmpva.org/

VETERANS AFFAIRS CANADA

Phone	Toll Free 1-800-268-7708 to speak to a mental health profesional Toll Free 1-866-522-2122 Mon-Fri 8:30-4:30
Hours	24 hours a day, 365 days a year
Services	Can provide psychological support. The service is for Veterans, former RCMP members, their families, and caregivers and is provided at no cost. You do not need to be a client of VAC to receive services.
Website	https://www.veterans.gc.ca/en

RCMP VETERAN'S ASSOCIATION CENTRAL VANCOUVER ISLAND DIVISION

Phone	250-923-7724
Email	contact@rccmpva.org and title your message "For CVI"
Services	Our purpose is to create and foster fellowship, develop new friendships and also to renew past friendships with all our members and families.
Website	https://rcmpva.org/divisions/central-vancouver-island/

SOURCES COMMUNITY RESOURCE CENTRES

Phone	250-927-3566
Email	info@sourcesbc.ca
Services	Individual trauma-informed counselling provided by a registered clinical counsellor to former service members of the Canadian Armed Forces and RCMP fat risk of, or experiencing homelessness (for both Oceanside and Nanaimo residents.)
Website	https://www.sourcesbc.ca/

Veteran's Support

LEGION'S SUPPORT PAGE

Phone	1-613-591-3335 or Toll Free 1-888-556-6222
Email	contact@rccmpva.org
Hours	Monday -Friday 8:30am - 4:00pm
Services	In addition to directly assisting Veterans and their families with the disability claims process through Veterans Affairs Canada (VAC), the Legion offers a variety of programs, resources and referrals to support Veteran health, transition to civilian life, financial asistance and well-being.
Website	https://www.legion.ca/support-for-veterans

LEGION BRANCH 10 NANAIMO

Phone	250-753-4442
Address	129 Harewood Road
Email	rclbr10@shaw.ca

LEGION BRANCH 256 MOUNT BENSON

Phone	250-754-8128
Address	1630 E Wellington Road
Email	rclbr256@shaw.ca

ISLAND CRISIS CARE SOCIETY

Phone	672-208-8553
Email	rentsubsidy@iccare.ca
Hours	Check social media for local pop ins
Services	ICCS is now offering practical support for veterans (Military and RCMP) who could benefit from rent subsidies, lifeskills and wellness workshops or basic needs support.
Website	www.islandcrisiscaresociety.ca
Social	

VETERANS INFORMATION & NAVIGATION EASE (VINE)

Phone	250-754-3331
Address	1070 Townsite Road
Email	vine@nflabc.org
Hours	Monday-Thursday 10:00am-3:00pm
Services	VINE supports eligible Veterans of all ages with short-term rental supplements, supports connecting you with services and programs that help maintain stable housing, and advocacy for landlord liaison and intervention to prevent eviction and preserve tenancy
Website	nflabc.org
Bus Route	#30, #40